

May/June  
2008



## SPMA MASTERS SWIMMING

### Large Group of Swimmers Challenge for All Around Pentathlon Awards



A warm and sunny morning greeted swimmers on March 9th for the annual Caltech Pentathlon swim meet. 179 Masters swimmers entered the meet, ranging in age from 18 to 86 years old. 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 women's events were dominated by Cynthia Lewin, 32, of Mission Viejo Nadadores. Cynthia had the fastest time in every event and took home the overall fastest female trophy. Cynthia's times were: 50 fly, 27.81; 50 back, 31.22; 50 breast, 31.07; 50 free, 25.76; and 100 IM, 1:02.66. The second and third fastest women overall were Sian Romoli, 36, from Caltech, and Ahelee Sue Osborn, 50, from NOVA. Maurine Kornfeld, 86, from Mission Viejo was the oldest competitor in the meet. She completed all 5 races and was awarded the first place trophy in the 85-90 age group.

The overall men's winner for the second year in a row was JR DeSouza, 36, of Rose Bowl Aquatics. JR swam the fastest times in the 50 fly (23.80), 50 back (25.86), and 100 IM (54.76) and was the winner in the 35-39 age group. The fastest 50 free swim was done by Kip Fulbeck, 42, unattached,

in a time of 22.18. Kip took first in the 40-44 age group and finished second overall behind JR. The fastest 50 breast time, 27.44, was logged by Steve Stehrenberger, 30, from Caltech Masters. Steve finished second in the 30-34 age group behind Jason Fox, 30, of Rose Bowl Aquatics, who was the third fastest swimmer overall.

There were several close overall results, proving how important the start, turn, and finish of a race are. Christina Poon of Caltech beat out Jacqueline Cole of the Long Beach Grunions by 0.87 seconds in the 25-29 age group, while Janice Brooksby of SOCAL out-raced Judith Nakamatsu of UCLA by 0.18 seconds (!) in the 40-44 age group. The largest age group was the men 50-54 years old with 21 swimmers. The first 10 finishers in that age group were separated by less than 20 seconds overall.

The Caltech Masters team wishes to congratulate all the competitors on a job well done. For the full results, see [www.spma.net](http://www.spma.net).

#### *In this issue:*

- LCM meet entry information
- Open Water entry information

### Age Group Winners

18-24	-	Igor Bistic , UNAT
25-29	Christina Poon, CTM	Benjamin Cone, CTM
30-34	Cynthia Lewin , MVN	Jason Fox , ROSE
35-39	Sian Romoli, CTM	Jose DeSouza, ROSE
40-44	Jennifer Hinkey, SDSM	Kip Fulbeck , UNAT
45-49	Ann Finley, SOBA	Frank Wasko, NOVA
50-54	Ahelee Sue Osborn, NOVA	Gerard Von Hoffmann, NOVA
55-59	Kathleen Komar, UCLA	John Derr, VCM
60-64	Beverly Montrella, MVN	Robert Strand, TOC
65-69	-	Chuck Babcock, UNAT
70-74	-	Jeff Farrell, SBM
75-79	Cynthia Rosik, OREG	-
80-84	-	Frank Piemme, LOST
85-89	Maurine Kornfeld, MVN	Jurgen Schmidt, LOST

# SWIM FOR LIFE!

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

ATASCADERO: Team K-man  
BAKERSFIELD: Gold Wave Masters  
BAKERSFIELD SWIM CLUB  
LOMPOC: Lompoc's Other Swim Team  
PASO ROBLES: North County Aquatics  
SAN LUIS OBISPO MASTERS  
SAN LUIS OBISPO: No. SLO Masters  
SANTA MARIA: Santa Maria Swim Club

Jennifer Glenesk (805) 434-1912; swimcoach@teamkman.org; www.teamkman.org  
Rafael Guijarro (661) 472-7246; rago@sbcglobal.net  
John Kraetsch, lkraetsch@bak.rr.com; www.bakersfieldswimclub.org  
Jeff Storie (805) 875-2703; j\_storie@ci.lompoc.ca.us  
Spencer Szejkowski (805) 237-0654; spencersz@yahoo.com; northcountyaquatics.org  
Philip Yoshida (805) 543-9515; sloswimclub@sbcglobal.net; www.sloswimclub.org  
Kass Flaig (805) 704-9797; kassflaig@hotmail.com  
Mike Ashmore (805) 928-9655; santamariasmw@verizon.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  
THOUSAND OAKS: South Coast Aquatics  
VENTURA COUNTY MASTERS  
VENTURA: Rio Mesa Masters

Vic Anderson (805) 403-5425; delphis13@msn.com  
Rick Goeden (805) 646-6884; theswimguy@sbcglobal.net  
Naya Higashijima (805) 893-2505; ucsbmasters@gmail.com  
SB Swim Office (805) 966-9757; swimoffice@sbswim.org  
Nancy Kirkpatrick-Reno (818) 469-9972; www.csaswim.com  
Kevin Lane (818) 917-6930; klane56ct@sbcglobal.net; www.dalandswim.com  
Matt Warshaw (805) 660-2082; matt@southcoastwaterpoloclub.com  
Jason York (805) 289-9298; jason.e.york@gmail.com; www.buenaventuraswimclub.org  
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) 250-3767

## LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters  
EL SEGUNDO MASTERS  
L.A. 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)

CATALINA Channel Swimming Federation  
L.A. (various locations): SCAQ  
L.A. MID-WILSHIRE: Meridian Swim Club  
L.A. : Los Angeles Athletic Club Masters  
SOUTH GATE Masters Swim Team

Carol Sing (619) 588-2677; swim@swimcatalina.org; swimcatalina.org  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Vanessa Mesia (310) 729-2971; vanessamesia@sbcglobal.net; meridiansportsclub.com  
Skye Conant (213) 625-2211 x3366; skye.conant@laac.net; www.laac.com  
Patricia Mitchell (323) 563-5446; pmitchell@sogate.org

## LOS ANGELES (South Bay and East County)

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

Yuji Utsumi; (562) 252-0220; info@lbgrunions.com; www.lbgrunions.com  
Kathy Davids (310) 643-6523; kdavids@socal.rr.com; www.southbayswimteam.org  
Beverly Garman (949) 552-1710; ihaccoach@aol.com  
Cindy Jarvis (562) 426-7601 x1047, cjarvis@alpertjcc.org, www.alpertjcc.org  
Cindy Summers (562) 597-9744; summerscm@hotmail.com  
Jo'el Fitzpatrick (562) 7952628, jfitzpatrick@ci.los-alamitos.ca.us, www.ci.los-alamitos.ca.us  
Chuck Milam (310) 592-6010, cdmilam@hotmail.com, www.manhattance.com  
Shari Twidwell (310) 937-3535; shari@zapswimming.com  
Debi Blair (310) 813-9656; info@lapsmasters.org, www.lapsmasters.org

## INLAND EMPIRE

CORONA: Corona Aquatic Team Masters  
MURRIETA: MESA Aquatic Masters  
RIVERSIDE: Riverside Aquatics Assn.  
TEMECULA: City of Temecula Masters  
WALNUT: Buzzards Peak Masters  
YUCAIPA: Masters of Yucaipa

John Salvino (866) SWM-CRNA; coachsalvino@hotmail.com  
Debbie Mone (951) 461-1577; msmone@msn.com; mesaaquatics.com  
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  
Jason Bradbury (951) 845-7458; ystcoach.jason@verizon.net; yucaipaswim.org

## ORANGE COUNTY

COTO DE CAZA: Coyotes  
FULLERTON: FAST Masters Team  
HUNTINGTON BEACH SWIM CLUB  
HUNTINGTON BEACH: Golden West Swim Club  
IRVINE NOVAQUATICS  
IRVINE: UCI Masters  
IRVINE: The Sports Club/LA  
LADERA RANCH MASTERS  
MISSION VIEJO MASTERS  
NEWPORT BEACH: Pacific Coast Aquatics  
NEWPORT BEACH: Team TYR  
NEWPORT BEACH Lifeguard Association  
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

Todd Conrad (949) 858-4100 x257; cotocoyotes@gmail.com  
Bill Jewell, (949) 466-6523; swimbill@sbcglobal.net; fastswim.org  
Buddy Belshe (949) 362-4727  
Erik Andrews (714) 308-2227; slipperyrocks@yahoo.com; goldenwestswimclub.com  
Mike Collins (949) 338-6682, info@novamasters.com; www.novamasters.com  
Charlie Schober (949) 824-7946; ctschobe@uci.edu; www.masterswim.uci.edu  
Dan Schoen (949) 975-8400 x6204; danschoen@thesportsclub.com; thesportsclubla.com  
Evan Forbes (949) 370-0568; e\_forbes@cox.net  
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  
Jim Turner (949) 644-3046; jturner@nbfed.net; www.newportlifeguard.org  
Rod Snyder (949) 366-1630; rdsnyder4@cox.net  
Belinda Eschenwald (949) 636-1665; ironbee@cox.net; www.capomasters.com  
Debra Cruze-Meyer (714) 639-1913; debra@socalaquatics.com  
Mark Tierney (714) 639-7531; coachmark@orca-aquatics.com  
Mike Pawloski (714) 372-6273; bonuspak@earthlink.net

## LAS VEGAS

HENDERSON Southern Nevada Masters  
LAS VEGAS: Las Vegas Masters  
LAS VEGAS: Viva Las Vegas Masters

Frank Lowery (702) 400-2790; flowery719@cox.net; www.lowerymultisport.com  
Victor Hecker (702) 247-7788; heckerrealestate@hotmail.com  
Melissa Gutierrez (702) 480-4321; 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 _____						<b>FOR OFFICE USE ONLY</b>  Amt Rec'd _____  Date _____	
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____							
	1500/1650 • •	Surcharge _____ \$ _____							
	• •	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.

**Santa Clarita Masters  
LCM Meet  
Sunday, May 18th, 2008**

Sanction number: 338-023

**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, May 10th. 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, 2008 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 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.

**Sunday, May 18, 2008**

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

**Mission Viejo Nadadores  
LCM Swim Meet  
Sunday, June 1st, 2008**

Sanction number: 338-021

**Directions:** Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. From the north or south, take the I-5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot. No tennis parking on Marguerite allowed.

**Entries:** The pre-entry postmark deadline is Monday, May 26th. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 1500 m Freestyle and at 10:30 a.m. for all other events. Age on December 31, 2008 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 400 and 1500 m Freestyle and the 400 m Individual Medley.

**Relays:** All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

**Awards:** Individual: 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:** Mission Viejo Nadadores (MVN)

Mail consolidated entry card, a copy of your 2008 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-B Marguerite Parkway #391, Mission Viejo, CA 92692.

**Questions:** Meet Director, Mark Moore (949) 489-1847; coachmark@mastersmvnswim.org.

**Snack Bar:** Hot and cold drinks, snacks, and food will be available for purchase.

**Sunday, June 1, 2008**

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

1500 starts at 8:30 a.m.

1. 1500 m Freestyle (check-in required)  
Additional warm-up after 1500  
Event #2 will start no earlier than 11:00 a.m.
2. 400 m Individual Medley (check-in required)
3. 200 m Freestyle
4. 50 m Butterfly
5. 100 m Backstroke
6. 200 m Breaststroke
7. 200 m Medley Relay (men, women, or mixed)
8. 200 m Individual Medley
9. 200 m Butterfly
10. 50 m Breaststroke
11. 200 m Backstroke
12. 100 m Freestyle
13. 100 m Butterfly
14. 50 m Backstroke
15. 200 m Freestyle Relay (men, women, or mixed)
16. 100 m Breaststroke
17. 50 m Freestyle
18. 200 m Fun Fin Relay
19. 400 m Freestyle (check-in required)

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

**Las Vegas Masters  
LCM Meet  
Saturday, June 14th, 2008**

Sanction number: 338-022

**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 7th. 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, 2008 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 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:** Las Vegas Masters

Mail consolidated entry card, copy of 2008 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: Robert Mitchell (949) 689-7946, mitchellrobert@cox.net.

**Saturday, June 14, 2008**

Warm-up at noon

Meet starts at 1:00 p.m.

1. 400 m Freestyle (check-in required)
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.simasterswim.org](http://www.simasterswim.org)

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

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

**Santa Barbara Masters  
Reg Richardson Memorial LCM Meet  
Saturday, July 12th, 2008**

Sanction number: 338-024

**Directions:** The Reg Richardson Memorial Meet is part of Semana Nautica, Santa Barbara's annual summer sports festival, now in its 71th 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.

**PLEASE NOTE:** The location of the Santa Barbara meet may change. Please check [www.spma.net](http://www.spma.net) or call the SPMA office before entering the meet.

**Entries:** Pre-entry postmarked deadline: Thursday, July 3rd. 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, 2008 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, sbssc@sbswim.com. Meet Processing, Robert Mitchell, (949) 689-7946, mitchellrobert@cox.net.

**Saturday, July 12, 2008**

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)

**Seal Beach Swim Club  
37th Seal Beach Rough Water Swim  
Saturday, July 12th, 2008**

Sanction number: 338-032

**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 Friday, June 27th. Race day registration is \$30.

To enter, send a copy of your 2008 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

**Newport Beach Lifeguards  
Balboa-Newport Pier-to-Pier  
Saturday, July 19th, 2008**

Sanction number: 338-031

**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 8th. Register for both this swim and the August 25th Don Burns Corona del Mar swim for \$50.

To enter, send a copy of your 2008 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, (949) 640-5350; nadineturner3@cox.net; www.newportlifeguard.org

**Semana Nautica Sports Festival  
Santa Barbara 6-mile Swim  
Sunday, July 13th, 2008**

Sanction number: 338-033

**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 begins at 7:30 a.m. The swim starts at 9:00 a.m.

**Entries:** Pre-registration is \$40 and entries must be received by Monday, July 7th. No beach entries. T-shirts are \$15.

To enter, print and complete the entry form at [www.semananautica.com](http://www.semananautica.com) or send a copy of your 2008 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

**Long Beach Grunions  
Naples Island Swim  
Sunday, July 27th, 2008**

Sanction number: 338-034

**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 7:00 a.m. and closes at 8:45 a.m. The 1-mile Classic starts at 9:00 a.m. and the 3-mile Challenge starts at 9:20 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. 3-mile swimmers are encouraged to bring paddlers on paddleboards. No personal kayaks will be permitted to accompany swimmers. All swimmers will be required to wear bright colored swim caps, which will be provided.

**Entries:** Pre-registration is \$25 and must be postmarked by Saturday, July 19th. Fee includes T-shirt designed for this event. Race day registration (or if postmarked after July 19th) is \$30. An alternate entry form can be found at [www.spma.net/naples2008](http://www.spma.net/naples2008).

To enter, send a copy of your 2008 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: 2008 Naples Island Swim, Bill Roberts, 1066 Roswell Ave # 302, Long Beach, CA 90804.

**Awards:** Medals 1st to 3rd in each age group in each race.  
**Additional Information:** Bill Roberts (310) 200-3016, billr0073@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***

# Conejo Simi Aquatics LCM Regional Championships

## Cal Lutheran University, Samuelson Aquatics Center

### Friday to Sunday, August 1 - 3, 2008

Sanction number: 338-025

The Samuelson Aquatics Center at Cal Lutheran University is an outdoor, 25 yard x 50-meter pool with 8 swimming lanes and an electronic score board with Daktronics timing system. Seven lanes will be used for competition, and one for warm-up and warm-down during the meet.

**Directions:** Cal Lutheran University is located off the 23 North Freeway from the 101 at Thousand Oaks. Exit 23 North at Olsen, turn left (west) and the University pool is approx 3 miles on the right.

**Fees:** Flat fee of \$40.00 if postmarked on or before Tuesday, July 22nd. Entries postmarked or submitted after midnight on July 22nd will be subject to a \$10.00 late fee. *ALL ENTRIES WILL BE REJECTED IF NOT RECEIVED BY 8:00 p.m., Saturday, July 25th. NO INDIVIDUAL DECK ENTRIES ARE ALLOWED.* Check [www.spma.net](http://www.spma.net) for availability of online entries. Relay-only swimmers: Swimmers who plan to swim only in relays may do so, for a \$10.00 fee. Relay-only swimmers must also sign a consolidated entry card and may deck enter the meet. Swimmers are limited to entering and swimming a total of 7 individual events for the entire meet (but no more than 5 per day), plus relays.

**Seeding:** Men and women will be seeded together for the 400, 800 and 1500 m Freestyle and 400 m Individual Medley, based on entry time. The 1500 and 800 m Freestyle will be limited to the first 50 entries for each event. Men and women will swim separately for all other individual events. Scoring will be separate, by gender and age group. All individual events will be seeded and swum slowest to fastest.

**Check-in:** Check-in is required for the 400, 800 and 1500 m Freestyle events and the 400 IM. Check-in will close at 2:30 p.m. Friday for the 1500, 8:00 a.m. Saturday for the 400 m Freestyle, 8:00 a.m. Sunday for the 800 m Freestyle, and 9:00 a.m. Sunday for the 400 IM.

**Awards:** Custom medals for individual places 1st to 3rd, SPMA ribbons for places 4th to 6th for each age group and gender. Custom medals for 1st place relay teams, SPMA ribbons for 2nd and 3rd places. Special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to top 8 clubs, based on combined scoring for men and women, individual events plus relays, including mixed relays.

**Entries:** Mail entry card, copy of 2008 USMS card, and check (payable to Conejo Simi Aquatics) to: Conejo Simi Aquatics, Meet Administrator Bev Pierson, c/o 935 Calle Collado, Thousand Oaks, CA 91360. Receipt of entry will *NOT* be verified by phone. Send a SASE or stamped postcard for return receipt.

**Questions:** Meet director: Bev Pierson (805) 376-3042, [beverly.pierson@gmail.com](mailto:beverly.pierson@gmail.com).

#### Friday, August 1, 2008

**Warm-up at 2:00 p.m.**

**Meet starts at 3:00 p.m.**

Check-in for the 1500 m Freestyle will close at 2:30 p.m.

1. 1500 m Freestyle (Women, Men)

#### Saturday, August 2, 2008

**Warm-up at 7:30 a.m.**

**Meet starts at 9:00 a.m.**

Check-in for the 400 m Freestyle will close at 8:00 a.m.

2. 400 m Freestyle (Women, Men)
3. Women's 50 m Butterfly
4. Men's 50 m Butterfly
5. 400 m Freestyle Relay\* (Women, Men, Mixed)
6. Women's 100 m Breaststroke
7. Men's 100 m Breaststroke
8. Women's 200 m Butterfly
9. Men's 200 m Butterfly
10. Women's 100 m Freestyle
11. Men's 100 m Freestyle
12. Women's 100 m Backstroke
13. Men's 100 m Backstroke
14. Women's 200 m Individual Medley
15. Men's 200 m Individual Medley
16. Women's 50 m Breaststroke
17. Men's 50 m Breaststroke
18. 400 m Medley Relay\* (Women, Men, Mixed)
19. 800 m Freestyle Relay\* (Women, Men, Mixed)

#### Sunday, August 3, 2008

**Warm-up at 7:30 a.m.**

**Meet starts at 9:00 a.m.**

Check-in for the 800 m Freestyle will close at 8:00 a.m.

20. 800 m Freestyle (Women, Men)
21. Women's 200 m Backstroke
22. Men's 200 m Backstroke
23. Women's 50 m Freestyle
24. Men's 50 m Freestyle
25. 400 m Individual Medley (Women, Men)
26. Women's 100 m Butterfly
27. Men's 100 m Butterfly
28. Women's 50 m Backstroke
29. Men's 50 m Backstroke
30. Women's 200 m Freestyle
31. Men's 200 m Freestyle
32. Women's 200 m Breaststroke
33. Men's 200 m Breaststroke
34. 200 m Medley Relay (Women, Men)
35. 200 m Freestyle Relay (Women, Men)
36. Mixed 200 m Medley Relay
37. Mixed 200 m Freestyle Relay

**\*Relays:** A swimmer may swim only one relay in each of events 5, 18, and 19 (e.g., Women, Men or Mixed). For entry information, please see the additional information online at [www.spma.net](http://www.spma.net).

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# Southern Pacific Masters Association Schedule

May	8	SPMA Committee conference call
	18	Santa Clarita LCM Swim Meet
June	1	Mission Viejo LCM Swim Meet
	14	Las Vegas LCM Swim Meet
July	10	SPMA Committee conference call
	12	Santa Barbara LCM Swim Meet
	12	Seal Beach 1 mile and 5K Open Water Swims
	13	Santa Barbara 6 mile Open Water Swim
	19	Newport Pier-to-Pier 2 mile Open Water Swim
	27	Long Beach Naples 1 and 3 mile Open Water Swims
August	1-3	SPMA LCM Regional Championships, Thousand Oaks
	14-17	USMS LCM National Championships, Mt. Hood, Oregon
	23	Corona del Mar 1 mile Open Water Swim
September	24-28	USMS Convention, Atlanta, Georgia
October	5	Mission Viejo SCM Swim Meet
	25	UCLA SCM Swim Meet
November	8	Santa Clarita SCM Swim Meet
December	5-7	SPMA SCM Championship Swim Meet, Long Beach

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 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)