

Nov/Dec

2013

# SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



## 2013 Open Water Series Results

by

Tana MacLean

Thank you to everyone who participated in making 2013 a safe and fun open water season. Overall top 3 results per age group for the 2013 Open Water Series are outlined on the next page. Female and male high point winners were Beth Margalis of FMT and Steven Sponagle of NOVA.

Refer to <http://www.spmasterswim.org/w/SPMS/open-water-series/> for the open water series rules. There can be typos on all results. If you feel there is an error, please go to the race results links on the SPMS website. Double check your results and email us the details. We will do our best to correct any errors.

Thank you again for making 2013 a successful open water season and we look forward to you joining us for the 2014 open water season. Open water series event details for 2014 will be posted on the SPMS website.



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## 2013 Open Water Series Results

by

Tanya MacLean

### 25-29 Female

1<sup>st</sup> Place Beth Margalis, FMT 80 points

2<sup>nd</sup> Place Amanda Best, SCAQ 52 points

### 35-39 Female

1<sup>st</sup> Place Tanya MacLean, NOVA 60 points

2<sup>nd</sup> Place Heather Melrose, BGWM 52 points

3<sup>rd</sup> Place Invanka Gavanski, BGWM 48 points

### 40-44 Female

1<sup>st</sup> Place Jana Chesley, ROSE 76 points

2<sup>nd</sup> Place Eva Scalzo, UNAT 72 points

### 45-49 Female

1<sup>st</sup> Place Kathy Gore, SOBA 42 points

2<sup>nd</sup> Place Melissa Latt, SCAQ 38 points

3<sup>rd</sup> Place Eileen Span, MVN 34 points

### 50-54 Female

1<sup>st</sup> Place Maureen MacDonald, SCAQ 66 points

2<sup>nd</sup> Place Lynn Kubasek, NOVA 52 points

3<sup>rd</sup> Place Diane Bathgate, MSCA 48 points

### 55-59 Female

1<sup>st</sup> Place Denise Hearst, CVMM 66 points

### 60-64 Female

1<sup>st</sup> Place Kathleen Nielsen, GWSC 58 points

### 65-69 Female

1<sup>st</sup> Place Katherine Watson, OJAI 66 points

### 25-29 Male

1<sup>st</sup> Place Danny Giometti, UCI 58 points

### 30-34 Male

1<sup>st</sup> Place Robert Margalis, FMT 88 points

### 35-39 Male

1<sup>st</sup> Place Kris Behrens, SCAQ 62 points

2<sup>nd</sup> Place (tie) Patrick Martin, UNAT 48 points

2<sup>nd</sup> Place (tie) Noah Garrett, ROSE 48 points

### 40-44 Male

1<sup>st</sup> Place Brad Sheffield, UCLA 58 points

2<sup>nd</sup> Place Lee Jacobs, NOVA 48 points

3<sup>rd</sup> Place Jamie Balboa, UCLA 42 points

### 45-49 Male

1<sup>st</sup> Place David Neilan, SOBA 88 points

2<sup>nd</sup> Place Simon Millar, UCLA 54 points

3<sup>rd</sup> Place James Bergen, ROSE 72 points

### 50-54 Male

1<sup>st</sup> Place Bill Ireland, SCAQ 82 points

2<sup>nd</sup> Place Jeff Klemes, UCLA 36 points

### 55-59 Male

1<sup>st</sup> Place Steven Sponagle, NOVA 96 points

2<sup>nd</sup> Place James Hardie, Team Surf 50 points

3<sup>rd</sup> Place Dan Leonard, SCAQ 46 points

### 60-64 Male

1<sup>st</sup> Place Hubie Kerns, VCM 84 points

# CONGRATULATIONS



## Retiring Chair Errol Graham

My name is Errol Graham, and I am very proud of having served as the Chair of Southern Pacific Masters Swimming for the past three and a half years. Taking on the challenge and meeting the demands of the position has been a very rewarding experience, and I want to thank the members of the SPMS Committee who have worked with me to manage the organization. Their commitment to Masters Swimming and to SPMS has ensured that our organization continues to grow and continues to provide great competitive opportunities for our members.

I could tell you a little about myself or about why I love swimming but I think that the best contribution I could make to this newsletter is to discuss the importance of contributing to SPMS. When you attend a Masters swim meet or open water event, everything you see has been orchestrated by a team of volunteers. Don't take these things for granted. It takes the loving support and commitment of people, like you and me, to keep SPMS going. How do I know? I have devoted 19 years of my life to SPMS and also to my club, West Hollywood Aquatics, which I joined in 1989. Why do I do it? Because I love being a Masters swimmer and I like to help making sure that things get done and get done well. Furthermore, I know that the more people give to an organization, the better the organization. I believe in SPMS, I believe in what it stands for. I believe in what it offers me. And you. Think about what you can offer SPMS. No contribution is too small.

See you in the pool.

ERROL GRAHAM

## SPMS Thanks you Errol Graham

*In honor of your service to SPMS the committee members wanted to share their thoughts with you.*

“Errol has a talent for rephrasing an awkward interaction or exchange of opposing views to make a positive metamorphosis of a constructive motion or future action to be taken and reviewed later. He eases the pain in a professional way. He leaves big shoes to fill.”

“Errol has brought out the best in the board members and has handled with grace potentially stressful situations. He is personally extremely competent, pleasant, efficient, and simply a wonderful human being.”

“Errol has been the perfect SPMS leader by being the voice of reason amongst our passionate volunteers. Errol was instrumental in getting the new SPMS website launched by reviewing the wording on all the pages and providing new wording where needed.”

“Errol has done a terrific job of revitalizing SPMS by bringing in new volunteers to chair committees, having more active sub-committees, and greatly improving the mood of the organization. We have been extremely lucky that Errol was willing to give so much of his time and energy to SPMS.”

“Errol stepped into a difficult position at one of the darkest moments in SPMS history. He was assuming a position where the outgoing member had stepped down, and a grievance had been launched between two parties; one of those critical to SPMS operations. Errol maintained a high degree of professionalism dealing with these issues, listens closely to all sides of any argument, and provided direction to the entire SPMS organization. I can say with much assuredness that SPMS would not be in the place it is without Errol's input. It is greatly appreciated.”

“As Chairman of SPMS, Errol Graham has been very capable, valuable, and dedicated to our organization. One who was always organized and quick on his feet, with sensible reactions in all circumstances.”

“I would like to thank Errol for the leadership and opportunity to become a member of the Southern Pacific Masters Swimming board. He has always provided sound advice and has handled every situation professionally and with the best interests of the entire LMSC in mind. I look forward to continuing to serve Masters Swimming and will continue to seek his wisdom in the future.”

“Over the many years Errol has dedicated a lot of time and effort being our Chairman.”

**Santa Clarita**  
**SCM Masters Swim Meet**  
**Sunday, November 10, 2013**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc**  
**Sanction # 333-S023**

**Facility:** Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy.  
**Directions:** From the north, take I-5 to the Valencia Blvd exit in Valencia. Go east several miles (Valencia Blvd turns into Soledad Canyon Rd) to Ruether Ave. Turn right and cross over railroad tracks. Turn right at Centre Pointe Pkwy. Turn left into driveway for Aquatic Center. From the south, take I-5 to Hwy. 14 north. Exit at Golden Valley Rd. Turn left onto Golden Valley Rd. Turn right on Centre Point Pkwy. Make a right into the driveway for the Aquatic Center. Parking available in both upper and lower parking lots.

**Rules:** United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2013 determines the age group of the swimmer for the meet. Swimmers must be at least 18 years old to compete.

**Entries:** The pre-entry postmark deadline is Saturday, November 2. Online entries deadline is Saturday, November 9 at 9:00 p.m. 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.

**Entry Fees:** \$25.00 per swimmer flat fee for online and mail-in entries. Deck entries will be allowed on the day of the meet for a total of \$35.00.

**Checks payable to:** City of Santa Clarita

Mail consolidated entry card, a copy of your USMS 2013 card, and check to: Santa Clarita Aquatic Center, c/o Lance O'Keefe, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91350.

**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: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

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

**Sunday, November 10, 2013**  
**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 (Men, Women, Mixed)
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 (Men, Women, Mixed)
17. 50 m Breaststroke
18. 200 m Backstroke

**Turkey Shoot at Pierce College**  
**SCM Masters Swim Meet**  
**Sunday, November 17, 2013**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc**  
**Sanction # 333-S025**

**Facility:** Pierce College Pool is an outdoor pool. The address is 6201 Winnetka Ave., Woodland Hills.

**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.

**Rules:** United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2013 determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

**Entries:** The pre-entry postmark deadline is Saturday, November 9. Entries for the 800 m Freestyle will close at 8:45 a.m. and at the conclusion of the 800 for all other events.

**Entry Fees:** \$25.00 per swimmer flat fee for online and mail-in entries. Deck entries and online entries after Saturday, November 9 allowed for a total of \$35.00.

**Checks payable to:** Southwest Aquatic Masters

Mail consolidated entry card, a copy of your 2013 USMS card, and check to: Southwest Masters Turkey Shoot, P. O. Box 204, Lake Forest, CA 92609-0204.

**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 15 is men's, women's, mixed, freestyle or medley relays.

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

**Questions:** Robert Mitchell, [mitchellrobert@cox.net](mailto:mitchellrobert@cox.net), (949) 689-7946.

**Sunday, November 17, 2012**  
**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 will start no earlier than 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)
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 Relay  
(Men, Women, Mixed; medley or freestyle)
16. 400 m Individual Medley





# SAN LUIS OBISPO SWIM CLUB



## 2013 GOBBLER CLASSIC SWIM MEET

### San Luis Obispo Masters Short Course Yards Swim Meet Friday - Sunday, November 22-24, 2013

**Sanction:** 333-S026 Sanctioned for Southern Pacific Masters for USMS, Inc.

**Location:** Sinsheimer Pool, 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, 8-lane course with eight deep water lanes for competition and nine lanes for warm-up/warm-down. Two separate courses with warm-up/warm-down lanes available may be used if needed due to a long timeline.

**Directions:** From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road.

**Entries:** Fill out an SPMA Consolidated Entry Card (can be found on page 4 of this meet sheet). The pre-entry postmark deadline is Wednesday, November 13<sup>th</sup>. **Deck entries:** Friday, November 22<sup>nd</sup> deck entries will close at 4:00 p.m.; Saturday, Nov 23<sup>rd</sup> deck entries will close at 10:00 a.m.; Sunday, Nov 24<sup>th</sup> deck entries will close at 9:00 a.m. Age on November 24<sup>th</sup> determines age group for the meet. **This is a Short Course YARDS Meet! Adjust your entry times accordingly.**

**Seeding:** All events will be deck seeded fast to slow by entered time, all ages combined. Women's & Men's events may be combined.

**Check-In:** Check-in for all events will be required. For Friday's events you must check-in by 4:30 pm on Friday. For Saturday's events you must check-in by 10:30 a.m. on Saturday. For Sunday's events you must check-in by 9:30 a.m. on Sunday.

**Relays:** There will be no relays for this meet.

**Awards:** Individual: Ribbons for places 1 to 3.

**Entry Fees:** \$25.00 per swimmer flat fee if you enter by the postmark deadline of Nov 13<sup>th</sup>. Deck entries allowed for a total of \$35.00.

**Checks payable to: SLOSC**

Mail consolidated entry card, a copy of your USMS card, and check to:  
San Luis Obispo Gobbler Classic, P. O. Box 142, San Luis Obispo, CA 93406.

**Questions:** Meet Director, Philip Yoshida, (805) 543-9515 or [office@sloswimclub.org](mailto:office@sloswimclub.org). Meet info is also available at [www.smpa.net](http://www.smpa.net).

**PLEASE NOTE:** This is a combined USA Masters and USA Swimming Competition.

**FRIDAY, November 22, 2013**  
**Deck Entries must be received by 4:00 p.m.**  
Warm-up: 3:30 p.m., Start: 5:00 p.m.

Event # (Women / Men)	Event	
3 / 4	200 Yard	Freestyle
7 / 8	1650 Yard	Freestyle



**SATURDAY, November 23, 2013**

**Deck Entries must be received by 10:00 a.m.**

Warm-up: 9:30 a.m., Start: 30 min after the conclusion of the novice session, no sooner than 11:00 a.m.

Event # (Women / Men)	Event	
33 / 34	100 Yard	Butterfly
37 / 38	50 Yard	Breaststroke
43 / 44	100 Yard	Freestyle
47 / 48	50 Yard	Backstroke
53 / 54	200 Yard	Individual Medley
59 / 60	400 Yard	Individual Medley

**SUNDAY, November 24, 2013**

**Deck Entries must be received by 9:00 a.m.**

Warm-up: 8:45 a.m., Start: 10:00 am

Event # (Women / Men)	Event	
63 / 64	100 Yard	Backstroke
67 / 68	100 Yard	Individual Medley
73 / 74	50 Yard	Butterfly
79 / 80	100 Yard	Breaststroke
83 / 84	50 Yard	Freestyle
91 / 92	500 Yard	Freestyle

# Consolidated Meet Entry Cards

## MASTERS MEET ENTRY CARD (Southern Pacific Masters Consolidated Entry Card)

Use this Entry Card for Masters Swimming – Masters Swimmers ONLY (postmark deadline Nov. 13<sup>th</sup>)

Mail Age-Group Entries to: SLO Gobbler Classic, c/o SLO Swim Club; POX 142; San Luis Obispo, CA 93406

### 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 _____								
	000/1000									
	1500/1650									

**Pre-Entry** (postmarked on/before Nov 13<sup>h</sup>) \$25.00 \_\_\_\_\_

**Deck Entry Fee** \$35.00 \_\_\_\_\_

FOR OFFICE USE ONLY

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

Date \_\_\_\_\_

Include a copy of USMS card

Include a copy of USMS card

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

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



# Gobbler Food Drive



Show your Spirit of Thanks by supporting those in need!

You can help by bringing a non-perishable food item to the swim meet to donate!

## Donation Items Can Include:

- 🍲 Canned Vegetables
- 🍲 Peanut Butter
- 🍲 Canned and Dried Fruits
- 🍲 Soups
- 🍲 Tuna, Canned Fish and Meat
- 🍲 Juice
- 🍲 Dried and Canned Beans
- 🍲 Rice
- 🍲 Pasta and Sauce
- 🍲 Powdered Milk
- 🍲 Hot/Cold Cereals
- 🍲 Please Non-Perishable Items Only
- 🍲 Oatmeal
- 🍲 Monetary Donations will also be accepted



The Need Is Great  
 So Please Consider Giving!



**Long Beach Grunions**  
**2013 SPMS SCM Championships**  
**December 6 – 8, 2013**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 333-S019

**Facility:** Brenda Villa Aquatic Center, 5600 Harbor St, Commerce, CA 90040.

**Directions:** Go to <http://scmc.lbgrunions.org> and click on *Venue*.

**Fees:** Flat fee of \$45.00 if entered online or postmarked by Monday, November 18th. Entry fee includes a meet T-shirt. Add a \$15.00 late fee for all entries *postmarked* or entered online after Monday, November 18th. Entries received after November 18th will not appear in the meet program. All entries *must be received* by 6:00 p.m. on Monday November 25th. No individual deck entries are allowed.

**Entries:** Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 5 individual events per day. If the meet is deemed too large, all athletes' sixth events will be dropped. On the entry form, please indicate your sixth event with an asterisk. There will be no refund of entry fees after November 25th. Age on December 31, 2013 determines age group for the meet.

**Relays:** Relay entries are \$10.00 per relay. All relays will be deck entered. A USMS-registered swimmer who wishes to only swim relay events must enter the meet before the start of event 1, by paying the \$10.00 relay-only entry fee (which does not include a meet T-shirt) and must sign a consolidated entry card. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event.

**Seeding:** All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 800 and 1500 m Freestyle and also the 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1500 m Freestyle may be limited to the first 80 entries at the discretion of the meet manager. Swimmers may enter both the 800 and 1500 m Freestyle.

**Timing:** Electronic timing will be used and two timers per lane will be provided.

**Check-in:** Positive check-in is required for all events. Swimmers may check in at:  
<http://www.swimphone.com> or in person at the meet.

Check-in is available for the 1500 m Freestyle and will close at 8:30 a.m. on Friday.

Check-in for events 2 to 7 will close at 1:00 p.m. on Friday

Check-in for the 400m Freestyle will close at 8:30 a.m. on Saturday.

Check-in for the 800m Freestyle will close at 8:30 a.m. on Sunday.

Check-in will close one hour prior to the anticipated start of an event on Saturday and Sunday.

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

**Entries:** Register online at <http://scmc.lbgrunions.org>, click on "Register." Or mail an SPMS entry card, copy of 2013 USMS card, and check (payable to: Long Beach Grunions) to: LB Grunions, c/o Bart Parnes, 645 Terrylynn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt.

**Questions:** call 714-273-8793, or send an email to Kenny Brisbin, [ken@supersource.com](mailto:ken@supersource.com). For hotels, information, and directions, go to <http://scmc.lbgrunions.org>.

**Long Beach Grunions**  
**2013 SPMS SCM Championships**  
**December 6 – 8, 2013**

**Friday, December 6, 2013**

**Warm-up 8:00 a.m.**

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

- |                                    |   |
|------------------------------------|---|
| 1. 1500 m Freestyle (Women, Men)   | 5. Men's 100 m Freestyle                      |
| 2. Women's 200 m Individual Medley | 6. Women's 200 m Backstroke                   |
| 3. Men's 200 m Individual Medley   | 7. Men's 200 m Backstroke                     |
| 4. Women's 100 m Freestyle         | 8. *800 m Freestyle Relay (Women, Men, Mixed) |

**Saturday, December 7, 2013**

**Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.**

**Check in for the 400 m Freestyle closes at 8:30 a.m.**

- |  |   |
|--|---|
| 9. Women's 400 m Freestyle                   | 17. Men's 100 Breaststroke                  |
| 10. Men's 400 m Freestyle                    | 18. Women's 200 m Butterfly                 |
| 11. Women's 50 m Butterfly                   | 19. Men's 200 m Butterfly                   |
| 12. Men's 50 m Butterfly                     | 20. *200 m Medley Relay (Women, Men, Mixed) |
| 13. 400m Freestyle Relay (Women, Men, Mixed) | 21. Women's 50 m Freestyle                  |
| 14. Women's 100 m Backstroke                 | 22. Men's 50 m Freestyle                    |
| 15. Men's 100 m Backstroke                   | 23. 400 m Individual Medley (Women, Men)    |
| 16. Women's 100 m Breaststroke               |   |

**Sunday, December 8, 2013**

**Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.**

**Check in for the 800 m Freestyle closes at 8:30 a.m.**

- |  |  |
|--|--|
| 24. 800 m Freestyle (Women, Men)           | 32. Women's 200 m Breaststroke                 |
| 25. Women's 100 m Butterfly                | 33. Men's 200 m Breaststroke                   |
| 26. Men's 100 m Butterfly                  | 34. Women's 50 m Backstroke                    |
| 27. Women's 50 m Breaststroke              | 35. Men's 50 m Backstroke                      |
| 28. Men's 50 m Breaststroke                | 36. Women's 100 m Individual Medley            |
| 29. *400m Medley Relay (Women, Men, Mixed) | 37. Men's 100 m Individual Medley              |
| 30. Women's 200 m Freestyle                | 38. *200 m Freestyle Relay (Women, Men, Mixed) |
| 31. Men's 200 m Freestyle                  |  |

**\*Relays: A swimmer may swim only one relay in each of events 8, 13, 20, 29, and 38.**





# 2014 Membership Application

All 2014 memberships expire on December 31, 2014

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/yy)	Age	Sex (circle) M F	E-mail address	
Club or Unattached				Today's Date (required)

## RELATED MEMBERSHIPS & CERTIFICATIONS

I am a:  Masters Coach  Certified Official

	FULL-YEAR FEES (if joining between Nov. 1, 2013, and Aug. 31, 2014):	END-OF-YEAR FEES (if joining between Sep. 1, 2014, and Oct. 31, 2014):
US Masters Swimming full-year fee (\$35) or end-of-year fee (\$30) plus LMSC (local governing body) fee (\$13.00):	<b>\$ 48.00</b>	<b>\$ 38.00</b>
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 my LMSC:		
Recognized Masters Coach designation (optional; \$30; see usms.org for details):		
<b>Total:</b>		

Benefits of Membership include a subscription to USMS's magazine, *SWIMMER*, during the length of the membership year.

USMS Registered swimmers are covered with secondary accident insurance:  
 1) in practices supervised by a USMS member 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: Southern Pacific Masters Swimming

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

## 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

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### 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

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### LOS ANGELES (North)

CLAREMONT: The Claremont Club  
COVINA: Competitive Tri-Swim Masters LLC  
L.A. Van Nuys: SCAQ  
LANCASTER: Oasis Masters  
PALMDALE: Canyons Aquatic Masters  
PASADENA: Caltech Masters  
PASADENA: Rose Bowl Masters  
SAN FERNANDO: Triton Swimming and Triathlon Team  
SANTA CLARITA Masters  
WALNUT: Faster Masters Swim Team

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### LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters  
EL SEGUNDO MASTERS  
HOLLYWOOD: Hollywood Wilshire YMCA  
L.A. Santa Monica, Culver, Westwood, LMU  
L.A. WEST: UCLA Bruin Masters  
MALIBU Community Pool Swims Masters  
Pacific Palisades and Santa Monica Tower 26  
WEST HOLLYWOOD Aquatics  
WOODLAND HILLS: Southwest Aquatics Masters

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### 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

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### LOS ANGELES (South Bay and East County)

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

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Jim Steinauer (310) 374-1263, [info@lapsmasters.org](mailto:info@lapsmasters.org), [www.lapsmasters.org](http://www.lapsmasters.org)

### 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

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### 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  
LOS ALAMITOS Masters  
MISSION VIEJO Masters  
NEWPORT BEACH: Pacific Coast Aquatics  
NEWPORT BEACH Lifeguard Association  
TUSTIN: SOCAL Aquatics  
YORBA LINDA: East Lake Eagle Rays

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LAS VEGAS: Las Vegas Masters  
LAS VEGAS: Swim Las Vegas  
LAS VEGAS: Viva Las Vegas Masters

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Please go to:

<http://www.spmastersswim.org/w/SPMS/newsletter-archives/>



## Southern Pacific Masters Swimming Schedule for 2013

### Date

Nov 10

Nov 17

Nov 21

Nov 22-24

Dec 6-8

### Event

Santa Clarita SCM Swim Meet, Santa Clarita

Pierce College SCM Swim Meet, Woodland Hills

SPMS Annual Meeting 2013, Long Beach

Gobbler Classic SCY Swim Meet, San Luis Obispo

SPMS SCM Championship Swim Meet, City of Commerce

For a complete and updated list of events go to [www.spmastersswim.org](http://www.spmastersswim.org)

## SPMS Marketing Madness

by Anita Cole

Have you seen our new SPMS swim caps? Stop by the awards table at your next swim meet to pick up a beautiful new free cap with our three color SPMS logo or get your captain or team rep to order caps from SPMS registrar Dan Wegner:

[registrar@SPMasterSwim.org](mailto:registrar@SPMasterSwim.org)

Would you like to be a calendar girl/guy/team? Take or locate a high resolution photo of your team at your pool or an action shot at a swim meet and email to me at [marketing@SPMasterSwim.org](mailto:marketing@SPMasterSwim.org) to appear on our very first edition of our printed 2014 SPMS calendar.

