

March/April

2014

# SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



## 2014 Caltech Pentathlon Round-up

by

Suzanne R. Dodd

At the annual Caltech Pentathlon held March 2, 2014, 190 swimmers were treated to a fun Sunday of competition and camaraderie in Pasadena. Among clouds and occasional misty rain, the competitors tested their sprinting abilities by racing a 50 of each stroke plus the 100 Individual Medley, with the total times adding together to determine each age group winner.

Eleven female age groups and thirteen male age groups were represented, with swimmers spanning the ages of 19 to 92. Thirty-five clubs participated in the meet: Rose Bowl Masters (43 swimmers); The Claremont Club (14 swimmers); and Caltech Masters (13 swimmers) providing the most participants. Several swimmers came up from San Diego, as well as, swimmers from Bakersfield and Sierra Nevada Masters teams.

Elaine Ferritto of Southern California Aquatics was crowned fastest female of the meet. Elaine had the fastest times in four events: Butterfly (27.88); Backstroke (28.46); Freestyle (25.41); Individual Medley (1:02.86), winning first place in the 25-29 age group. Her total time was 2:58.29, which was slightly over 5 seconds faster than the next closest competitor, Jillian Friend of Conejo Valley Multisport Masters. The fastest 50 Breaststroke time belonged to Mackenzie Leake of The Claremont Club, with a time of 33.64.

The fastest male swimmer of the meet was Remi Carmigniani, who swam unattached. Remi out sprinted JR Desouza of Rose Bowl by a mere 0.39 seconds, with a combined time of 2:41.25 to JR's 2:41.64. Remi had the fastest times in the 50 Breaststroke (28.56) and 100 Individual Medley (55.84). JR had the fastest time in the 50 Butterfly (24.61), the 50 Backstroke (26.74) and tied for the fastest 50 Freestyle (23.03) with John Christl of San Clemente Aquatics.

Once again, Maurine Kornfeld was the grand old dame of the meet. Maurine is a fixture at the Pentathlon, swimming and winning her age group every year. She completed all five events with a total time of 8:47.70. Close races were found in the women's 35-39 age group, with Charissa So of Caltech Masters beating Adrienne Furst of South Coast Aquatics by 2.15 seconds. And Jenny Cook from UCLA was on the winning side of her races with teammate Veronica Hibbon, taking gold in the women's 55-59 age group by only 0.43 seconds. On the men's side, the 50-54 age group was hotly contested between Nick Boshoff of Conejo Valley Masters and Bryant Lum from Ventura County Masters, with Nick taking first by a margin of 1.90 seconds. (continued on pg. 2)



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## Pentathlon Age Group Winners

### Women

18-24: Mackenzie Leake (TCC)  
25-29: Elaine Ferritto (SCAQ)  
30-34: Jennifer Bronson (SCAQ)  
35-39: Charissa So (CTM)  
40-44: Sian Romoli (CTM)  
45-49: Becky Castano (CTM)  
50-54: Lisa Schoenneman (CVMM)  
55-59: Jenny Cook (UCLA)  
60-64: Christie Ciraulo (UCLA)  
65-69: Anita Cole (LBG)  
70-74: Diana Todd (SNM)  
75-79: ---  
80-84: ---  
85-89: ---  
90-94: Maurine Kornfeld (MVN)

### Men

Remi Carmigniani (UNAT)  
John Oliver (CTM)  
Chad Durieux (ROSE)  
Wayne Hwang (NOVA)  
JR Souza (ROSE)  
Nick Boshoff (CVMM)  
John Christl (MSCA)  
Gerard Van Hoffmann (NOVA)  
Hubie Kerns (VCM)  
Stanley Smith (LBG)  
Mike Freshley (SDSM)  
Everett Smethurst (NOVA)  
Bob Best (SDSM)  
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### Fun Times at the Pentathlon



**Yucaipa Masters  
SCY Swim Meet  
Sunday, March 9, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc  
Sanction # 334-S006**

**Facility:** You will be swimming in an Olympic size pool, the same pool used in Long Beach during the 2004 Olympic Trials. Crafton Hills Community College is nestled in the beautiful foothills of Yucaipa off I10 freeway. It's an outdoor 50 meter by 25 yard pool with 8 competition lanes and 9 warm up lanes. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**Directions:** 11711 Sand Canyon Road, Yucaipa, Ca. 92399. Exit Yucaipa Blvd off the 10 freeway, turn North (left) towards Yucaipa. Take Yucaipa Blvd to Sand Canyon Road, Turn left. College entrance is on the right hand side of the road. Enter the college and the aquatic center will be on your right side under the large solar panels. Overflow parking will be in lot "I"

**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 March 9, 2014 determines age group for the meet. You must be at least 18 to compete.

**Entries: On-line registration is preferred.** The pre-entry postmark deadline is Saturday, March 9, 2014. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 10:30 a.m. for all other events.

**Entry Fees:** \$25.00 per swimmer flat fee. Deck entries allowed for a total of \$35.00.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time. Check in is not required in order to be deck seeded, except swimmers must check in to swim the 1000 yd. Freestyle, 1000 and the 400 yd. Individual Medley.

**Relays:** All relays will be deck entered on SPMS 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: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

**Checks payable to:** Yucaipa Aquatics and mail consolidated entry card, a copy of your 2014 USMS card, and check to: Jan Szuszkiewicz, 23283 Sonnet Dr., Moreno Valley CA. 92557

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

**Questions:** Meet Director, Brian Boyd (951)782-1070; <mailto:ystdirector@gmail.com>

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

**Sunday, March 9, 2014**

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

**Meet starts at 8:30 a.m.**

1. 1000 yd. Freestyle check-in required)

**Additional warm-up after 1000**

**Event #2 starts no earlier than 10:30 a.m.**

2. 100 yd. Individual Medley
3. 50 yd. Backstroke
4. 200 yd. Butterfly
5. 200 yd. Freestyle Relay (Men, Women, Mixed)
6. 100 yd. Breaststroke
7. 50 Butterfly
8. 50 yd. Freestyle
9. 100 yd. Backstroke
10. 200 yd. Medley Relay (Men, Women, Mixed)
11. 100 yd. Freestyle
12. 100 yd. Butterfly
13. 50 yd. Breaststroke
14. 200 yd. Freestyle
15. 400 yd. Individual Medley

**Mission Viejo Nadadores  
SCY Swim Meet  
Sunday, March 16, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc  
Sanction # 334-S003**

**Facility:** Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**Directions:** From the north or south, take the I-5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking.

**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 4 individual events, not including relays. Age on March 16, 2014 determines age group for the meet. You must be at least 18 to compete.

**Entries: On-line registration is preferred.** The pre-entry postmark deadline is Saturday, March 9, 2014. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 10:30 a.m. for all other events.

**Entry Fees:** \$25.00 per swimmer flat fee. Deck entries allowed for a total of \$35.00.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time. Check in is not required in order to be deck seeded, except swimmers must check in to swim the 500 and 1000 yd. Freestyle and the 400 yd. Individual Medley.

**Relays:** All relays will be deck entered on SPMS 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: MVN ribbons for places 1 to 3. Relay: MVN ribbons for first place.

**Checks payable to:** Mission Viejo Nadadores (MVN). Mail consolidated entry card, a copy of your 2014 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 33055 Dolphin Ct., San Juan Capistrano, CA 92675

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

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

**Sunday, March 16, 2014**

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

**Meet starts at 8:30 a.m.**

1. 500 yd. Freestyle (check-in required)
2. 400 yd. Individual Medley (check-in required)

**Additional warm-up after 400 IM**

**Event #3 will start no earlier than 11:00 a.m.**

3. 200 yd. Freestyle
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. **25 yd. Freestyle\***
7. 200 yd. Medley Relay (Men, Women, Mixed)
8. 200 yd. Individual Medley
9. 50 yd. Breaststroke
10. 100 yd. Freestyle
11. **25 yd. Breaststroke\***
12. 100 yd. Butterfly
13. 50 yd. Backstroke
14. 200 yd. Freestyle Relay (Men, Women, Mixed)
15. **25 yd. Butterfly\***
16. 100 yd. Breaststroke
17. 50 yd. Freestyle
18. **25 yd. Backstroke\***
19. 100 yd. Individual Medley
20. 200 yd. Fun Fin Relay
21. 1000 yd. Freestyle (check-in required)

**\*25 yd. events are not recognized times by USMS**

**CVMM Inaugural Matt Biondi Masters Classic  
SCY Swim Meet  
Sunday, March 23, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc  
Sanction # 334-S007**

**Facility:** The beautiful Rancho Simi Community Park Pool is an outdoor, 25 yard by 50 meter competition pool situated at 1765 Royal Ave, Simi Valley, Ca 93065. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**Directions:** Take the 118 Ronald Reagan Freeway to the Erringer Rd. Exit. Take Erringer Rd. south 1.5 miles. Turn right on Royal Ave., pool entrance and parking is on the right.

**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 March 23, 2014 determines age group for the meet. You must be at least 18 to compete.

**Entries:** The pre-entry postmark deadline is Saturday March 16, 2014. The on-line entry deadline is 6:00 p.m. on March 22, 2014. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 1,650 yd. Freestyle and at 10:15 a.m. for all other events.

**Entry Fees:** \$30.00 per swimmer flat fee. Online Entries after March 16<sup>th</sup> are \$35.00. Deck entries allowed for a total of \$40.00.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time. Check in is required for all events to ensure the meet runs efficiently. Check-in is required for the 500 yd. Freestyle by start of event 14 is required.

**Relays:** All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$5.00 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: Ribbons for places 1 to 3. Relay: Ribbons for first place. Special Award for fastest Male and Female in the 50 yd. Freestyle will be awarded, the Matt Biondi Perpetual Award.

**Checks payable to:** CVMM, Conejo Valley Multisport Masters. Mail consolidated entry card, a copy of your 2014 USMS card, and check to: Alina de Armas, P.O. Box 63, Simi Valley, CA 93062. [Alina@dearmas.co](mailto:Alina@dearmas.co)

**Questions:** Meet Director, Nancy Kirkpatrick Reno (818) 469-9972

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

**Sunday, March 23, 2014  
Warm-up at 7:30 a.m.  
Meet starts at 8:30 a.m.**

- 1,650 yd. Freestyle (check-in required)\*  
**Event #2 will start no earlier than 11:00 a.m.**
- 200 yd. Freestyle
- 50 yd. Butterfly
- 100 yd. Backstroke
- 200 yd. Individual Medley
- 50 yd. Breaststroke
- 100 yd. Freestyle
- 100 yd. Butterfly
- 50 yd. Backstroke
- 400 yd. Individual Medley
- 200 yd. Freestyle Relay (Men, Women, or Mixed)
- 100 yd. Breaststroke
- 50 yd. Freestyle
- 100 yd. Individual Medley
- 200 yd. Fun Freestyle Kick Board Relay \*\*
- 500 yd. Freestyle

\*1,650 will be limited to the first 32 entries.

\*\* Kickboard relay swimmers start in the water. Flutter kick without fins the entire length of the course is required. Swimmers must touch the wall with hand at each end of each length pool.

**UCLA Bruin Masters  
SCY Swim Meet  
Sunday, March 30, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc  
Sanction # 334-S030**

**Facility:** UCLA's Spieker Aquatics Center – outdoor 52m x 8 lane, all deep water competition pool. 114 Easton Drive, Los Angeles, CA 90095. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

**Directions & Parking:** Take the 405 to Sunset Blvd – East. Take Sunset Blvd approximately ¾ mile to the intersection of Bellagio Drive (just after the intersection of Veteran Blvd, across from the Bel-Air Gate). Turn right onto UCLA campus. Go to the second stop sign and turn right – toward parking Lot 11. Use the pay station to purchase a daily pass at \$11.00. No parking allowed beside the pool – it is for UCLA permits only. NOTE: Parking enforcement does ticket on weekends.

**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. Age on March 30th determines age group for the meet. You must be at least 18 to compete.

**Entries:** Online entries are preferred. Online entry deadline is midnight Pacific Standard Time Saturday, March 29th. The paper pre-entry postmark deadline is March 22nd. On deck registration is permitted. Deck entries for the 1650 yd. Freestyle will close at 8:30 a.m. All other event entries will close at 10:00 a.m. Swimmers are limited to four individual events plus relays. There will be a limit of 32 swimmers for the 1650 yd. Freestyle.

**Entry Fees:** \$25.00 per swimmer flat fee. Deck entries and online entries after March 22nd are allowed for \$35.00 flat fee. For swimmers in relays only, the fee is \$5.00.

**Seeding:** All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 1650 yd. Freestyle *must* check in to be seeded.

**Relays:** For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry. No Charge for the 4 x 50 "T-shirt" relay.

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

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

**Checks payable to:** UC Regents, mail consolidated entry card, copy of your 2014 USMS card and check to: Bruin Masters Meet, PO Box 204, Lake Forest, CA 92609.

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

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

**Sunday, March 30, 2014  
1650 warm-up at 8:00 a.m.  
1650 starts at 9:00 a.m.  
Event #2 will not begin before 10:30 a.m.**

- 1650 yd. Freestyle (32 max entries)
- 200 yd. Butterfly
- 200 yd. Individual Medley
- 50 yd. Backstroke
- 200 yd. Freestyle Relay (Men, Women, Mixed)
- 100 yd. Breaststroke
- 200 yd. Freestyle
- 50 yd. Butterfly
- 100 yd. Individual Medley
- 200 yd. Backstroke
- 50 yd. Breaststroke
- 50 yd. Freestyle
- 100 yd. Butterfly
- 200 yd. Medley Relay (Men, Women, Mixed)
- 400 yd. Individual Medley
- 100 yd. Backstroke
- 200 yd. Breaststroke
- 100 yd. Freestyle
- 4 x 50 yd. T-shirt Relay



# SAN LUIS OBISPO SWIM CLUB

## 2014 Spring Splash

### Masters Meet



**Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.**

**Sanction #: 334-S031**

**Location:** San Luis Obispo Swim Center (Sinsheimer Pool), 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, Six or seven lanes (depending on entries) will be used for the competition and at least one lane will be used for warm-up/warm down. Ample deck space is available for structures and seating. If you use a canopy/tent please bring tie-downs and weights to secure your structures.

**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 a SPMA Consolidated entry card (can be found on page 4 of this meet sheet). The pre-entry postmark deadline is **Wednesday, March 12<sup>th</sup>**. Deck entries for Saturday's events will close at 11:15 a.m. on Saturday, March 22<sup>nd</sup>. Deck entries for Sunday's events will close at 8:45 a.m. on Sunday, March 23<sup>rd</sup>. Age on December 31, 2014 determines age group for the meet, you must be at least 18 years old to compete. You must be registered with USMS to compete.

**\*\*DECK ENTRIES WILL ONLY BE ALLOWED IF SPACE IS AVAILABLE BASED ON ENTRIES AND TIMELINE.**

**Seeding:** All events will be deck seeded **FASTEST to SLOWEST** by entered time, all ages combined. Women's and men's events will be combined when entries allow. Check-in will be required for all events.

**Awards:** Ribbons for place 1<sup>st</sup> thru 6<sup>th</sup>, all age groups.

**Entry Fees:** \$25.00 per swimmer flat fee if you enter by the postmark deadline of **March 12<sup>th</sup>**. Deck entries allowed for a total of \$35.00. Late entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

**Checks payable to: SLOSC**

Mail consolidated entry card, a copy of your 2012 USMS card, and check to:  
San Luis Obispo Masters Spring Splash, P. O. Box 142, San Luis Obispo, CA 93406.

**Questions:** Meet Director, Philip Yoshida, (805) 543-9515 or office@sloswimclub.org.

**PLEASE NOTE:** This is a combined USA Masters and USA Swimming Competition. Deck Entries will be limited to adhere to USA Swimming's 4-Hour Rule.

**A complete meet event list is available above. Masters only events are listed below.**

**Saturday, March 22, 2014: 11:00 am Warm-up  
12:00 pm Start**

Women	AGE	EVENT	Men
1	Masters	400 FREE	2
11	Masters	50 BACK	12
15	Masters	100 FREE	16
19	Masters	100 BREAST	20
25	Masters	50 FLY	26
31	Masters	400 IM	32

**Sunday, March 23, 2014: 8:30 am Warm-up  
9:30 am Start**

Women	AGE	EVENT	Men
33	Masters	200 FREE	34
37	Masters	100 FLY	38
41	Masters	200 IM	42
45	Masters	100 BACK	46
53	Masters	50 BREAST	54
57	Masters	50 FREE	58
61	Masters	1500 FREE	62



**Swimmers in the 400 IM & 1500 Free are responsible for providing their own timers and lap counters.**





## Santa Barbara Masters 2014 SPMS SCY Regional Championship Meet Saturday, April 12 - Sunday, April 13, 2014

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction Number: 334-S028

**Facility:** Elings Aquatic Center, Dos Pueblos High School, 7266 Alameda Ave, Goleta, CA 93117. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**Directions:** Take the 101 Freeway to the Glen Annie/ Storke Rd exit. Turn toward the mountains. Turn left on Cathedral Oaks Rd. The school is on the corner of Cathedral Oaks Rd and Alameda Ave. Parking is available in the corner lot above the gym. The pool is behind the gym.

**Rules:** USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on April 12th determines age group for the meet. You must be at least 18 to compete.

**Entries:** All entries must be received by 6:00 p.m. on Monday, April 7, 2014. Entries received after April 3, 2014 may not appear in the meet program. No individual deck entries will be allowed. Swimmers are limited to entering a total of 7 individual events for the entire meet and no more than 5 individual events per day. There will be no refund of entry fees after April 7, 2014.

**Entry Fees: On-line registration is preferred.** Flat fee of \$45.00 if postmarked on or before Monday, March 31, 2014 Add a \$10.00 late fee for all entries postmarked (or entered on-line) after Monday, March 31, 2014.

**Warm-up:** USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools during the times except into the designated sprint lane(s). Warm-up in the competition pool will be available for one hour prior to the start of each session.

**Relays:** All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee and must sign a consolidated entry card. Relay entries are \$12.00 per relay, and there is no limit on the number of relays a swimmer may swim, but swimmers may swim only one relay (men, women, or mixed) per event.

**Seeding:** All events will be seeded and swum slowest to fastest, except the 1000, and 1650 yd. Freestyle which will be swum fastest to slowest. Men and women will be seeded together for the 500, 1000, and 1650 yd. Freestyle and also the 400 yd. Individual Medley, based on entry time. Men and women will swim separately for all other individual events with men swimming first. Scoring will be by gender and age group. The 1650 yd. Freestyle may be limited to the first 60 entries at the discretion of the meet director. Swimmers may enter both the 1000 and 1650 yd. Freestyle.

**Check-in:** Positive check-in is required for all events. Check-in closes at 8:00 a.m. on Saturday for the 500 yd. Freestyle, 8:00 a.m. on Sunday for the 400 yd. IM. Check-in for all other events will close one hour prior to the anticipated start of the event.

**Awards:** Individual: SPMS Medals for places 1 to 3, and SPMS Ribbons for places 4 to 6 for each age group and gender. Relays: SPMS medals for 1st place, SPMS 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. Award certificates to the top eight teams, based on combined scoring for men and women, individual events plus relays.

**Checks payable to: Santa Barbara Swim Club,** Mail consolidated entry card, a copy of your 2014 USMS card, and check to: Bev Pierson, 935 Calle Collado, Thousand Oaks, CA 91360.

**Questions** Meet Director, John Abrami, 805-966-9757, [coachab@sbswim.net](mailto:coachab@sbswim.net).

**Snack Bar:** A complete hot and cold snack bar will be available.

### Saturday, April 12, 2014

**Warm-up at 7:15 a.m.**

**Meet starts at 8:30 a.m.**

#### Check-in for the 500 yd. Freestyle closes at 8:00 a.m.

- 1 500 yd. Freestyle
- 2/3 200 yd. Freestyle
- 4/5 50 yd. Backstroke
- 6 200 yd. Medley Relay (Women, Men, Mixed)
- 7/8 200 yd. Breaststroke
- 9/10 100 yd. Butterfly
- 11/12 100 yd. Individual Medley
- 13 400 yd. Freestyle Relay (Women, Men, Mixed)
- 14/15 200 yd. Backstroke
- 16/17 50 yd. Butterfly
- 18 1650 yd. Freestyle

### Sunday, April 13, 2014

**Warm-up at 7:15 a.m.**

**Meet starts at 8:30 a.m.**

#### Check-in for the 400 yd. Individual Medley closes at 8:00 a.m.

- 19 400 yd. Individual Medley
- 20 400 yd. Medley Relay (Women, Men, Mixed)
- 21/22 100 yd. Freestyle
- 23/24 50 yd. Breaststroke
- 25 800 yd. Freestyle Relay (Women, Men, Mixed)
- 26/27 200 yd. Butterfly
- 28/29 100 yd. Backstroke
- 30 200 yd. Freestyle Relay (Women, Men, Mixed)
- 31/32 200 yd. Individual Medley
- 33/34 50 yd. Freestyle
- 35/36 100 yd. Breaststroke
- 37 1000 yd. Freestyle

**Relays:** A swimmer may swim only one relay in each of events 6, 13, 20, 25, and 30.

Hello Masters swimming world. My name is Dr. Kyle Durieux, and I am super excited to address you with issues related to health and swimming as the new Sports Medicine Chair. In this first issue with you I wanted to tell you a little about myself. I swim! My whole family did. My younger brother, Chad, and I started it all off when we were just 8 and 9 years old respectively. At first it was just summer leagues but as I got older and was more interested in higher level of swimming I decided to move to year round swimming circuits. I swam for a team in Canada called the Catalina in Red Deer, Alberta. It was awesome, grueling and awesome. After graduating high school I attended college and swam for the Lethbridge, Alberta College team for one year.



After a brief two year hiatus from swimming I decided to get back and give back to my sport. That is when I decided to start coaching. Over the years I gained some very valuable experiences coaching. I head coached four smaller teams and have since assistant coached many other teams in the years that I lived in Canada and the United States. My most favorite coaching positions were ALL OF THEM! I just love see the improvements in the swimmers I coach/teach. I especially had the good fortune to coach beside two Canadian Olympic medaling Athletes with the Nose Creek Swim Association, one very closely. It was a great experience and very endearing when at the end of my employ with them that the former Olympian told me that, if he was still swimming, he would have loved to have me for his coach.

At that time in my life I decided to attend Palmer College of Chiropractic. It was an awesome, grueling and awesome four years. I graduated Palmer College with a degree in Chiropractic with a specialty in Blair Specific Upper Cervical (neck) and a research honors in February 2011. As I was the Clinical Teaching Assistant for my clinic professor I was able to receive much advice on what to do after school. Almost all thought that I was ready enough to start an office right off; I was even awarded the Beatrice Blair Scholarship and noted as one of the most advanced technicians of the Blair Technique to walk out of a chiropractic school in the previous decade. These and other actions in my life at the time told me that starting my own was what needed to be done.

Out of college, my wife and I, set up a little office in St. George, Utah and we have been here ever since. I recently coached for the Dixie and Snow Canyon High Schools for the past two years and competed casually. My best stroke is the breaststroke, but I like the IM and some middle freestyles. My actual best accomplishment was that I learned to do the butterfly correctly when I was 21... so now I love to teach it to others so that it does not have to be such a chore. I am super excited to really get my head back in the game as the Sports Med chair of SPMS and I hope to see many of you on deck; here are some topics I will cover in future episodes...: Shoulders, Core, Stabilizing muscles, How it works in the body, Pain or Gain, and other healthy highlights.

That is it for me... so, until next time, JUST KEEP SWIMMING!

**DR. KYLE DURIEUX, B.SC., D.C.**

**"EXPECT MIRACLES"**

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For archived newsletters,  
Please go to:

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



## Southern Pacific Masters Swimming Schedule for 2014

<u>Date</u>	<u>Event</u>
March 9	Yucaipa SCY Swim Meet, Yucaipa
March 16	Mission Viejo SCY Swim Meet, Mission Viejo
March 20	SPMS Committee Conference Call—8:00 p.m.
March 22-23	SLO LCM Swim Meet, San Luis Obispo
March 30	UCLA SCY Swim Meet, Los Angeles
April 6	Pierce College SCM Swim Meet, Woodland Hills
April 12-13	SPMS/SW Zone Championship SCY Meet, Santa Barbara
April 17	SPMS Committee Conference Call—7:30 p.m.
April 27	Santa Clarita SCY Swim Meet, Santa Clarita

For more information please go to [www.SPMasterswim.org](http://www.SPMasterswim.org)

## *SPMS Coach of the Year Nominations*

Please consider nominating your coach for the Southern Pacific Masters Coach of the Year Award. Submissions should include a nomination letter along with a maximum of four support letters. A description of the award along with the nomination and selection process can be found in the [SPMS Administrative Handbook](#).

Nominations for Southern Pacific Masters Coach of the Year should be sent to: [MemberAtLarge@SPMasterSwim.org](mailto:MemberAtLarge@SPMasterSwim.org) and are due Monday, March 31, 2014 at 6 p.m.

The criteria for the award will be considered first, since January 1 of the preceding year, and secondly, over the coach's career with his or her club. Outstanding contributions to his or her club and its individuals are measured by the following competitive and non-competitive factors:

- (i) Competitive factors shall include club and individual performance at SPMS and USMS Championships in any sanctioned course, as well as relay and individual SPMS, USMS and World records that reflect the coach's skill and inspiration.
- (ii) Non-competitive factors shall include club vigor, size and growth, club participation and volunteering, and club having hosted well-run events.
- (iii) Outstanding service to SPMS, USMS and to other public or private community organizations.
- (iv) Outstanding professional contributions, such as participation in clinics and published works, good standing in the community.