

January/February
2008



SPMA MASTERS SWIMMING



Message from New SPMA Chairman

My name is Mary Hull and I was recently elected as the new chairman for SPMA. This is a great honor for me as swimming has been a big part of my life. I started swimming competitively at around age ten. I competed for Chaminade High School and went on to compete for Pierce College for two years where I earned my associate degree. During high school I also did some age group coaching. When I was old enough to compete for Masters I joined Southwest Masters where I am still a member. I also enjoy competing in ocean swims, my favorite of which is the La Jolla Rough water swim in which I have competed in every year since 1984.

I have been an active member of the SPMA committee attending the committee meetings regularly for the last

ten years. I have served SPMA in various capacities and have been SPMA's secretary since January 2000.

On the national level I have attended the USAS convention since the year 2000 and I am currently serving on the legislation committee and I have served on the convention committee. This year I was also elected Southwest Zone chair. I was also honored to receive USMS's Dorothy Donnelly Service Award in 2004. At our local meets I have served in just about every capacity from lane timing all the way up to meet director. I look forward to serving as your new chair and I consider it an honor to be given the opportunity to make an active contribution to the sport of swimming in which Steve Schofield inspired me for so many years.

Top Ten SPMA Clubs

Based on 2007 registration data, here are the top ten clubs in SPMA:

1. UCLA Bruin Masters (232)
2. West Hollywood Aquatics (201)
3. Irvine Novaquatics (194)
4. Las Vegas Masters (188)
4. Mission Viejo Masters (188)
6. Southern California Aquatic Masters (164)
7. Santa Barbara Masters (143)
8. Long Beach Grunions (134)
9. Rose Bowl Masters (79)
10. UC Irvine (73)

There are also 562 unattached swimmers, for any clubs looking to increase their membership!

NEW SPMA OFFICERS

Mary Hull, Chairman
Mark Moore, Vice-chairman
Allen Highnote, Treasurer
Wayne McCauley, Secretary
Nancy Kirkpatrick-Reno, At-Large Representative

Jeff Moxie Elected USMS Treasurer

Jeff Moxie (DSSM) was elected USMS treasurer at the annual convention, held at the end of September in Anaheim. Jeff was the chair of the USMS Finance Committee and treasurer of SPMA, and will add his skills to the leadership of Masters Swimming. Jeff will be stepping down as treasurer of SPMA. Congratulations to Jeff on his election!

In this issue:

- Short Course Yards meet information
- SPMA Photo Gallery
- New SCY meet in Fullerton!

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team K-man Jennifer Glenesk (805) 237-6170; swimcoach@teamkman.org; www.teamkman.org
BAKERSFIELD: Golden Wave Masters Rafael Guijarro (661) 472-7246; rago2000@sbcglobal.net
BAKERSFIELD SWIM CLUB John Kraetsch, lkraetsch@bak.rr.com; www.bakersfieldswimclub.org
SAN LUIS OBISPO MASTERS Philip Yoshida (805) 543-9515; slowswimclub@sbcglobal.net; www.slowswimclub.org
SAN LUIS OBISPO: Kennedy Club Masters Linda Yimston (805) 781-3488 x17; sloaquatics@kennedyclubs.com
SAN LUIS OBISPO: No. SLO Masters Kass Flaig (805) 704-9797; kassflaig@hotmail.com
SANTA MARIA: Santa Maria Swim Club Cris Maxwell (805) 478-5801; maxwell.pca2@verizon.net
VALYERMO: slowtwitch.com Mark Montgomery (310) 990-1400; montyman007@hotmail.com; slowtwitch.com

SANTA BARBARA (South) and VENTURA

CARPINTERIA: Channel Island Vic Anderson (805) 403-5425; delphis13@msn.com
NEWBURY PARK: Performance Masters Steve Gleason (805) 208-3888; sgleason51@yahoo.com
OJAI: Ojai Masters Rick Goeden (805) 646-6884; theswimguy@sbcglobal.net
SANTA BARBARA: UCSB Masters Naya Higashijima (805) 893-2505; ucsbmasters@gmail.com
SANTA BARBARA MASTERS SB Swim Office (805) 966-9757; swimoffice@sbswim.org
THOUSAND OAKS: Conejo Simi Aquatics Nancy Kirkpatrick-Reno (818) 469-9972; www.csaswim.com
THOUSAND OAKS: Daland Masters Kevin Lane (818) 917-6930; klane56ct@sbcglobal.net; www.dalandswim.com
THOUSAND OAKS: South Coast Aquatics Matt Warshaw (805) 660-2082; matt@southcoastwaterpoloclub.com
VENTURA COUNTY MASTERS Jason York (805) 289-9298; jason.e.york@gmail.com; www.buenaventuraswimclub.org
VENTURA: Rio Mesa Masters Toby Petty (805) 642-6674; tonthego00@sbcglobal.net

LOS ANGELES (North)

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

LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters Raine Kishimoto (818) 222-2782 x 110; lkishimoto@cityofcalabasas.com
EL SEGUNDO MASTERS City of El Segundo (310) 524-2700 x2738
L.A. WEST: UCLA Bruin Masters Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net
PORTER RANCH: Porter Valley Masters Amy Lau (818) 523-3981; amylau@earthlink.net
WEST HOLLYWOOD AQUATICS Joel McKenna (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org
WOODLAND HILLS: Southwest Aq Masters Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

LOS ANGELES (Central and South)

CATALINA Channel Swimming Federation Linda Bamford (805) 469-2415; swim@swimcatalina.org; swimcatalina.org
L.A. (various locations): SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq
L.A. MID-WILSHIRE: Meridian Swim Club Vanessa Mesia (310) 729-2971; vanessamesia@sbcglobal.net; meridiansportsclub.com
L.A. : Los Angeles Athletic Club Masters Skye Conant (213) 625-2211 x3366; skye.conant@laac.net; www.laac.com

LOS ANGELES (South Bay)

HAWTHORNE: South Bay Swim Team Kathy Davids (310) 643-6523; kdavids@socal.rr.com; www.southbayswimteam.org
LONG BEACH: Alpert JCC Cindy Jarvis (562) 426-7601 x1047; cjarvis@alpertscc.org; www.alpertscc.org
LONG BEACH: Shore Aquatics Elodie Lynn (562) 644-5228; mimibobs@msn.com; www.shoreaquatics.com
CARSON/LOS ALAMITOS: Long Beach Grunions Yuji Utsumi; (562) 252-0220; info@lbgrunions.com; www.lbgrunions.com
MANHATTAN BEACH: Magnum Masters Chuck Milam (310) 592-6010; cdmilam@hotmail.com; www.manhattanc.com
RANCHO PALOS VERDES: Zenith Aquatics Shari Twidwell (310) 937-3535; shari@zapswimming.com
TORRANCE : LA Peninsula Swimmers Debi Blair (310) 813-9656; info@lapsmasters.org; www.lapsmasters.org

INLAND EMPIRE

CORONA: Corona Aquatic Team Masters John Salvino (866) SWM-CRNA; coachsalvino@hotmail.com
MURRIETA: MESA Aquatic Masters Debbie Mone (951) 461-1577; msmone@msn.com; mesaaquatics.com
PALMDALE: Palmdale Masters Joe Goss (661) 267-5611; jgoss@cityofpalmdale.org
RIVERSIDE: Riverside Aquatics Assn. Eric Tanner (951) 313-9274; ertanner@gmail.com
TEMECULA: City of Temecula Masters Gwen Willcox (951) 694-6410; gwen.willcox@cityoftemecula.org
WALNUT: Buzzards Peak Masters Francis Neric (562) 713-4555; fneric@mtsac.edu
YUCAIPA: Masters of Yucaipa Kathy Fellenz (909) 790-5544; junebug@cybertime.net

ORANGE COUNTY

COAST MASTERS Lou Giberson (949) 837-3091
COTO DE CAZA: Coyotes Todd Conrad (949) 858-4100 x257; cotocoyotes@gmail.com
FULLERTON: FAST Masters Team Bill Jewell, swimbill@sbcglobal.net; fastswim.org
HUNTINGTON BEACH SWIM CLUB Buddy Belshe (949) 362-4727
HUNTINGTON BEACH: Golden West Swim Club Erik Andrews (714) 308-2227; slipperyrocks@yahoo.com; goldenwestswimclub.com
IRVINE NOVAQUATICS Mike Collins (949) 338-6682; info@novamasters.com; www.novamasters.com
IRVINE: UCI Masters Charlie Schober (949) 824-7946; ctschober@uci.edu; www.mastersswim.uci.edu
IRVINE: The Sports Club/LA Dan Schoen (949) 9758400 x6204; danschoen@thesportsclub.com; thesportsclubla.com
LADERA RANCH MASTERS Evan Forbes (949) 370-0568; e_forbes@cox.net
MISSION VIEJO MASTERS Mark Moore (949) 233-6521; swimoffice@mvnswim.org; mastersmvnswim.org
NEWPORT BEACH: Pacific Coast Aquatics Mark Desmond (949) 306-3599; markdesmond@highhopes.ws; pacificcoastaquatics.org
NEWPORT BEACH: Team TYR Jeni Buys (949) 706-9991; gojeni@aol.com
SAN CLEMENTE: San Clemente Swim Masters Rod Snyder (949) 366-1630; rdsnyder4@cox.net
SAN JUAN CAPISTRANO: Capo Masters Bert Bergen (949) 291-1659 (pool); info@capomasters.com; www.capomasters.com
TUSTIN: SOCAL Aquatics Debra Cruze-Meyer (714) 639-1913; debra@socalaquatics.com
VILLA PARK: Orange Regional Comp. Aquatics Mark Tierney (714) 639-7531; coachmark@orca-aquatics.com
YORBA LINDA: East Lake Eagle Rays Mike Pawloski (714) 372-6273; bonuspak@earthlink.net

LAS VEGAS

HENDERSON Southern Nevada Masters Frank Lowery (702) 400-2790; flowery719@cox.net; www.lowerysmultisport.com
LAS VEGAS: Las Vegas Masters Victor Hecker (702) 247-7788; heckerrealestate@hotmail.com
LAS VEGAS: Viva Las Vegas Masters 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 _____						FOR OFFICE USE ONLY	
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____						Amt Rec'd _____	
	1500/1650 • •	Surcharge \$ _____						Date _____	
	• •	Total \$ _____							

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.

Las Vegas Masters Vegas Free Play SCY Meet Saturday, January 26th, 2008

Sanction number: 338-001

Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Six lanes will be available for warm-up.

Directions: From the I-15 Fwy., take the Flamingo Road exit (#38). Take the Flamingo Road west for 3.54 miles. Turn right onto South Rainbow Blvd. and go 0.78 miles. Turn left onto Spring Mountain Road and go 1.70 miles. The pool is on the left.

Entries: The pre-entry postmark deadline is Monday, January 21st, 2008. Deck entries will close at 12:30 p.m. for the first six events. Age on January 26th determines age group for the meet. You must be at least 18 to compete.

Seeding: All events will be deck-seeded slowest to fastest, by entered time, ages and genders combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 500 yd. Freestyle and the 400 yd. Individual Medley.

Relays: All relays will be deck entered. Relay fees are \$2.00 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.

Special Awards: Events marked VFP (Vegas Free Play) will have special awards from local casinos for "free play" at the casino. Winners of age groups will be eligible for coupons redeemable at Las Vegas casinos. You must be 21 years of age in order to get a VFP coupon.

Entry Fees: \$2.00 for each individual event entered and a \$10.00 surcharge per swimmer. For swimmers in relays only, the fee is \$5.00. NOTE: deck entrants will pay an additional \$10.00 entry charge.

Checks payable to: AM Swimming

Mail consolidated entry card, a copy of your 2008 USMS card, and check to: Las Vegas SCY Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Meet Director, Victor Hecker, (702) 247-7788; Meet Entries, Robert Mitchell, mitchellrobert@cox.net, (949) 689-7946.

Saturday, January 26, 2008

Warm-up at noon

Events start at 1:00 p.m.

- A. 200 yd. Mixed Medley Relay
1. 500 yd. Freestyle
2. 100 yd. Individual Medley
3. 50 yd. Butterfly
4. 100 yd. Backstroke
5. 200 yd. Freestyle
6. 50 yd. Breaststroke
- B. 200 yd. Mixed Freestyle Relay
7. 100 yd. Butterfly
8. 50 yd. Freestyle (VFP-1)
9. 50 yd. Backstroke
10. 400 yd. Individual Medley
11. 100 yd. Breaststroke
12. 100 yd. Freestyle (VFP-2)

FAST Masters Short Course Yards Meet Sunday, February 24th, 2008

Sanction number: 338-002

Janet Evans Swim Complex, 801 W Valencia Ave, Fullerton, outdoor 10 lane, 25-yard competition pool, with separate warm-up lanes available.

Directions: From the 91 Fwy take the Euclid Ave exit. Go north on Euclid to Valencia and turn right on Valencia. The swim complex is located on the left.

Entries: The pre-entry postmark deadline is Saturday, February 16th. Deck entries will close at 8:45 a.m. for the 1650 yd. Freestyle and at the conclusion of the 1650 yd. Freestyle for all other events. There will be a four heat limit on the 1650. Age on February 24th determines age group for the meet. You must be at least 18 to compete.

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 1650 yd. Freestyle.

Relays: All relays will be deck entered. 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. There are no additional fees for relays.

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

Entry Fee: \$20.00 per swimmer flat fee. Deck entries are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00.

Checks payable to: FAST Swimming

Mail consolidated entry card, a copy of your 2008 USMS card, and check to: FAST Masters Meet, P O Box 5468, Fullerton, CA 92838.

Snack Bar: A snack bar will be available on site for water, Gatorade, and energy snacks.

Questions: Meet Director, Terry Merlihan, (714) 693-3991, themerlihans@earthlink.net

Sunday, February 24, 2008

1650 Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 1650 yd. Freestyle
- Additional warm-up after 1650
- Event #2 starts at noon
2. 50 yd. Breaststroke
 3. 100 yd. Freestyle
 4. 50 yd. Backstroke
 5. 100 yd. Individual Medley
 6. 50 yd. Butterfly
 7. 400 yd. Freestyle Relay (Men, Women, or Mixed)
 8. 100 yd. Backstroke
 9. 200 yd. Individual Medley
 10. 50 yd. Freestyle
 11. 100 yd. Breaststroke
 12. 100 yd. Butterfly
 13. 200 yd. Freestyle
 14. 200 yd. Medley Relay (Men, Women, or Mixed)

Special thanks to Errol Graham for proof-reading the SPMA Newsletters, often on a very short deadline!

Julie Heather, editor

Caltech Pentathlon SCY Swim Meet Sunday, March 9th, 2008

Sanction number: 338-003

Location and Directions: 1201 E. California Blvd, Pasadena. The Caltech facility is an outdoor, eight-lane, 25-yard, all-deep pool with a separate 25-yard warm-up pool. Take Hill Avenue south from the 210 Fwy. After 1.2 miles, turn right on California Blvd. Go to the second stop light and turn left into the parking lot. Continue past the tennis courts to the gym. The pool is located west of Brown Gym. Or take the 110 Fwy. North until it ends. Go 1 mile and turn right on California Blvd., and continue 2 miles to Caltech. Parking is free on weekends.

Entries: The pre-entry postmark deadline is Friday, February 29rd. Deck entries close at 9:15 a.m. sharp! Age on March 9th determines age group for the meet. You must be at least 18 to compete.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined.

Awards: Custom pentathlon awards will be given to the top three finishers in each age group. The swimmer with the lowest cumulative time for all five events shall be declared the winner. A swimmer must swim all five events to be considered for an award.

Entry Fees: \$20.00 flat fee per swimmer. Deck entries are allowed for \$30.00. Late entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

Checks payable to: Caltech Masters

Mail consolidated entry card, a copy of your 2008 USMS card, and check to: Caltech Pentathlon, c/o Suzanne Dodd, 211 Eastern Ave, Pasadena, CA 91107.

Questions: Meet Director, Suzanne Dodd, (626) 449-7536.

Sunday, March 9, 2008

Warm-up at 9:00 a.m.

Meet starts at 10:00 a.m.

1. 50 yd. Butterfly
2. 50 yd. Backstroke
3. 50 yd. Breaststroke
4. 50 yd. Freestyle
5. 100 yd. Individual Medley



USMS President Rob Copeland travels cross-country to win the 200 m butterfly at the Pierce College meet in the newly renamed Steven E. Schofield Swim Stadium.

Santa Clarita Masters SCY Swim Meet Saturday, March 29th, 2008

Sanction number: 338-004

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, March 22nd. Deck entries for the 1650 yd. Freestyle will close at 8:45 a.m., all other deck entries close at 11:00 a.m. Age on March 29th determines age group for the meet. You must be at least 18 to compete.

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 1650 yd. Freestyle and the 400 yd. 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 2008 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.

Sunday, March 29, 2008

1650 warm-up at 8:00 a.m.

1650 starts at 9:00 a.m.

1. 1650 yd. Freestyle (check-in required)
Additional warm-up after 1500
Event #2 starts at noon
2. 200 yd. Mixed Freestyle Relay
3. 100 yd. Butterfly
4. 200 yd. Freestyle
5. 100 yd. Breaststroke
6. 50 yd. Freestyle
7. 200 yd. Individual Medley
8. 400 yd. Freestyle (check-in required)
9. 100 yd. Backstroke
10. 50 yd. Butterfly
11. 400 yd. Individual Medley
12. 200 yd. Breaststroke
13. 100 yd. Freestyle
14. 50 yd. Backstroke
15. 200 yd. Butterfly
16. 100 yd. Individual Medley
17. 50 yd. Breaststroke
18. 200 yd. Backstroke
19. 200 yd. Mixed Medley Relay

Mission Viejo Nadadores

2008 SPMA and Southwest Zone SCY Championship Meet

Friday to Sunday, April 11th to 13th, 2008

Sanction number: 338-005

Directions: Lower Marguerite Aquatic Complex, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to the La Paz exit. Turn east on La Paz, left on Marguerite, and right on Casta Del Sol. Turn right at the first driveway. The swim parking lot is behind the tennis courts on the right with the exit being at the upper lot. Do not park in the tennis lot on Marguerite.

Entries: Flat fee of \$45.00 if postmarked before Monday, March 31st. Add a \$10.00 late fee for all entries postmarked (or entered on-line) after Monday, March 31st. All entries must be received by 6:00 p.m. Monday, April 7th. No individual deck entries will be allowed. Age on April 13, 2008 determines age for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 7 individual events for the entire meet and no more than 5 individual events per day. There will be no refunds of entry fees after April 7th.

Relays: All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee and must sign a consolidated entry card. Relay entries are \$10 per relay, and there is no limit on the number of relays a swimmer may swim, but swimmers may swim only one relay (men, women, or mixed) per event.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 500, 1000 and 1650 yd. Freestyle and 400 yd. Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1650 yd. Freestyle may be limited to the first 60 entries at the discretion of the meet director. Swimmers may enter both the 1000 and 1650 yd. Freestyle.

Timing: Electronic timing will be used and two timers per lane will be provided. Clubs are requested to assist with timing where possible.

Check in: Positive check-in is required for 500, 1000, and 1650 yd. Freestyle and 400 yd. Individual Medley. All other events will be pre-seeded. Check-in closes at 12:30 p.m. Friday for the 1650 yd. Freestyle, 1:30 p.m. Friday for the 400 yd. IM, and 2:30 p.m. Friday for the 1000 yd. Freestyle and 8:30 a.m. Sunday for the 500 yd. Freestyle.

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

Checks payable to: Mission Viejo Nadadores

Mail consolidated entry card, a copy of your 2008 USMS card, and check to: Mission Viejo Nadadores Masters/Mark Moore, PMB #391 25108-B Marguerite Pkwy, Mission Viejo, CA 92692. Send a SASE or stamped postcard for a return receipt.

To register online, go to www.spma.net or www.mastersmvnswim.org and click on 2008 Southwest Zone and SPMA SCY Championships.

Questions: Call 949-489-1847 or send an email to Mark Moore, m.w.moore@cox.net. For hotels, information, and directions go to www.mastersmvnswim.org.

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

Online Entries (and additional information):

<http://mastersmvnswim.org/2008ShortCourseChamps.htm>

Friday, April 11, 2008

Warm-up noon

Meet starts at 1 p.m.

Check-in for 1650 yd. Freestyle closes at 12:30 p.m.

1. 1650 yd. Freestyle (Women, Men)

Check-in for 400 IM closes at 1:30 p.m.

2. 400 yd. Individual Medley (Women, Men)

Check-in for the 1000 yd. Freestyle closes at 2:30 p.m.

3. 1000 yd. Freestyle (Women, Men)

Saturday, April 12, 2008

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

4. Women's 200 yd. Freestyle

5. Men's 200 yd. Freestyle

6. Women's 50 yd. Butterfly

7. Men's 50 yd. Butterfly

8. 200 yd. Freestyle Relay (Women, Men, Mixed)

9. Women's 100 yd. Backstroke

10. Men's 100 yd. Backstroke

11. Women's 100 yd. Breaststroke

12. Men's 100 yd. Breaststroke

13. Women's 200 yd. Butterfly

14. Men's 200 yd. Butterfly

15. 200 yd. Medley Relay (Women, Men, Mixed)

16. Women's 50 yd. Freestyle

17. Men's 50 yd. Freestyle

18. Women's 200 yd. Individual Medley

19. Men's 200 yd. Individual Medley

20. 400 yd. Freestyle Relay (Women, Men, Mixed)

Sunday, April 13, 2008

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

Check-in for the 500 yd. Freestyle closes at 8:30 a.m.

21. 500 yd. Freestyle (Women and Men)

22. Women's 100 yd. Butterfly

23. Men's 100 yd. Butterfly

24. Women's 50 yd. Breaststroke

25. Men's 50 yd. Breaststroke

26. Women's 200 yd. Backstroke

27. Men's 200 yd. Backstroke

28. 400 yd. Medley Relay (Women, Men, Mixed)

29. Women's 100 yd. Freestyle

30. Men's 100 yd. Freestyle

31. Women's 200 yd. Breaststroke

32. Men's 200 yd. Breaststroke

33. Women's 50 yd. Backstroke

34. Men's 50 yd. Backstroke

35. Women's 100 yd. Individual Medley

36. Men's 100 yd. Individual Medley

37. 800 yd. Freestyle Relay (Women, Men, Mixed)

Relays: A swimmer may swim only one relay in each of events 8, 15, 20, 28, and 37.

SPMA Debut of Online Photo Gallery

SPMA now has an online photo gallery. This page contains a small selection of photos available in the gallery. To see the rest of the photos, go to www.spma.net and click on the link above the photo on the home page. We welcome contributions from all of our members. Please send your submissions to photos@spma.net.



Calling all Pack Rats!

Do you save old meet or open water swim results? The USMS History and Archives Committee is working with the Open Water and Long Distance Committee to locate missing information from AAU Masters and USMS Long Distance National Championships from 1979 to 1991. Many of these events took place at Seal Beach in the 1980s. If you have any results from those events please contact the SPMA Office. Your original results will be returned to you.



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Southern Pacific Masters Association Schedule

January	17	SPMA Conference Call
	26	Las Vegas SCY Swim Meet
February	24	FAST Masters SCY Swim Meet, Fullerton
March	9	Caltech Pentathlon, Pasadena
	29	Santa Clarita SCY Meet
April	11-13	Mission Viejo SCY Regional and Zone Championships
May	1-4	USMS SCY National Championships, Austin, TX

For a complete and updated list of events, check www.spma.net or call the SPMA office

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.simasterswim.org

New Mexico: www.zianet.com/pdjang/nmms/index.htm

Arizona: www.azlmsc.org

SPMA Video Library

SPMA has a video library available for use by our members. There is a \$7 charge for one DVD, \$10 for two, or \$12 for three. This covers the cost of the envelopes and mailing both ways. Packages must be brought to the post office for return due to USPS security requirements. We also need a separate check for \$50 *per DVD* that will be held as a deposit until the DVD(s) are returned. This check will not be cashed unless the DVDs 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, Freestyle with Karlyn Pipes-Neilsen
- 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, Pilczuk)