

May/June  
2004



SOUTHERN PACIFIC MASTERS SWIMMING

# SPMA Swimming News



## SPMA MASTERS SWIMMING

### Erik Hochstein and Rita Simonton named 2003 SPMA Swimmers of the Year

The 2003 Southern Pacific Masters Association Swimmers of the Year were announced at the Short Course Regional Championships at UC-Irvine. The honorees are Erik Hochstein, of Southern California Aquatic Masters (SCAQ) and Rita Simonton, of Golden West Swim Club (GWSC).

Simonton, who recently aged up into the 85-89 age group, had a stellar year in 2003, setting numerous USMS and world records. She broke several of the records more than once, and even managed records in the 200, 400, and 800 freestyle events from initial splits on her 1500 freestyle! That is an indication of her dominance in her new age group. For both meters courses, she was ranked first in all freestyle events from the 50 to the 1500. In long course meters she was ranked first in all the breaststroke distances also. Rita had 10 Top Ten rankings in the tough short course yards events in 2003.

Hochstein also set many records in the tough 35-39 age group. Originally from Germany, Erik came to the United States

to train a few years ago, and also coaches for SCAQ. He had a total of 27 Top Ten rankings in 2003 covering all three courses, including 11 first place swims. He broke two world records and three USMS records during the short course meters season in his specialty, the 200, 400 and 800 freestyle events.

SPMA would like to congratulate Erik and Rita for their numerous accomplishments!

### New Open Water DVD in SPMA Library

The SPMA Lending Library (see back page of newsletter) has its first DVD, produced by two of our well known coaches, Michael Collins (NOVA) and Gerry Rodrigues (UCLA). "Open Water Swimming: Skills, Techniques and Racing Tips" covers both fundamental and advanced skills so you can perform to the best of your ability while enjoying open water and triathlon competitions. Borrow this DVD to get ready for the open water season this summer!

### 2002-2003 SPMA Relay All-Americans

The following swimmers qualified as Relay All-Americans by being a member of a relay team that posted the fastest time in at least one course:

**CLVM:** Manuel Cadaval, Eric Peterson, A Roestenberg, Ryan Wynn

**CM:** Woody Bowersock, Helene Iberall, Maxine Merlino, Madeleine Miller, Walter Pfeiffer

**LBG:** Chris Lalley, Kurt Murdoch, Erik Nielson, Enrique Ochoa, Audy Oktavian, Howie Realubit, Erik Scollon

**MVN:** Colleen Chandler, Tami Engel, Joy Leutner, Margaret Reilly

**NOVA:** Michele Brown, Gregory Busse, Shannon Flahive, Allison Garland, Anthony Iacopetti, Jim Kopp, Jessamyn Miller, Fiona Petersen, Dana Ryan, Keith Ryan, Vanessa Wargo

**UCI:** Bert Bergen, Rod Cargill, Brook Cross, Robert Frank, Carrie Gowan, Allen Murray, Sean Parker, Kristina Peterson, Dan Sulliva, John Templin, Jesse Trowbridge, John Wingen-

**WH20:** James Ballard, Jon Bauer, Mauro Bordovsky, Mary Church, Paulo Figueiredo, M Kleine Spang, Michael Mealiffe, Bill O'Brien,

Lara Potter, Tom Reudy, Jessica Seaton, Carole Shigaki

Swimmers listed may order a certificate and patch for \$5 using the form available at:

<http://www.usms.org/comp/relayaform.htm>, or from the SPMA Office.

#### *In this issue:*

- Long Course Meters meet entry forms
- Use of hand paddles and diving during warm-ups, safety first!
- Highlights and winners of the Caltech Pentathlon
- Entry information for July open water events
- SPMA e-mail list suffers from spam blocking

# SWIM FOR LIFE!

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

ARROYO GRANDE: South County Aq Waves  
ATASCADERO: Kennedy Aquatics  
BAKERSFIELD: Golden Wave Masters  
BAKERSFIELD SWIM CLUB  
CHINA LAKE AQUATICS MASTERS  
PASO ROBLES: North County Aquatics  
SAN LUIS OBISPO: TRISLO Roadrunners  
SAN LUIS OBISPO MASTERS  
SANTA MARIA SWIM CLUB

Alan Freeman (805) 4580989; alanfreeman@digitalputty.com  
Jennifer Brown (805) 466-6775; jennicraig@tcsn.net  
Evelina Steele (661) 663-9884  
Keith Moore (661) 637-1403; www.bakersfieldswimclub.org  
Anne Moorehead (760) 375-9390  
Matt Brown (805) 239-3013, swimnca@aol.com; www.northcountyaquatics.com  
Roger Warnes (805) 544-2385; coachwtrislo@aol.com; www.trislo.com  
Brian Alderman (805) 543-9515; slocoachbrian@aol.com; www.sloseahawks.org  
Michael Ashmore (805) 349-8980, (805) 928-9655; santamariasmw@aol.com

## SANTA BARBARA (South) and VENTURA

CAMARILLO: Pleasant Valley Swim Club  
CARPINTERIA, S. BARBARA: Channel Island  
OJAI: Ojai Masters  
SANTA BARBARA: UCSB Masters  
SANTA BARBARA MASTERS  
SANTA PAULA: Heritage Valley Masters  
THOUSAND OAKS: Daland Masters  
VENTURA AQUATIC CLUB  
VENTURA COUNTY MASTERS

Bruce Brown (805) 383-6927  
Vic Anderson (805) 403-5425, vic.anderson@dakocytomation.com  
Malchia Olshan (805) 646-1091, gjaidar@aol.com  
Jeremy Kipp (805) 637-0732; kipp11@juno.com  
William Robert (805) 966-9757  
Cindy Blatt (805) 524-5157; cmswm@aol.com  
Peter Daland (805) 523-3207, 495-5210; peter@dalandswim.com  
Bob Anderson (805) 654-6400 ext.1345; banderson@vcccd.net  
Ken Grey (805) 644-1735; gobuena@aol.com

## LOS ANGELES (North)

GLENDALE: Adult Aquaphobia Swim Center  
GRANADA HILLS: CSUN Masters  
LANCASTER: Oasis Masters  
PASADENA: Caltech Masters  
PASADENA: Rose Bowl Masters  
SANTA CLARITA MASTERS

Paul Lennon, (800) 200-SWIM, prlennon@earthlink.net  
Edward Lapporte (818) 667-6389, (818) 363-3858; elapporte@aol.com  
Tom Otto (661) 948-0057; ottolfixit@hotmail.com  
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu  
Gary Anderson (626) 397-4999; gmandersonla@msn.com; www.rosebowlaquatics.com  
Doug Botton (661) 250-3771; dbotton@santa-clarita.com; pool: (661) 284-1470

## LOS ANGELES (Westside)

CULVER CITY: SCAQ  
EL SEGUNDO MASTERS  
EL SEGUNDO: Play Hard Swim Hard  
LA WEST: UCLA Bruin Masters  
SANTA MONICA: SCAQ  
VENICE & WESTCHESTER: SCAQ  
WEST HOLLYWOOD AQUATICS  
WOODLAND HILLS: Southwest Aq Masters

SCAQ Office (310) 390-5700; www.swim.net/scaq  
Diane Graner-Gallas (310) 379-9109; diane.gallas@verizon.net  
Marcel Rinzler  
Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Casey Schick (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)

HOLLYWOOD: Hollywood Wilshire YMCA  
LA: City of Los Angeles Masters  
LA: USC Trojan Masters  
LA DOWNTOWN & WEST: SCAQ  
LA MID WILSHIRE: Meridian Swim Club  
SOUTHGATE MASTERS

Ricardo Espinoza (213) 639-7543; ricardoespinoza@ywcala.org  
Ricardo Vera (323) 906-7953; rvera@rap.lacity.org  
Lynda Gilbert (213) 626-1022 lyn\_swim@yahoo.com  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Timothy Sharpe (323) 710-5248; aquanatureboy@hotmail.com  
Patricia Mitchell (323) 563-5753; southgatepark@yahoo.com

## LOS ANGELES (South Bay)

HAWTHORNE: South Bay Swim Team  
LONG BEACH: Shore Aquatics  
LONG BEACH Swim Club  
LONG BEACH: Beach Swim Club Masters  
LONG BEACH: Grunions  
RANCHO PALOS VERDES: Zenith Aquatics  
TORRANCE : LA Peninsula Swimmers

Kathy Davids (310) 643-6523, www.southbayswimteam.org  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Tom Trapp  
Beach Swim Club hotline (562) 597-9744  
Sergio Rodriguez (562) 252-0220, info@lbgrunions.com; www.lbgrunions.com  
Shari Twidwell (310)937-3535; shari@zapswimming.com  
Michael Hamm (310) 993-4977; swimdude41@aol.com

## INLAND EMPIRE

INDIO: Top Fin Aquatics  
LOMA LINDA/RIALTO: Inland Masters  
MURRIETA: TEAM Masters  
RIVERSIDE: Corona Swim Team  
TEMECULA: Inland Gold Aquatic Masters  
YUCAIPA: Masters of Yucaipa

Veronica Duran (760) 564-5000; laquintamike@aol.com  
Mike Murphy (909) 382-6546; mdmswim@mindspring.com  
Debbie Mone (909) 461-6603; coachdebbie@nctimes.net  
Todd Wines (909) 359-5251; tr4eternity@aol.com  
Jana Clark (909) 600-4598; swimstbn@aol.com  
Laurie Odlum (909) 790-9126; bobodlum@aol.com

## ORANGE COUNTY

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

Lou Giberson (949) 837-3091; lgiberson4@aol.com; Maurine Kornfeld (213) 469-8518  
Robert Sands (714) 969-1056; cwroof@msn.com  
Pete Snyder (714) 992-7128; plschneid@yahoo.com  
Rick Graves (714) 892-7711 x55129; (714) 425-5657  
Buddy Belshe (949) 362-4727  
Mike Collins (949) 338-6682, mcollins@multisports.com; www.novaquatics.com  
Matt Smith (949) 975-8400, mattsmith@thesportsclub.com  
Lucy Johnson (949) 824-5830, lucyj@uci.edu; www.masterswim.uci.edu  
Mark Moore (949) 380-2552; m.w.moore@cox.net; mastersmvnswim.org  
Ronald Clark (949) 673-5278; vimclark@hotmail.com  
Jim Turner (949) 640-5350; nadineturner3@cox.net  
Mark Desmond (949) 733-0044; markdesmond@highhopes.ws  
Debra Cruze-Meyer (714) 241-8590; decruzmyer@hotmail.com  
Mark Tierney (714) 639-7531; mtierney@msn.com  
Bill Peery (714) 701-9440; wpeery@elvca.com

## LAS VEGAS

HENDERSON Southern Nevada Masters  
CITY OF LAS VEGAS MASTERS

Frank Lowery (702) 400-2790; Dan Geary (702) 6178130; flowery719@earthlink.net  
Victor Hecker (702) 247-7788; heckerrealstate@hotmail.com

# 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. You must be 19 years of age to compete in short course yard meets. If your 19th birthday is before December 31, 2004 you may swim long course meters and short course meters meets during 2004.

**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); 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.

*Many thanks to the Long Beach Grunions for hosting the March Committee meeting and providing dinner!*

## 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 • •								
	800/1000 • •								
	1500/1650 • •								

Meet \_\_\_\_\_

No. of events \_\_\_\_\_ x \$ \_\_\_\_\_ = \$ \_\_\_\_\_

Surcharge \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

FOR OFFICE USE ONLY

Amt Rec'd \_\_\_\_\_

Date \_\_\_\_\_

Include a copy of USMS card

**Signature on back is REQUIRED!**

Include a copy of USMS card

fold..... fold

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

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

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

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

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

Is this your first Masters Meet?    Yes  
No

Non-SPMA swimmers please include your address:  
Street: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_

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

**San Luis Obispo Masters  
Central Coast Classic LCM Meet  
Sunday, May 16th, 2004**

Sanction number: 334-021

**Location and Directions:** San Luis Obispo Swim Center. From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3<sup>rd</sup> stop light), turn left on Orcutt Rd. (4<sup>th</sup> stoplight). Cross railroad tracks, then take first left onto Laurel Lane and left onto Southwood Dr. (1<sup>st</sup> stop sign). Swim Center is at the end of the road, on the right. SLO Swim Center is an outdoor 8-lane 50-meter by 25-yard competition pool.

**Entries:** The pre-entry postmark deadline is Wednesday, May 5th, 2004. Age on December 31, 2004 determines age group for the meet. On deck registration permitted. Deck entries will close at 8:30 a.m. for the 1500 m Freestyle and at 11:30 a.m. for all other events.

**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, 400 m Individual Medley, and the 400 m Freestyle.

**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 \$25.00.

**Checks payable to:** San Luis Obispo Swim Club (SLOSC)  
Mail consolidated entry card, a copy of your USMS card, and check to: SLO Swim Club-Central Coast Classic, Attn: Brian K. Alderman, P. O. Box 142, San Luis Obispo, CA 93401.

**Questions:** Meet Director, Brian Alderman (805) 543-9515. Meet Processing, Rich O'Neil.

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

**Sunday, May 16, 2004**

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 Freestyle
3. 50 m Butterfly
4. 100 m Backstroke
5. 200 m Medley Relay (men, women, or mixed)
6. 200 m Individual Medley
7. 50 m Breaststroke
8. 100 m Butterfly
9. 100 m Freestyle
10. 50 m Backstroke
11. 200 m Freestyle Relay (men, women, or mixed)
12. 100 m Breaststroke
13. 50 m Freestyle
14. 400 m Individual Medley (check-in required)
15. 200 m Freestyle Relay (men, women, or mixed)
16. 400 m Freestyle (check-in required)

**Santa Clarita Masters  
LCM Meet  
Saturday, May 29th, 2004**

Sanction number: 334-025

**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 Placerita Canyon Rd. Turn left under the bridge. Turn right on Sierra Hwy. Turn left on 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 22nd, 2004. 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, 2004 determines age for the meet. You may swim at age 18 if your 19th birthday is before December 31, 2004.

**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.

**Entry Fees:** \$15.00 per swimmer flat fee. Deck entries allowed for a total of \$20.00.

**Checks payable to:** City of Santa Clarita  
Mail consolidated entry card, a copy of your USMS card, and check to:

Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

**Questions:** Doug Botton, (661) 250-3771, dbottom@santaclarita.com; Jon Terwilliger, (661) 250-3760, jterwilliger@santaclarita.com.

**Saturday, May 29th, 2004**

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

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

**City of Las Vegas Masters  
2004 LCM Meet  
Saturday, June 12th, 2004**

Sanction number: 334-022

**Location and Directions:** Indoors Desert Breeze Park pool, 8275 W. Spring Mountain Road, 50-meter by 25-yard pool. Six lanes will be available for warm-up. From I-15 North, take the Spring Mountain Road exit. Go west on Spring Mountain for four miles, and the pool is on the left.

**Entries:** Pre-entry postmark deadline: Saturday, June 5th. On deck registration permitted. **Deck entries will close at 12:30 p.m. for the first 6 events. Deck entries will close at 1:30 p.m. for events 7-13.** Age on December 31, 2004 determines age for the meet. You may swim at age 18 if your 19th birthday is before December 31, 2004.

**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 for the 400 m 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:** \$2.00 per each individual event entered and a \$10.00 surcharge per swimmer. Deck entrants will pay an additional \$5.00 entry charge.

**Checks payable to:** Southwest Masters (SWAM)

Mail consolidated entry card, a copy of your USMS card, and check to: Las Vegas LCM Meet, 7914 Sadring Ave, West Hills, CA 91304.

**Questions:** Meet Director, Victor Hecker (702) 247-7788. Meet Entries, Steve Schofield (818) 992-1820, spmasteve@aol.com

**Saturday, June 12th, 2004**

Warm-up at noon

Meet starts at 1:00 p.m.

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

**Jim Eubank, 87, Masters swimmer and  
Real Estate Developer**

Jim Eubank passed away on March 1st, after suffering a stroke and brain hemorrhage. We know him as a Masters world record holder from Oceanside, and the winner in his age group at the La Jolla Rough Water Swim for decades. Jim will also be remembered for the competition he had with a much younger Rick Reilly of Sports Illustrated, which he won handily. Outside of swimming, Jim was a major real estate developer in Los Angeles and San Diego counties, having built several large tracts of homes.

**Santa Barbara Masters  
Reg Richardson Memorial LCM Meet  
Saturday, July 10th, 2004**

Sanction number: 334-023

**Directions:** The Reg Richardson Memorial Meet is part of Semana Nautica, Santa Barbara's annual summer sports festival, now in its 65<sup>th</sup> year! Learn more at [www.semananautica.com](http://www.semananautica.com). Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara.

From the 101 Freeway going north, exit at Cabrillo Blvd. (off-ramp is in the fast lane). Turn towards the ocean and drive west along the beach. Cabrillo Blvd. becomes Shoreline Drive at Castillo St., which dead-ends at the pool. From the 101 Freeway going south, exit at Castillo St. Turn right and the pool is at the end of Castillo. Parking is available on Castillo St. and in the lot behind the pool. The parking lot entrance is west of the pool at Harbor Way and Shoreline Drive. There is a parking fee at the lot.

**Entries:** Pre-entry postmarked deadline: Saturday, July 3th. On deck registration permitted. Age on December 31, 2004 determines age group for the meet. You may swim at age 18 if your 19th birthday is before December 31, 2004.

**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 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 \$7.00 charge.

**Checks payable to:** Santa Barbara Swim Club

Mail consolidated entry card, a copy of your USMS card, and check to: Santa Barbara Swim Club, P. O. Box 4125, Santa Barbara, CA 93140.

**Questions:** Meet Director, Joe Bishop, (805) 966-9757. Meet Processing, Robert Mitchell, (949) 689-7946, MitchellRobert@cox.net

**Saturday, July 10th, 2004**

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. 50 m Butterfly
7. 100 m Backstroke
8. 200 m Freestyle
9. 100 m Butterfly
10. 50 m Backstroke
11. 50 m Breaststroke
12. 200 m Freestyle Relay (Male, female, or mixed; deck enter)

**Newport Beach Lifeguards  
Balboa-Newport Pier-to-Pier  
Saturday, July 10th, 2004**

Sanction number: 334-053

**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 \$20 (includes a T-shirt) and is due by Saturday, July 3, 2004. Race day registration is \$25. Souvenir T-shirts are \$10.

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

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

**Santa Barbara  
Semana Nautica 6-mile  
Sunday, July 11th, 2004**

Sanction number: 334-052

**Distance:** 6 miles

**Location:** Goleta Beach to Arroyo Burro Beach, Santa Barbara. Start on the west side of Goleta pier. There is no charge for parking at either beach, carpooling from finishing beach will be arranged the morning of the swim.

Water temperature varies from 58-65°F in June and July. This swim is for experienced swimmers ONLY! Participants must bring board/kayak and paddler to accompany them in the ocean swim. No wetsuits.

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

**Entries:** Pre-registration is \$30 and entries must be received July 6th. No beach entries. T-shirts are \$15.

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

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

**Seal Beach Swim Club  
35th Seal Beach Rough Water Swim  
Saturday, July 17th, 2004**

Sanction number: 334-054

**Distance:** 1-mile and 3-mile 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 6:45 a.m. for the 3-mile 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 by 8:00 a.m. with a 9:30 a.m. start time.

**Entries:** Pre-registration is \$25 and must be postmarked by Saturday, July 5, 2004. Race day registration is \$30.

To enter, send a copy of your 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; www.sealbeachswimclub.org

**Long Beach Swim Club  
2004 Omar Nielson Naples Island Swims  
Sunday, July 25th, 2004**

Sanction number: 334-055

**Distance:** 1000 meter, 1-mile, and 3-mile.

**Location:** Alamitos Bay, Long Beach (Bay Shore and 54th Place, between Ocean Blvd. and 2nd St.). Water temperature for this race is usually 63-66°F. The courses are located entirely within Alamitos Bay (no surf). Parking is available along Ocean Blvd. and in city lots (\$0.25 per 15 minutes). No parking along Bay Shore or 54th Place (tow-away zone).

**Check-in:** Check-in begins at 7:30 a.m. and closes at 8:50 a.m. The 1-mile starts at 9:00 a.m., the 3-mile starts at 9:10 a.m., and the 1000 meter swim starts at 9:30 a.m. Anyone still in the water at 11:30 a.m. will be picked up and returned to the finish line.

**Entries:** Pre-registration is \$25 and must be postmarked by Friday, July 16, 2004. Fee includes long-sleeved T-shirt designed for this event. Race day registration (or if postmarked after July 16) is \$30 (T-shirts not guaranteed for late entries). Additional T-shirts may be pre-ordered for \$13. To enter, send a copy of your USMS card, a completed SPMA consolidated card (indicate 1000 m, 1-mile, or 3-mile), and your T-shirt size with your check payable to: Long Beach Swim Club. Mail to: Long Beach Swim Club, P. O. Box 3368, Long Beach, CA 90803.

**Awards:** Custom Naples Island awards for 1st to 3rd in each age group and each race.

**Additional Information:** Lucy Johnson, lucyj@uci.edu

**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 Ocean Events*

## Warm Weather for 30th Caltech Pentathlon by Suzanne Dodd

This year marked the 30<sup>th</sup> annual Caltech Pentathlon, the longest running meet in SPMA. The meet was held on Sunday, March 7th on the campus of the California Institute of Technology in Pasadena. With temperatures reaching the high 80s, the weather was excellent for this mid-season event. 157 swimmers came to enjoy the camaraderie and competition. 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.

This year's overall fastest women was Sian Romali of Caltech. She edged out Janet Coover of San Diego Swim Masters by 0.25 seconds with a total time of 3:12.31. Sian won the 30-34 age group and had the fastest time of any women in the 50 fly (28.91) and 50 back (31.30). Janet had the fastest time in the 50 breast (33.87) and 100 IM (1:07.76) on her way to a first place finish in the 40-44 age group. Tami Engel of Mission Viejo Masters had the third fastest overall time and placed second behind Janet in the 40-44 age group. Traci Granger of LAPS had the fastest 50 free time (26.60) and finished first in the 45-49 age group. There was a close race in the ladies 80-84 age group, with Grace Altus of Santa Barbara Masters besting Maurine Kornfeld of Coast Masters, 7:00.98 to 7:07.03.

Marcel Rinzler of Play Hard Swim Hard topped the male swimmers with the fastest overall time (2:40.38) and won the men's 30-34 age group. Marcel posted the fastest times in the 50 fly (24.45) and 100 IM (55.86). Tory Dober of UCI was the second fastest overall swimmer. He had the fastest 50 breast time (28.89) and finished first in the 25-29 age group. Ryan Rahaeuser of Rose Bowl had the third fastest overall time and won the 19-24 age group. Derek Robinson of Play Hard Swim Hard had the fastest 50 back time (25.49) while Stanley Fujimoto swimming unattached had the fastest 50 free time (22.48). There were five competitors in the men's 70-74 age group, with Bob Best of San Diego Swim Masters taking top honors in this senior age group.

As the fastest male and female swimmers of the meet, Sian and Marcel each received a Borders gift certificate in addition to their first place medals. The Caltech Masters swim team hopes to see everyone next year for the 31<sup>st</sup> annual Caltech Pentathlon.

### What? No Diving? No Hand Paddles?

As our membership increases, and we have new swimmers at meets, we need to remind everyone that USMS has several rules that are designed to keep us all safe during warm-ups. One rule is **NO HAND PADDLES!** Our warmup lanes can get very crowded, and the use of hand paddles under crowded conditions can cause bruises and broken fingers on fellow competitors. So please restrict them to your workouts.

We also ask that you enter the warm-up pool feet first with one hand on the deck. This is commonly known as the "slide-in" entry. Please don't dive or jump into the warm-up area! We do set aside special lanes for practicing diving during warm-up. These are one direction only lanes, so do your dive, swim down to the other end of the pool and either get out or move to another lane.

No smoking is allowed at our meets, but that doesn't seem to be a problem here in California!

### Age Group Winners:

19-24:	Tiffani Sergeant, CTM	Ryan Rahaeuser, ROSE
25-29:	Jennifer Greenfield-Fant, MVN	Troy Dober, UCI
30-34:	Sian Romali, CTM	Marcel Rinzler, PSHH
35-39:	Karen Woods, UNAT	Forrest Nelson, ROSE
40-44:	Janet Coover, SDSM	Tryggvi Helgason, SCMC
45-49:	Traci Granger, LAPS	Louis Caron, ROSE
50-54:	Christie Ciraulo, UCLA	Peter O'Keeffe, SCAQ
55-59:	--	Peter Wisner, ROSE
60-64:	Lynne Lund, SDSM	Larry Raffaelli, VCM
65-69:	Sylvia Glenn, SBM	Peter Roney, CTM
70-74:	Dionne Caldwell, NOVA	Bob Best, SDSM
75-79:	Therese McAndrew, SCAL	Frank Piemme, SBM
80-84:	Grace Altus, SBM	Jurgen Schmidt, SBM



## SPMA E-mail List Suffers from Spam Blocking! By Julie Heather

Spam blockers can be very useful, but watch out for unintended consequences! We all agree that unsolicited e-mail (or "spam") has gotten out of hand. Hundreds of my e-mails go into the spam folder every day. One method to solve this problem many of you use is a subscription service like Earthlink spamBlocker or Spam Arrest. These "challenge-response" services typically filter your incoming mail through a "white list" of approved correspondents. If the author isn't on your white list, then the message bounces back to him with a request that he identify himself and apply for permission to write to you. Until then, you never see their messages. I see the other end of this. Each outgoing issue of SPMA-NEWS results in bounces from spam blockers. And although each bounced message politely asks that "just this once" I click on a link, type a word or two, and then click a few more times ... you should know that it is not likely to happen. I would need a clone! Another problem is that Hotmail and MSN seem to have blocked SPMA-NEWS from reaching many members, citing too many e-mails on the list. If you use either of these services, please add "registrar@spma.net" to your preferred list, provide a different e-mail address, or complain to the provider! If you're not getting e-mails, check your "junk" or "spam" folder and see if they are in there. The text-only SPMA-NEWS e-mails go out 2-3 times per month with information on events, entry deadlines and other items of general interest. If you are not receiving them, and would like to, send an e-mail to me at registrar@spma.net and ask to be added to the mailing list.

## SPMA Officers

### Chairman:

Wayne McCauley  
12841 Hawthorne Blvd. #302  
Hawthorne, CA 90250  
(310) 702-6393  
breastroker@usa.net

### Vice-Chair:

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

### Secretary:

Mary Hull  
10415-2 Larwin Ave  
Chatsworth, CA 91311  
(818) 885-5934  
ai107@pacbell.net

### Treasurer:

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

### Member At-large:

Errol Graham  
(323) 851-7171  
egramham@irell.com

### SPMA Office, Registrar, and Swimming News Editor

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

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

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# Southern Pacific Masters Association Schedule

May	16	San Luis Obispo LCM Swim Meet
	29	Santa Clarita Masters Club LCM Swim Meet
June	12	Las Vegas LCM Swim Meet at Desert Breeze Pool
July	10	Santa Barbara LCM Swim Meet
	10	Balboa Newport Pier-to-Pier 2-mile OW
	11	Santa Barbara Semana Nautica 6-mile OW
	17	35th Seal Beach Rough Water Swims 1-, 3-, and 10-mile OW
	25	Long Beach Naples Island 1000 m, 1- and 3-mile OW
	31, Aug 1-2	SPMA LCM Regionals & SW Zone Champs, Mission Viejo
August	12-15	USMS LCM Nationals, Savannah, GA
	28	Don Burns Corona del Mar 1-mile OW
September	18	WH2O Will Rogers Beach 1-mile OW

\*For a complete list of open water (OW) events, including those not sanctioned by SPMA, go to [www.spma.net](http://www.spma.net), click on the Ocean Events link.

## SPMA Video Library

SPMA has a video library available for use by our members. There is a \$6 charge for one tape (or book), \$8 for two, or \$10 for three. This covers the cost of the envelopes and mailing both ways. We also need a separate check for \$50 per tape that will be held as a deposit until the tape(s) are returned. This check will not be cashed unless you don't return the tapes. The rental period is one month. Give the SPMA office a call, and we'll discuss which videos would best fit your needs. Titles available for rental include:

- Swim Smarter/Swim Faster (Richard Quick and Skip Kenny)
- Starts, Turns, & Finishes (Richard Quick and Skip Kenny)
- Swimming Techniques (Don Gambriel's Classic Series)
- Coaches' Drills (Don Gambriel's Classic Series)
- Women's Swimming (Don Gambriel's Classic Series)
- Men's Swimming (Don Gambriel's Classic Series)
- Backstroke from the Bottom Up (David Bottom)
- Freestyle from the Bottom Up (David Bottom)
- Freestyle and Backstroke: The Total Immersion Way (Terry Laughlin)
- Butterfly and Breaststroke: The Total Immersion Way (Terry Laughlin)
- Getting Better: Championship Swimming with John Naber
- Sprint Freestyle (Aleksandre Popov)
- Flyaway: The Butterfly Stroke in Swimming (Univ. of Calgary)
- Breaststroke (Don Gambriel's Gold Medal Series)
- Backstroke (Don Gambriel's Gold Medal Series)
- Butterfly (Don Gambriel's Gold Medal Series)
- Freestyle (Don Gambriel's Gold Medal Series)
- Breaststroke: Stroke Problems and Drill Solutions (Roque Santos)
- Ultimate Breaststroke (Adrian Moorhouse and Nick Gillingham)
- The Wave Breaststroke (Mike Barrowman and Jozsef Nagy)
- Body Segment Awareness (Bill Boomer)
- Assembling Aquatic Body Lines (Bill Boomer)
- U. S. Swimming, Let's Talk Safety
- Quick-Championship Winning Freestyle
- Quick-Championship Winning Backstroke
- Quick-Championship Winning Butterfly
- Quick-Championship Winning Breaststroke
- Quick-Championship Winning Starts
- Quick-Swimalates: Pilates for Swimmers
- Quick-Championship Winning Walls: Turns for All Strokes
- Quick-Swimmers' Shoulder: Prehab and Rehab
- Quick-Posture, Line, & Balance: The Foundation of Championship Winning Swimming
- Quick-Championship Winning Walls: Underwater Swimming, The Fifth Competitive Stroke
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues) DVD