

Sept/Oct
2011



SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News



SPMA MASTERS SWIMMING

Mission Viejo to Host 2013 U.S. Masters Swimming and Open Water 1-3 Mile National Championships

U.S. Masters Swimming, our national governing body, has awarded the 2013 Summer National Championships to Mission Viejo, CA. The Mission Viejo Nadadores Masters will host the event in cooperation with the City of Mission Viejo.

The five-day event will take place at the Marguerite Aquatic Center in the heart of beautiful Mission Viejo. Warm-ups will begin on Tuesday, August 6 and events will begin on Wednesday, August 7 with the meet concluding on Sunday, August 11, 2013. More than 2,000 swimmers are expected to participate, including many Olympians.

The Open Water Championship event will take place at Salt Creek Beach on Sunday, August 4, 2013.

“Landing this prestigious event will be a memorable experience for all who attend. We are all very excited!” says Coach Mark Moore, Meet Director.

“Mission Viejo Nadadores looks forward to the opportunity of bringing this outstanding competition back to Mission Viejo,” says Rick Brotherton, Mission Viejo Nadadores Foundation President.

The USMS National Championship event has been hosted by Mission Viejo in 1977, 1979 and 2005, and the extensive parent and athlete support team is eager to volunteer and be part of this event again.

“The Nadadores Swimming Program is one of the crown jewels of Mission Viejo. Every summer Olympics since 1976 has seen a Mission Viejo Nadadores athlete compete. On behalf of the City Council I want to express how proud the city is to be hosting the 2013 U.S. Masters Swimming Summer National Championships. I want to give a big Woo-hoo to all the athletes,” beamed Mission Viejo Mayor, Dave Leckness.



SPMA records in SPMA-sanctioned events for the 2011 Long Course Meters season

| Name | Age | Club | Event | Record Types |
|-------------------|-----|------|------------------|-----------------------|
| Evans, Janet | 40 | GWSC | 400 Freestyle | SPMA, National, World |
| | | | 800 Freestyle | SPMA, National, World |
| Heckman, Dawn | 34 | ROSE | 200 Freestyle | SPMA, National, World |
| | | | 400 Freestyle | SPMA, National, World |
| | | | 800 Freestyle | SPMA, National, World |
| Kornfeld, Maurine | 90 | MVN | 50 Freestyle | SPMA, National |
| Moses, Ed | 31 | ROSE | 100 Breaststroke | SPMA, National, World |
| | | | 200 Breaststroke | SPMA, National, World |
| West, Steve | 39 | NOVA | 100 Breaststroke | SPMA, National |
| | | | 200 Breaststroke | SPMA, National |

Relays

Men's 240+ 400 Free Relay: Glenn Gruber, Hubie Kerns, Jim McConica, Michael Blatt (VCM) SPMA, National, World
Men's 240+ 800 Free Relay: Jim McConica, Glenn Gruber, Hubie Kerns, Michael Blatt (VCM) SPMA, National, World
Mixed 120+ 800 Free Relay: Evan Kraus, Heidi Cough, Cynthia Lewis, Dickie Fernandez (NOVA) SPMA, National, World
Mixed 320+ 800 Free Relay: Maurine Kornfeld, Dick Stewart, Margrit Graef, Rudolf Graef (MVN) SPMA, National, World

SWIM FOR LIFE

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team KMAN
ATASCADERO: No. SLO Masters
BAKERSFIELD: Gold Wave Masters
BAKERSFIELD Swim Club
BAKERSFIELD Aquatics Club
LOMPOC: Lompoc's Other Swim Team
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO Masters
SAN LUIS OBISPO: Kennedy Club Masters
SANTA MARIA: Santa Maria Swim Club

SANTA BARBARA (South) and VENTURA

CAMARILLO: Camarillo YMCA
CARPINTERIA: Channel Island
OJAI: Ojai Masters
SANTA BARBARA Aquatics Club
SANTA BARBARA: UCSB Masters
SANTA BARBARA Masters
SANTA BARBARA: Oceanducks
THOUSAND OAKS: Conejo Simi Aquatics
THOUSAND OAKS: Conejo Valley Multisport Masters
THOUSAND OAKS: Daland Masters
THOUSAND OAKS: South Coast Aquatics
VENTURA COUNTY Masters
VENTURA: Rio Mesa Masters

LOS ANGELES (North)

CLAREMONT: The Claremont Club
COVINA: Covina Aq. Assn: Masters Swimming
L.A. Van Nuys: SCAQ
LANCASTER: Oasis Masters
PALMDALE: Canyons Aquatic Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
PORTER RANCH: Porter Valley Masters
SANTA CLARITA Masters
WALNUT: FASTER Masters Swim Team

LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters
EL SEGUNDO MASTERS
HOLLYWOOD: Hollywood Wilshire YMCA
L.A. Pac Palisades, Santa Monica, Culver, Westwood, LMU
L.A. WEST: UCLA Bruin Masters
MALIBU Community Pool Swims Masters
WEST HOLLYWOOD Aquatics
WOODLAND HILLS: Southwest Aq Masters

LOS ANGELES (Central and South)

CATALINA Channel Swimming Federation
L.A.: Swimming Los Angeles
L.A. Echo Park and USC: SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A.: Los Angeles Athletic Club Masters
SOUTH GATE Masters Swim Team

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: Long Beach Masters Swim
LONG BEACH: Shore Aquatic Masters
LOS ALAMITOS Masters
MANHATTAN BEACH: Magnum Masters
RANCHO PALOS VERDES: Zenith Aquatics
TORRANCE: LA Peninsula Swimmers

INLAND EMPIRE

BEAUMONT Masters
CORONA: Circle City Aquatics
CORONA: Corona Aquatic Team Masters
RIVERSIDE: Riverside Aquatics Assn.
TEMECULA: City of Temecula Masters
TEMECULA Swim Club
YUCAIPA: Masters of Yucaipa

ORANGE COUNTY

ALISO VIEJO: Renaissance Club Sport
COSTA MESA: Orange Coast Masters Swimming
COTO DE CAZA: Coyotes
FULLERTON: FAST Masters Team
HUNTINGTON BEACH: Golden West Swim Club
IRVINE: Novaquatics
IRVINE: UCI Masters
MISSION VIEJO Masters
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH: Lifeguard Association
TUSTIN: SOCAL Aquatics
YORBA LINDA: East Lake Eagle Rays

LAS VEGAS

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

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Online Registration is preferred. Go to <http://www.SPMA.net>



2011 USMS / SPMA Membership Application

All memberships expire on December 31, 2011



Renewal – my last USMS number was _____
 New registration

Register with the same name you will use for competition. Please print clearly.

| | | | | |
|----------------------------|-----|------------------------|-------------------------|----|
| Last Name | | First Name | | MI |
| Street Address | | | | |
| City/State/Zip | | | Phone | |
| Date of Birth (mm/dd/yyyy) | Age | Sex (circle) M F | E-mail address | |
| Club Name or Unattached | | | Today's Date (required) | |

RELATED MEMBERSHIPS & CERTIFICATIONS

I am a: Masters Coach
 Certified Official

I am a member of: YMCA
 USA Triathlon
 USA Swimming

| | FULL-YEAR FEES (if joining between Nov. 1, 2010, and Aug. 31, 2011): | END-OF-YEAR FEES (if joining between Sep. 1, 2011, and Oct. 31, 2011): |
|---|--|--|
| U.S. Masters Swimming full-year fee (\$29) or end-of-year fee (\$24) plus SPMA (local governing body) fee (\$15): | \$ 44.00 | \$ 39.00 |
| I wish to contribute this amount to the International Swimming Hall of Fame Foundation: | | |
| I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund: | | |
| I wish to contribute this amount to SPMA: | | |
| Total: | | |

Benefits of membership include a subscription to USMS's magazine, *SWIMMER*, during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription).

USMS-registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

WAIVER: 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.

Signature (required): _____ **Date:** _____

Please make check for total fee plus any donation amounts payable to: SPMA

Mail check and completed form to: SPMA Registrar
 Dan Wegner
 3773 Price Ridge Ct
 Las Vegas, NV 89147

Santa Clarita

SCM Swim Meet

Saturday, October 8th, 2011

Sanction by Southern Pacific Masters Swimming for USMS,
Inc. Sanction # 331-018

Facility: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

Directions: *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 Pointe Pkwy. Make a right into the driveway for the Aquatic Center. *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.

Entries: The mail-in pre-entry postmark deadline is Saturday, October 1st. Online entry deadline is Friday, October 7th at midnight. Deck entries for the 1500 m Freestyle will close at 8:45 a.m.; all other deck entries close at the conclusion of the 1500.

Rules: USMS rules will govern. Current SPMA meet procedures will be enforced and take precedence over any errors or omissions on this entry form. All events are timed final. Swimmers are limited to a total of five individual events, not including relays. Age on December 31, 2011 determines the age group of the swimmer for the meet. You must be at least 18 years old 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 1500 m Freestyle and the 400 m Freestyle.

Relays: All relays will be deck entered. 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: \$25.00 per swimmer flat fee for online entries. \$30.00 per swimmer flat fee for mail-in entries. Deck entries will be a total of \$35.00.

Checks payable to: City of Santa Clarita
Mail consolidated entry card, a copy of your 2011 USMS card, and check to: Santa Clarita Aquatic Center, c/o Lance O'Keefe, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

Questions: Meet Director, Lance O'Keefe, (661) 250-3767, lokeefe@santa-clarita.com.

Saturday October 8, 2011

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

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check-in required)
20 minute warm-up after the 1500
2. 100 m Butterfly
3. 200 m Freestyle
4. 200 m Mixed Freestyle Relay
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. 100 m Individual Medley
12. 200 m Breaststroke
13. 100 m Freestyle
14. 50 m Backstroke
15. 200 m Butterfly
16. 200 m Mixed Medley Relay
17. 50 m Breaststroke
18. 200 m Backstroke

UCLA Bruin Masters

SCM Swim Meet

Sunday, October 23rd, 2011

Sanction by Southern Pacific Masters Swimming for USMS,
Inc. Sanction # 331-019

Facility: Dirks Pool is an outdoor, 25yd by 52m competition pool. Eight additional lanes will be available for warm-up during competition. The address of the Spieker Aquatics Center is 114 Easton Drive, Los Angeles, CA 90024.

Directions & Parking: Take the 405 Freeway to Sunset Blvd. Take Sunset east approximately 3/4 mile to Bellagio Road (just after the light at Veteran Blvd. and across from the Bel Air gate). Turn right into campus. Go to the stop sign, turn right and park in Lot 11. Pay the parking machine, \$7/day exact change, \$10/day otherwise. There is no parking in the lot by the pool; it is for UCLA permits only.

NOTE: *Parking enforcement does ticket on weekends.* Walk left out of Lot 11 down the hill towards Sunset Canyon Recreation Center. Spieker Aquatics Center will be on the right adjacent to Sunset Canyon Recreation Center.

Entries: Online entries are preferred. Online entry deadline is Saturday, October 22nd at midnight. The paper pre-entry postmark deadline is Saturday, October 15th. On deck registration is permitted. Deck entries for the 800 m Freestyle will close at 8:30 a.m. and at 10:30 a.m. for all other events. Swimmers are limited to four individual events plus relays. There will be a limit of 8 heats for the 800 m Freestyle.

Rules: USMS rules will govern. Current SPMA meet procedures will be enforced and take precedence over any errors or omissions on this entry form. All events are timed final. Age on December 31, 2011 determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 800 m Freestyle *must* check in to be seeded.

Relays: 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. No Charge - Fun Event! 4 x 50 "T-shirt" relay. Each team member must swim with a T-shirt on. The shirt is exchanged from one swimmer to the next. Bring a T-shirt to use. This is quite a comical event and loads of fun.

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

Snack Bar: Food and swimming equipment vendors will be available for purchase adjacent to the pool.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries and online entries after October 15th are allowed for \$35.00 flat fee. For relay swimmers only, the fee is \$5.00.

Checks payable to: UC Regents

Mail consolidated entry card, a copy of your 2011 USMS card, and check to: Bruin Masters Meet, P.O. Box 204, Lake Forest, CA 92609.

Questions: Meet Director, Robert Mitchell, mitchellrobert@cox.net, (949) 689-7946.

Sunday, October 23, 2011

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

800 starts at 9:00 a.m.

1. 800 m Freestyle
Additional warm-up after the 800
Event #2 starts at 10:30 a.m.
2. 200 m Individual Medley
3. 200 m Freestyle Relay (Men, Women, Mixed; deck enter)
4. 50 m Backstroke
5. 100 m Butterfly
6. 200 m Freestyle
7. 100 m Backstroke
8. 50 m Freestyle
9. 200 m Medley Relay (Men, Women, Mixed; deck enter)
10. 100 m Breaststroke
11. 100 m Freestyle
12. 50 m Butterfly
13. 50 m Breaststroke
14. 100 m Individual Medley
15. 4 x 50 m T-shirt Relay (deck enter)

Mission Viejo Nadadores

SCM Swim Meet

Sunday, November 6th, 2011

Sanction by Southern Pacific Masters Swimming for USMS,
Inc. Sanction # 331-020

Facility: Marguerite Aquatic Center, 27474 Casta Del Sol, Mission Viejo, CA 92692 is an outdoor, 8-lane competition diving pool with two 25-meter warm-up lanes.

Directions & Parking: From the north or south, take the 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.

Entries: Pre-entry postmark and online deadline is Saturday, October 29. On deck registration is permitted. Deck entries will close at 7:45 a.m. for the 1500 m Freestyle and at 10:30 a.m. for events 2 to 8. All other events will close at 11:00 a.m.

Rules: USMS rules will govern. Current SPMA meet procedures will be enforced and take precedence over any errors or omissions on this entry form. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2011 determines the age group of the swimmer for the meet. You must be at least 18 years old 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 1500 m Freestyle and the 400 m Freestyle.

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.

Snack Bar: A snack bar will be available serving hot and cold food and drinks.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries or online entries after Saturday, October 29th allowed for a total of \$35.00.

Checks payable to: Mission Viejo Nadadores
Mail consolidated entry card, a copy of your 2011 USMS card and check to: Mission Viejo Nadadores — Mark Moore, 25108-A Marguerite Parkway #391, Mission Viejo, CA 92692.

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

Sunday, November 6, 2011

1500 warm-up at 7:00 a.m.

1500 starts at 8:00 a.m.

1. 1500 m Freestyle (check-in required)
Additional warm-up after the 1500
Event #2 starts at 11:00 a.m.
2. 400 m Individual Medley
3. 50 m Butterfly
4. 100 m Backstroke
5. 200 m Breaststroke
6. 50 m Freestyle
7. 100 m Butterfly
8. 200 m Backstroke
9. 200 m Freestyle Relay (Men, Women, Mixed; deck enter)
10. 200 m Individual Medley
11. 50 m Breaststroke
12. 100 m Freestyle
13. 200 m Butterfly
14. 200 m Medley Relay (Men, Women, Mixed; deck enter)
15. 50 m Backstroke
16. 100 m Breaststroke
17. 200 m Freestyle
18. 100 m Individual Medley
19. 400 m Freestyle (check-in required)

Turkey Shoot at Pierce College

SCM Swim Meet

Sunday, November 20th, 2011

Sanction by Southern Pacific Masters Swimming for USMS,
Inc. Sanction # 331-021

Facility: The newly renovated outdoor Pierce College Pool is located at 6201 Winnetka Ave., Woodland Hills, CA 91367. It is anticipated that a new timing system scoreboard will be installed in time for the meet.

Directions: Take the 101 Freeway to Winnetka. Exit at Winnetka and go north one mile to the college. Winnetka is located 6 miles west of the San Diego Freeway (405) and Ventura Freeway (101) interchange.

Entries: Pre-entry postmark deadline is Saturday, November 12th, 2011. On deck registration is permitted. Entries for the 800 m Freestyle will close at 8:45 a.m. and at the conclusion of the 800 for all other events. Age on December 31, 2011 determines age group for the meet. You must be at least 18 years old 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 800 m Freestyle and the 400 m Individual Medley.

Relays: All relays will be deck entered. 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. Event 8 is a rare 800 m Freestyle relay, a chance for a record. Event 16 is men's, women's, mixed, freestyle or medley relays.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place. Special awards for the swimmers who swim closest to their entered time in each event.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries or online entries after Saturday, November 12th allowed for a total of \$35.00.

Checks payable to: Southwest Aquatic Masters
Mail consolidated entry card, a copy of your 2011 USMS card, and check to: Southwest Masters Turkey Shoot, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Mary Hull (818) 885-5934; Robert Mitchell, mitchellrobert@cox.net

Sunday, November 20, 2011

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

800 starts at 9:00 a.m.

1. 800 m Freestyle (check-in required)
Additional warm-up after the 800
Event #2 starts at 11:00 a.m.
2. 50 m Butterfly
3. 100 m Backstroke
4. 200 m Breaststroke
5. 50 m Freestyle
6. 100 m Butterfly
7. 200 m Backstroke
8. 800 m Freestyle Relay (Men, Women, Mixed; deck enter)
9. 50 m Breaststroke
10. 100 m Freestyle
11. 200 m Butterfly
12. 50 m Backstroke
13. 100 m Breaststroke
14. 200 m Freestyle
15. 400 m Individual Medley (check-in required)
16. 400 m Relay (Men, Women, Mixed; Freestyle or Medley deck enter)

SW Zone LCM Championship, Mission Viejo

August 12-14, 2011

Top 8 Clubs

Irvine Novaquatics
Mission Viejo Masters
Rose Bowl Masters
San Diego Swim Masters
Las Vegas Masters
Southern California Aquatic Masters
Arizona Masters Swim Club
Conejo Valley Multisport Masters

National and World Records

Janet Evans (40-44) Golden West 400 Freestyle 4:22.87 (N,W)
Maurine Kornfeld (90-94) Mission Viejo 50 Freestyle 55.48 (N)
Men's 240+ 400 Freestyle relay 4:13.50 VCM (N,W)
Men's 240+ 800 Freestyle relay 9:25.78 VCM (N,W)
Mixed 120+ 800 Freestyle relay 8:47.80 NOVA (N,W)
Mixed 280+ 800 Freestyle relay 12:51.15 SDSM (N,W)

Age Group Women High Point Winners

Berklie Oscarson (18-24)
Jennifer Schumacher (25-29)
Heidi Cough (30-34)
Cynthia Lewis (35-39)
Cheryl Simmons (40-44)
Becky Cleavenger (45-49)
Jenny Cook (50-54)
Robin Smith (55-59)
Janet Gettling (60-64)
Beverly Montrella (65-69)
Anne Williams (70-74)
Eulah Varty (75-79)
Margrit Graef (80-84)
Maurine Kornfeld (90-94)

Age Group Men High Point Winners

Alec Alders (18-24)
Mario Marshall (25-29)
Robert Dmytrow (30-34)
Ryan Cox (35-39)
Jeff Welechuk (40-44)
Jonathan Edge (45-49)
Scott Shake (50-54)
Michael Blatt (56-59)
Hubie Kerns (60-64)
Frank Freeman (65-69)
Mike Freshley (70-74)
Will Rauch (75-79)
Don Baker (80-84)
Frank Piemme (85-89)



Snapshots from Mission Viejo LCM Championship August 2011



POSTS FROM MY BLOG

By Jessica Seaton, D.C.

Every week I spend several hours reading health-related articles. When I find an article that I think will interest others, I write a summary with commentary about the article and post it to my website at www.drjessicaseaton.com. If you go to my blog there and look under archives, you can find blog posts from the last five years. Below are some posts that I think SPMA swimmers would find interesting.

Lifestyle Plays a Bigger Role in Longevity than Genetics

A Swedish study published in a recent *Journal of Internal Medicine* found that lifestyle and environment play a bigger role in longevity than genetics. In 1963 one third of all 50 year-old males living in Gothenberg, Sweden were asked to participate in this study, which came to be known as the 1913 Men study. They were examined and filled out many questionnaires about their lifestyle. They were reexamined at 54, 60, 67, 75, and 80. The researchers found that how long one lived was not correlated with how long one's parents lived. "Those who did not smoke, consumed moderate amounts of coffee and had a good socio-economic status at the age of 50 (measured in terms of housing costs), as well as good physical working capacity at the age of 54 and low cholesterol at 50 had the greatest chance of celebrating their 90th birthday." How lifestyle, such as nutrition, exercise, and stress interact with genetics is known as epigenetics.

Weight Training Is Healthy for Older People

A recent article in the German *Deutsches Aerzteblatt* showed that moderate to serious weight training significantly improved the strength in people older than 60. People between the ages of 50 and 70 typically lose 30% of their muscle mass. This can to some degree be slowed down by weight training. Light weights won't do the trick. The weights used in this study were at least 60-85% of the one repetition maximum. In order to increase muscle mass rapidly more than 85% of the maximal weight should be used. They found that a healthy elderly person should be lifting weights 3-4 times per week for maximum benefit. Swimmers also benefit from lifting moderate to heavy weights in addition to swimming. While swimming does strengthen the body, it doesn't build muscle mass like weight training does.

Beyond Calories Consumed and Calories Burned

The June 23, 2011 issue of *The New England Journal of Medicine* published a very interesting and large prospective study on changes in diet and lifestyle and long-term weight gain in women and men. The researchers performed prospective investigations in three large groups of people that included 120,877 U.S. women and men who were not obese at baseline and had no chronic diseases. They were reassessed every 4 years. Overall participants gained an average of 3.35 lb. over 4 years or .84 lb. per year. This doesn't seem like that much, but that is 12 lb. in 15 years. The researchers examined which changes over a four-year period would result in a weight gain, and which a weight loss.

The largest changes associated with weight gain were the intake of potato chips (1.69 lb.), potatoes (1.28 lb.), sugar-sweetened beverages (1.00 lb.), unprocessed red meats (0.95 lb.), and processed meats (0.93 lb.). The strongest changes associated with weight loss were intake of vegetables (-0.22 lb.), whole grains (-0.37 lb.), fruits (-0.49 lb.), nuts (-0.57 lb.), and yogurt (-0.82 lb.).

Increasing physical activity resulted in -1.76 lb. weight loss on average. Alcohol use was complex, but overall results in about 0.41 lb. weight gain. Sleeping less than 6 hours per night or more than 8 hours per night resulted in weight gain. Television watching resulted in about 0.31 lb. weight gain per hour per day.

SPMA Swimming News, Sept/Oct 2011

Watching Television Daily for 2 or More Hours Increases Risk of Death

A review article published in the June 15 edition of the *Journal of the American Medical Association* found that more than two hours per day of television viewing increased the risk of type 2 diabetes, cardiovascular disease, and death. The meta-analysis revealed that for every two hours of television watched daily, the risk of diabetes increased by 20%, the risk of cardiovascular disease increased by 15%, and the risk of all-cause mortality increased by 13%. TV watching is more passive than surfing the internet or even reading. Watching TV is also more associated with eating junk food snacks than are those other activities. If you're trying to eat a healthy diet, exercise more, and get enough sleep, you might want to examine how much TV you watch. Watching TV close to bedtime may also disrupt good sleep.

Moderate Exercise Helps Prevent Silent Brain Infarcts

Silent brain infarcts (minor stroke) in the elderly may lead to balance and mobility difficulties, cognitive deficits, and ultimately dementia and stroke. Research done in conjunction with the Northern Manhattan Study involved 1200 older people who had never had a stroke. They were asked about their exercise initially and then again after 6 years. Those who engaged in regular moderate exercise (tennis, hiking, swimming, cycling, tennis, jogging, or racquet ball) had approximately half the number of silent brain infarcts as those who did no regular exercise. Light exercise, such as golf, walking, bowling, or dancing, did not confer any benefit as far as reducing the risk for silent infarcts.

An interesting side note was that this effect was not noted in those who either had no insurance or had Medicaid. The authors speculated that perhaps the stress associated with that situation and probably with poverty, counteracted the good effects of exercise. I would also speculate that in addition to the mind/body effects, diet may also have played a role.

Even Short-term Use of NSAIDs Dangerous in Cardiac Patients

The May 9 edition of *Circulation* reports on a study that found for people with a history of myocardial infarction, taking a non-steroidal anti-inflammatory, such as ibuprofen, for as little as one week increases the risk of death by 45%. If the treatment is continued for 3 months, the risk increases to a 55% risk of death. There is no apparent safe therapeutic window for patients with a prior myocardial infarction. The American Heart Association in 2007 warned about the risks associated with NSAIDs. Naproxen did not increase risk, and diclofenac had a risk profile more serious than Vioxx, which is no longer on the market due to its risk. Masters swimmers often take NSAIDs under the mistaken belief that they'll avoid post-workout soreness, or keep inflammation at bay. While NSAIDs will do neither, they can be fatal for swimmers with previous myocardial infarction.

Exercise Helps Prevent Colon Cancer

A recent study published in the *British Journal of Cancer* looked at 20 previously published studies and found that regular moderate exercise reduces the risks for polyps and for polyps to turn cancerous. People who exercise regularly have a 16% decreased risk of developing polyps and a 35% decreased risk of developing large or advanced polyps. They attributed this to many factors. Exercise reduces the overall level of inflammation in the body. Exercise is also often done outdoors and people are then exposed to the sun. As a result they tend to have higher levels of vitamin D, which is also protective against colon cancer. People who exercise also tend to be less likely to develop diabetes or even pre-diabetes.

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SPMA Swimming News is published six times a year.

Southern Pacific Masters Association Schedule for 2011

| | |
|---------|---|
| Sept 8 | SPMA Conference Call |
| Sept 17 | Naples Island Swim 1 & 3 Mile Ocean Swims |
| Oct 1 | Slam the Dam, Las Vegas, Nevada |
| Oct 8 | Santa Clarita SCM Swim Meet |
| Oct 20 | SPMA Conference Call |
| Oct 23 | UCLA SCM Swim Meet |
| Nov 6 | Mission Viejo SCM Swim Meet |
| Nov 20 | Pierce College Turkey Shoot SCM Swim Meet |

For a completed and updated list of events go to www.spma.net

SPMA has merged it's video library collection with the much larger U.S. Masters Swimming Video Library.

The U.S. Masters Swimming Video Library has various titles to choose from and is available for all registered U.S. Masters Swimming members. To rent a video from the U.S. Masters Swimming Video Library, please follow these steps:

Choose up to four (4) titles from the Library Titles List

Email Kyle Deery kdeery@usms.org to request your chosen titles

In the email include the following information:

Mail a check equal to \$10.00 x the number of titles you wish to rent to:

U.S. Masters Swimming

655 North Tamiami Trail

Sarasota, FL 34236

Once your check has been received, U.S. Masters Swimming will ship you the titles you requested. It is your responsibility including paying for return postage to return all titles within three (3) weeks of its original post date. Please return rentals to:

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For more information, go to the following link:

<http://www.usms.org/coach/videos.php>