

May/June
2006



SPMA MASTERS SWIMMING



Last Chance for FINA Worlds . . .

by Julie Heather, Registrar

Since the deadline for entering the 2006 FINA World Masters Championships at Stanford is on June 3rd, 2006, I'm hoping that a little publicity will help those of you who tend to leave things to the last minute to put your affairs in order before June 3rd.

Entry Deadline: Did I mention that the deadline is June 3rd? That's a Saturday. If you're not registered, or not affiliated with the team you wish to compete with at Worlds, please do not wait until June 3rd to call me and expect to get your registration or transfer done without making the trek to the SPMA office in Pasadena to do it in person!

Club Affiliation: Are you unattached? You cannot register for Worlds as unat-

tached! You need to affiliate with a club. I have registered the club "SPMA" for anyone wishing to use it for Worlds.

Qualifying times: The times are easier than the USMS Long Course Nationals times; however, if you do not swim at or faster than the qualifying time in any event you will receive "no time" for your effort. To convert your yards times to meters times see information on the 6th page of this newsletter.

Club Scoring: There is no club scoring at the FINA World Masters Championships.

2006 FINA World Masters Championships Registration Deadline is June 3rd, 2006

In Memory: Malchia Olshan by Rick Goeden

SPMA lost a wonderful, charismatic, and inspirational woman when Malchia Olshan of Ojai-Santa Barbara Masters lost her battle with cancer on March 1st, 2006.

Malchia not only swam with our group, but also organized and led our team to nine SPMA championships. She was truly an inspiration to everyone she ever met. In all my years of coaching, I have never known anyone as energetic or enthusiastic as Malchia. She demonstrated that age had no barriers and that competition was a healthy part of living. Her zest for life reached boundaries far from the pool. She was a kind, giving and caring person who always took time to listen and always gave you a positive outlook. She worked hard no matter what the task. Her attitude at the pool was simply: "You're here-do the best you can." She set many records over the years, but her real passion was putting relays together. She had a gift for it—and for making people believe in each other.

As we cycle through life, our swimming records and accomplishments are short-lived. Only the camaraderie, our work ethic, friendship, encouragement and fun make us a legend in our own lane. Malchia was truly a legend on our team.



In this issue:

- 2006 Long Course Meters meet entry information
- Summer in East Lake, by Mike Pawloski
- 2006 Pentathlon Shines Again, by Suzanne Dodd
- Conversion Factors

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

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

Kass Flaig, (805) 462-1691; kass@teamkman.org; www.teamkman.org
Lance Cansdale (661) 654-2327; lcansdale@csub.edu
Keith Moore (661) 324-6026; www.bakersfieldswimclub.org
Spencer Szejnkowski (805) 239-3013; spencersz@yahoo.com; northcountyaquatics.com
David Prodanovich (805) 543-9515; sloswimclub@sbcglobal.net; www.sloseahawks.org
Jennifer Griffin (805) 781-3488 x17; jenniferg@kennedyclubs.com
Mike Ashmore (805) 928-9655; santamariaswim@verizon.net
Mark Montgomery (310) 990-1400; montyman007@hotmail.com, slowtwitch.com

SANTA BARBARA (South) and VENTURA

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

Vic Anderson (805) 403-5425, delphiss@worldnet.att.net
Rick Goeden (805) 646-6884; theswimguy@sbcglobal.net
Jeremy Kipp (805) 637-0732; jeremykipp@cox.net
Jon Bishop (805) 886-0050; jonbishop71@yahoo.com
Jon Irwin (310) 658-7276; jirwin@earthlink.net; www.csaswim.com
Peter Daland (805) 523-3207, 495-5210; peter@dalandswim.com
Bob Anderson (805) 654-6400 ext.1345; banderson@vcccd.net
Steve Witcher (805) 644-4752; switch1049@aol.com
Toby Petty (805) 642-6674; tonthego00@sbcglobal.net

LOS ANGELES (North)

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

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

LOS ANGELES (Westside)

CALABASAS: Calabasas Tennis & Swim Center
EL SEGUNDO MASTERS
LA WEST: UCLA Bruin 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
Mark Umbach (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org
Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

LOS ANGELES (Central and South)

LA: City of Los Angeles Masters
LA: Ketchum-Downtown YMCA
LA: Los Angeles Swim Club
LA (various locations): SCAQ
LA MID WILSHIRE: Meridian Swim Club

Ricardo Vera (323) 906-7953; rvera@rap.lacity.org
Maritza Arevalo (213) 639-7436; martizaarevalo@ymcala.org
Timothy Sharpe (310) 710-5248; tsharpe@hw.com
SCAQ Office (310) 390-5700; www.swim.net/scaq
Vanessa Mesia (310) 729-2971; mesiaullrich@juno.com; meridiansportsclub.com

LOS ANGELES (South Bay)

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

Kathy Davids (310) 643-6523, www.southbayswimteam.org
Cindy Jarvis (562) 426-7601 x1047, cjarvis@alpertsjcc.org, www.alpertsjcc.org
Eric Grubb (714) 547-9553; info@lbgrunions.com; www.lbgrunions.com
Shari Twidwell (310) 937-3535; shari@zapswimming.com
Beth Overstreet (213) 896-5632; beth.ford@mindspring.com

INLAND EMPIRE

CHINO: Chino Valley YMCA Masters
CORONA: CHAWP
INDIO: Top Fin Aquatics
MURRIETA: MESA Aquatic Masters
MURRIETA: Play Hard Swim Hard
RIVERSIDE: Riverside Aquatics Assn.
YUCAIPA: Masters of Yucaipa

Terry Callies (909) 597-7445; julie.cvmca@verizon.net
Gregory Salvinski (626) 524-8924; greg@chawp.com; chawp.com
Veronica Duran (760) 564-5000; laquintamike@aol.com
Debbie Mone (951) 265-1454; msmone@msn.com
Marcel Rinzler
Eric Tanner (951) 313-9274; er_tanner@charter.net
Joan Holmes (909) 446-1030; stephen_joan_holmes@yahoo.com

ORANGE COUNTY

COAST MASTERS
FULLERTON: Cal State Univ-Fullerton
FULLERTON: Community Competitive Aquatics
FULLERTON: FAST Masters Team
HUNTINGTON BEACH: Golden West Swim Cl.
HUNTINGTON BEACH SWIM CLUB
IRVINE NOVAQUATICS
IRVINE: UCI Masters
MISSION VIEJO MASTERS
NEWPORT BEACH: Lifeguard Association
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH: Team TYR
SAN CLEMENTE: San Clemente Swim Masters
TUSTIN: SOCAL Aquatics
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
Alex Nieto (714) 906-3039; split4me@hotmail.com
Pete Snyder (714) 992-7128; staffwww.fullcoll.edu/psnyder
Kevin Perry (714) 871-9616; kperryswim@earthlink.net, fastswim.org
Elizabeth Bray (714) 596-2327; elisabeth@ebray.net
Buddy Belshe (949) 362-4727
Mike Collins (949) 338-6682, mcollins@multisports.com; www.novaquatics.com
Charlie Schober (949) 824-7946; ctschobe@uci.edu; www.masterswim.uci.edu
Mark Moore (949) 380-2552; swimoffice@mvnswim.org; mastersmvnswim.org
Jim Turner (949) 640-5350; nadineturner3@cox.net
Mark Desmond (949) 595-8824; markdesmond@highhopes.ws
Jeni Buys (949) 706-9991; gojeni@aol.com
Rod Snyder rdsnyder4@cox.net
Debra Cruze-Meyer (714) 639-1913; coachdebra@socalaquatics.com
Mark Tierney (714) 639-7531; coachmark@orca-aquatics.com
Bill Peery (714) 701-9440; widepe@yahoo.com

LAS VEGAS

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

Frank Lowery (702) 400-2790; Dan Geary (702) 617-8130; flowery719@cox.net
Victor Hecker (702) 247-7788; heckerrealestate@hotmail.com
Keith Hughes (702) 592-7805; keith@h2ovelocity.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 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 watch 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 _____						<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2">FOR OFFICE USE ONLY</th> </tr> <tr> <td>Amt Rec'd _____</td> <td>Date _____</td> </tr> </table>		FOR OFFICE USE ONLY		Amt Rec'd _____	Date _____
FOR OFFICE USE ONLY													
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.

**Mission Viejo Nadadores Masters
Worlds Meet Qualifier LCM Meet
Sunday, May 21st, 2006**

Sanction number: 336-021

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

Entries: Pre-entry postmark deadline: Saturday, May 13th, 2006. On deck registration permitted. Deck entries will close at 8:30 a.m. for the first 6 events. Age on December 31, 2006 determines age group for the meet.

Relays: Swimmers who plan to swim only in relays may do so, for a \$5.00 fee. Relay-only swimmers must also sign a consolidated entry card. Relay fees are \$4.00 per relay, due upon entry.

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 m Freestyle. Relays will be deck seeded.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place. Special certificates for swimmers who qualify for the FINA World Masters Championships.

Entry Fees: There is a \$20.00 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: Mission Viejo Nadadores
Mail consolidated entry card, copy of USMS card, and check to: MVN Masters Swimming, 25108-B Marguerite Parkway PMB #391, Mission Viejo, CA 92693.

Questions: Call (949)489-1847 or send an email to Mark Moore: coachmark@mastersmvnswim.org

Sunday, May 21, 2006

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 400 m Individual Medley
2. 200 m Freestyle Relay (Men, Women or Mixed)
3. 50 m Backstroke
4. 200 m Butterfly
5. 100 m Freestyle
6. 50 m Breaststroke
7. 200 m Individual Medley
8. 100 m Butterfly
9. 50 m Freestyle
10. 200 m Breaststroke
11. 100 m Backstroke
12. 50 m Butterfly
13. 200 m Freestyle
14. 100 m Breaststroke
15. 200 m Backstroke
16. 200 m Medley Relay (Men, Women, or Mixed)
17. 400 m Freestyle (check-in required)

**Las Vegas Masters
LCM Meet
Saturday, June 24th, 2006**

Sanction number: 336-022

Directions: Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Six 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 17th. 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, 2006 determines age group for the meet.

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

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

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

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

Checks payable to: Southwest Masters
Mail consolidated entry card, copy of 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 24, 2006

Warm-up at noon

Meet starts at 1:00 p.m.

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

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

Santa Barbara Masters Reg Richardson Memorial LCM Meet Saturday, July 8th, 2006

Sanction number: 336-023

Directions: The Reg Richardson Memorial Meet is part of Semana Nautica, Santa Barbara's annual summer sports festival, now in its 68th year! Learn more at www.semananautica.com. Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara. From the 101 Freeway going north, exit at Cabrillo Blvd. (off-ramp is in the fast lane). Turn towards the ocean and drive west along the beach. Cabrillo Blvd. becomes Shoreline Drive at Castillo St., which dead-ends at the pool. From the 101 Freeway going south, exit at Castillo St. Turn right and the pool is at the end of Castillo. Parking is available on Castillo St. and in the lot behind the pool. The parking lot entrance is west of the pool at Harbor Way and Shoreline Drive. There is a parking fee at the lot.

Entries: Pre-entry postmarked deadline: Thursday, June 29th. 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, 2006 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 USMS card, and check to: Santa Barbara Swim Club, P. O. Box 4125, Santa Barbara, CA 93140.

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

Saturday, July 8, 2006

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)

Summer in East Lake?

by Mike Pawloski

East Lake Village in Yorba Linda is the home of the East Lake Aquatics Masters, and the Eagle Rays hosted a short course yards (SCY) meet there on Sunday, February 12th. The calendar indicated it was the middle of winter, but the weather surprised everyone with summer-like 85+ degree conditions.

It could not have been a better day for a swim meet. It was the first meet of the SCY season, but the swimming performances were outstanding by members from across SPMA with 90 swimmers participating including a number of first-time swimmers and four national records were set!

Jim McConica of Ventura County Masters set 1000 yard and 1650 yard marks in the 55-59 age group, bettering records set by Jim Clemmons in May 2005. McConica had a great swim in the 1650 yard event, which accounted for both of the national record times. Well done, Jim!

Robert Strand, Olympic Club, set a record in the Men's 60-64 200 yd Individual Medley, with a time of 2:20.24.

Frank Piemme, San Diego, broke the Men's 80-84 100 free-style record with a time of 1:09.54.

East Lake Aquatics anticipated a good turn-out and was well prepared with EZ-ups, a well-supplied snack bar, and additional temporary changing facilities to accommodate the event. Meet Director, Mike Pawloski, wishes to extend his thanks for the great help from SPMA's Meet Operations Chair, Steve Schofield; starter Gary McDowell; and meet processor, Robert Mitchell for their great help to make the swim meet run smoothly and in less than three hours for the afternoon session.



Jim McConica is exhausted after his record-breaking swim in the 1650 yd freestyle.

[photo by Mike Pawloski]

Newport Beach Lifeguards Balboa-Newport Pier-to-Pier Saturday, July 8th, 2006

Sanction number: 336-031

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 \$20 (includes a T-shirt) and is due by Wednesday, July 5th. 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

Conversion Factors

Since we have meets in pools that are 25 yards, 25 meters, and 50 meters, you may often want to convert times swum in one course to another for competition entry times, or just to see how you're doing as the years go by. Here is a common formula for converting times (SCY=Short Course Yards; SCM=Short Course Meters; LCM=Long Course Meters).

SCY to SCM: Add 10% to your SCY time to get your SCM time. For example, if you swim the 50 yd freestyle in 45.7 seconds, add 4.57 seconds to get your SCM time of 50.27.

SCM to LCM: The difference here is the number of turns. In general, turns give you an advantage. A SCM 100 freestyle has three turns, while long course there is only one, a difference of *two*. Add one second per additional turn to convert. Therefore, add two seconds to your SCM time to get your LCM time.

SCY to LCM: First add the 10% as if you were converting to SCM, then add 1 second per each additional turn.

SCM to SCY: Subtract 10% from your SCM time to get SCY.

LCM to SCM: Subtract one second for each additional turn.

LCM to SCY: Subtract one second for each additional turn, then subtract 10%.

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

Santa Barbara Semana Nautica 6-mile Sunday, July 16th, 2006

Sanction number: 336-032

Distance: 6 miles

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

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

Entries: Pre-registration is \$30 and entries must be received by Tuesday, July 11th. 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

Long Beach Swim Club Omar Nielson Naples Island Swims Sunday, July 30th, 2006

Sanction number: 336-033

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 21st. Fee includes long-sleeved T-shirt designed for this event. Race day registration (or if postmarked after July 21st) 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 place in each age group and each race.

Additional Information: Lucy Johnson, lucyjohnson@charter.net

2006 Caltech Pentathlon Shines Again

by Suzanne Dodd

The annual Caltech Pentathlon was held on Sunday, March 5th, and 178 swimmers enjoyed the nice weather break between winter rain storms. 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. Several fast early-season times were swum as people prepare for the short course regionals, nationals, and the FINA World Masters championship meets.

The overall women's winner was Kathleen Barris of NOVA. Kathleen had the fastest times in the 50 back and 100 IM. She was paced by fellow 25-29 year old Rori Rangel who had the fastest times in the 50 fly and 50 breast. The men's competition was a battle between two Rose Bowl teammates, Jason Fox (25-29 age group) and JR DeSouza (30-34 age group). Jason had the fastest times in the 50 back, 50 breast, and 100 IM. JR had the fastest times in the 50 fly and 50 free. Jason prevailed to win by a 2.5 second margin.

Five USMS records were broken at the meet. Robert Strand (TOC) broke the Men's 60-64 50 breaststroke and 100 Individual Medley records, and Frank Piemme (SDSM) broke the Men's 80-84 50 freestyle, 50 breaststroke, and 50 butterfly records.

Male and female age group winners:

- 18-24 Vanessa Lara (SCAL), Alec Harris (UNAT)
- 25-29 Kathleen Barris (NOVA), Jason Fox (ROSE)
- 30-34 Sian Romoli (CTM), Jose DeSouza (ROSE)
- 35-39 Becky Castano (CTM), Daniel Ferguson (WH2O)
- 40-44 Heather Shannon (UCLA), Bryant Lum (VCM)
- 45-49 Jenny Cook (UCLA), Frank Wasko (NOVA)
- 50-54 Christie Ciraulo (UCLA), John Templin (UCI)
- 55-59 no female entry, John Derr (VCM)
- 60-64 Penelope Coe (METR), Robert Strand (TOC)
- 65-69 Helen Geoffrion (UCLA), no male entry
- 70-74 Dionne Caldwell (NOVA), Bob Best (SDSM)
- 75-79 no entries
- 80-84 Maurine Kornfeld (CM), Frank Piemme (SDSM)



Above: Glenn Gruber (CTM) handling the announcing duties for the Pentathlon. Right: The weather cooperated this year, and swimmers weren't freezing on the blocks. A wide variety of swimwear is in evidence!

[photos by Suzy Dodd]

SPMA Officers

Chairman:

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

Vice-Chair:

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

Secretary:

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

Treasurer:

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

Member At-Large:

Connie Barrett
57 Le Mans
Mission Viejo, CA 92692
(949) 215-2754
connieb@cb-design.net

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

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Southern Pacific Masters Association Schedule

May	11-14	USMS SCY Nationals, Coral Springs, Florida
	11	SPMA Committee Conference Call
	21	Mission Viejo LCM Swim Meet
June	3	Entry deadline for FINA World Masters Championships
	24	Las Vegas LCM Swim Meet
July	8	Santa Barbara LCM Swim Meet
	8	Balboa-Newport Pier-to-Pier 2-mile Open Water Swim
	13	SPMA Committee Conference Call
	16	Santa Barbara Semana Nautica 6-mile Open Water Swim
	15-16	Mission Viejo LCM Regional and Zone Swim Meet
	30	Long Beach Naples Island Open Water Swims
August	6-11	FINA World Masters Championships, Stanford, California

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

SPMA Video Library

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

- Swim Fast: Butterfly (Michael Phelps) DVD
- Swim Fast: Breaststroke (Ed Moses) DVD
- Swim Fast: Freestyle (Lindsay Benko) DVD
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues) DVD
- Swim Smarter/Swim Faster (Richard Quick and Skip Kenny)
- Starts, Turns, and Finishes (Richard Quick and Skip Kenny)
- Swimming Techniques (Don Gambriel's Classic Series)
- Coaches' Drills (Don Gambriel's Classic Series)
- Women's Swimming (Don Gambriel's Classic Series)
- Men's Swimming (Don Gambriel's Classic Series)
- Breaststroke (Don Gambriel's Gold Medal Series)
- Backstroke (Don Gambriel's Gold Medal Series)
- Butterfly (Don Gambriel's Gold Medal Series)
- Freestyle (Don Gambriel's Gold Medal Series)
- Freestyle and Backstroke: The Total Immersion Way (Terry Laughlin)
- Butterfly and Breaststroke: The Total Immersion Way (Terry Laughlin)
- Body Segment Awareness (Bill Boomer)
- Assembling Aquatic Body Lines (Bill Boomer)
- Quick-Championship Winning Freestyle
- Quick-Championship Winning Backstroke
- Quick-Championship Winning Butterfly
- Quick-Championship Winning Breaststroke
- Quick-Championship Winning Starts
- Quick-Championship Winning Walls: Turns for All Strokes
- Quick-Championship Winning Walls: Underwater Swimming, The Fifth Competitive Stroke
- Quick-Swimalates: Pilates for Swimmers
- Quick-Swimmers' Shoulder: Prehab and Rehab
- Quick-Posture, Line, and Balance: The Foundation of Championship Winning Swimming
- Go Swim, All Strokes (with Kaitlin Sandeno and Erik Vendt) DVD
- Go Swim, Butterfly with Misty Hyman DVD
- Go Swim, Freestyle and Backstroke Drills DVD
- Go Swim Breaststroke with Dave Denniston DVD
- Go Swim Breaststroke with Amanda Beard DVD
- Go Swim Breaststroke Turns & Pullouts with Dave Denniston DVD
- Go Swim Breaststroke Drills with Staciana Stitts and Dave Denniston DVD