

SPMS News

November/December
2017



2017 Open Water Series Results



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by Sherry Brooks

Thank you, SPMS swimmers, for making 2017 a successful open water season!

Good News... the results are in, and SPMS would like to congratulate Christie Ciraulo and Greg Mortimer as overall top female and male high-point winners. Results are posted below, and also on the SPMS website at: <http://www.spmasterswim.org/w/SPMS/open-water-series-results>.

To recap 2017, our first swim of the season was up north at Castaic Lake to swim the 4th Annual SoCal Cup 1-miler in May. The water temperature was a summer-like 79 degrees. In June, the 48th Annual Seal Beach Rough Water 1-mile and 3-mile races attracted nearly 100 swimmers. Midsummer, Newport Beach Ocean Lifeguard Association hosted the annual Balboa-to-Newport Pier-to-Pier and Don Burns Corona del Mar Open Water swims, with 215 and 167 swimmers, respectively. SPMS welcomed an additional swim to our roster this year!



The Nadadores hosted the 1st Annual Lake Mission Viejo mile swim. The lake was clear and pristine and water temperatures were in the high 70s. The race was so successful it is already on calendar for next year on Sunday, September 23rd, with 1- and 2-mile swims. Register now!

Again, SPMS wants to thank all the athletes, meet hosts and volunteers for contributing to make the 2017 open water season not only successful but also a safe and fun summer. Overall it was a fantastic season with lots of warm water. We would also like to thank FINIS, Hammer Nutrition, and SBR Sports for their gracious donations to our swims. With more warm water predictions for 2018, it should be another great year. We look forward to you joining us for the 2018 open water season. Please bring your swimming friends and we will see you in the water!

Please refer to <http://www.spmasterswim.org/w/SPMS/open-water-series> for the open water series rules. There may be typos on results submitted to Open Water Chair. If you feel there is an error, 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 and update the website. Thank you again for making 2017 a successful open water season and we look forward to you joining us for the 2018 open water season. Race details for 2018 continue to be posted on the SPMS website.

Sherry Brooks LMSC Open Water Chair/Coordinator OpenWater@SPMasterSwim.org

Wrapping up the 2017 SPMS Open Water Season

Open Water Series 2017 Results

25-29 Female

1st Place Stephanie Ah-Quah UC33 54 points

30-34 Female

1st Place Jessica James TSTT 110 points

2nd Place Laura Spears LALM 58 points

3rd Place Audrey Viers MVN 40 points

30-34 Male

1st Place Edward Chang SCAQ 46 points

35-39 Male

1st Place Luke Hollingsworth FINS 52 points

40-44 Female

1st Place Elizabeth Carlin LBG 52 points

40-44 Male

1st Place Marc Eskes SCAC 50 points

50-54 Female

1st Place Linda Simons CTM 78 points

2nd Place Nikki Takarabe CTM 42 points

50-54 Male

1st Place Craig Whitenack UC33 50 points

2nd Place David Neilan SOBA 46 points

3rd Place Jack Alden UC33 34 points

4th Place Greg Johnson SOBA 12 points

55-59 Female

1st Place Nancie Rodriguez CTM 46 points

2nd Place Janice Clark CTM 32 points

55-59 Male

1st Place Chris Georges TSTT 56 points

2nd Place Bill Ireland SOBA 46 points

3rd Place Mark Harmon PSP 36 points

4th Place Joe Irwin GWSC 34 points

5th Place Dave O'Neil SWLB 32 points

60-64 Female

1st Place **Christie Ciraulo UCLA 128 points**
****High Point****

2nd Place Deire Hobbs UC33 36 points

60-64 Male

1st Place **Greg Mortimer UC33 76 points**
****High Point****

2nd Place Donovan Otto UC33 58 points

65-69 Male

1st Place Thomas Heydorff LALM 64 points

2nd Place John Nisbet UC33 62 points

70-74 Female

1st Place Katherine Watson OJAI 80 points

75-79 Male

1st Place Ronald Durkee FINS 72 points



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Congratulations Nancy Reno!

2017 recipient of the

USMS Dorothy Donnelly Service Award

Members of U.S. Masters Swimming don't confine their participation to the pool. There are many volunteer opportunities for their talent, expertise, and generosity. USMS recognizes the commitment of those who give back with the Dorothy Donnelly Service Award, named to honor one of USMS's outstanding volunteers. The award recognizes those whose contributions stand out in service to local, regional, and national programs. Up to 15 people are selected each year and nominations come from Local Masters Swimming Committees, clubs, and individuals.

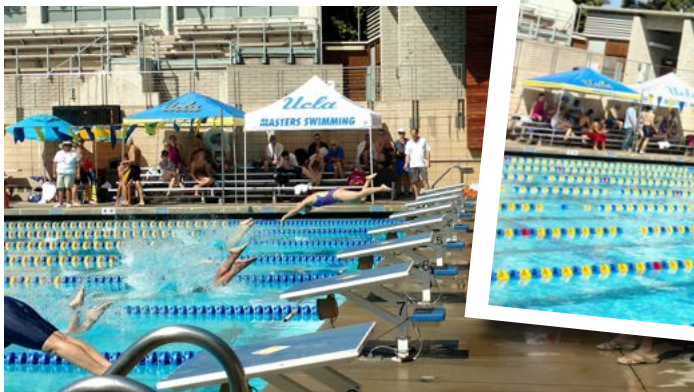
Coach Nancy Reno is an example of a volunteer who can do anything. She is a cheerleader who recruits, supports and develops her team, the Conejo Valley Masters. Over the past ten years, she has organized and conducted many pool, open water and postal events for Southern Pacific Masters Swimming

Nancy, as member at-large, is the chair of the local Awards Committee and makes sure volunteers are recognized for their service to Southern Pacific. Her vast knowledge of USMS event-sanctioning, marketing and publication of events, and event data management has been an asset for SPMS. She attends many of the SPMS swim meets as possible and ensures that her members have the opportunity to make suggestions and voice concerns about the SPMS organization. She is truly an ambassador for USMS and contributed to its growth, improvement and success of SPMS, earning her this recognition from the national organization.

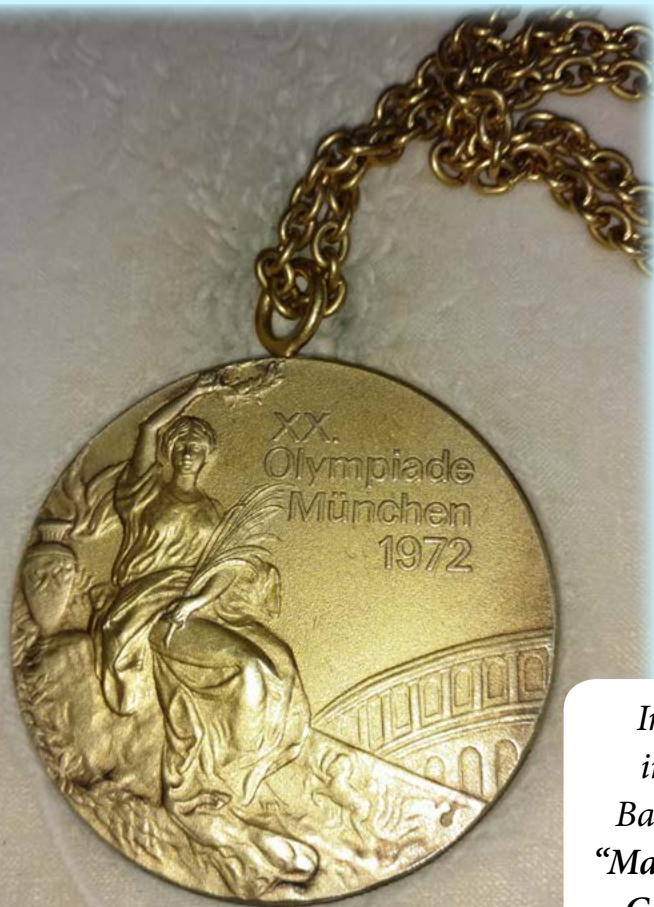


UCLA Bruin Masters Short Course Meters Meet

October 8, 2017



Shirley Babashoff at SPMS Coaches Clinic



In September, the 2017 SPMS Coaches Clinic in Mission Viejo, CA welcomed guest Shirley Babashoff, Olympic gold medalist and author of "Making Waves: My Journey to Winning Olympic Gold and Defeating the East German Doping Program."



What a privilege to wear an Olympic gold medal! Shirley won 2 gold and 4 silver medals, but knows she would have won more if East Germans were not using drugs to enhance their power swims.



photos courtesy of Anita Cole



OMG2WTF
(One Man's Guide 2 Where's The Fun?)
with Coach Jeff

Okay so I'm not really available for a Southern Pacific version of OMG 2 WTF. I'm actually in Winchester, Virginia visiting families and looking for a swim. Many YMCA's around for lap swim but I need the real deal. And then....the Freedom Aquatic Center came into view, 55 miles away in Manassas, Virginia.

Remember our guidelines?

Location: *Is the location convenient?*

Organization: *Just how organized is it?*

Cost: *Obvious.*

Facilities: *Pool, parking and locker rooms.*

Location: 20 miles from the closest airport, Dulles, and on the campus of George Mason University. Easy parking for non-university types and easy, obvious access to the pool. I personally took the long way and avoided the freeway and toll roads for the scenery. Split rail fences, Revolutionary and Civil war monuments everywhere. Does it get any better? Avoiding the freeways and sticking to secondary roads is not faster just more fun. Give it a **4.8/5**

Organization: The club has a website that's accurate (a big plus) and not living in the area made getting to the right place at the right time very helpful. The facility director, Sean Sepala, responded to my email quickly. The coach on deck, Abi Romanowski, had at least 9-10 different practices to choose from ranging from experienced to novice. The practice time was an hour and a half allowing people to come later and still get a practice in. I suppose if I were a regular I would find someone to train with but that day I was on my own. I have to add everyone is so laid back here that it would be easy to eventually meet someone to swim with just no one wanted to do 100s on a 1:30 base. **Score 5/5**

Cost: Drop in fee is \$9 (yikes!) to get into the facility. I had my USMS card ready to go but I think it was not required. **Score 4/5**

Facilities: Very nice. Seems like the universities have been pretty decent places in my experience. An indoor facility so it had consistent air temperature. I'm becoming particular about the water temperature and this place at 79 was perfect. 50 meters by 25 yards provided plenty of room for lap swimmers and Masters alike. There was a kids pool with the usual bells and whistles so tiny humans were confined to that area. 4 lifeguards by my count and the entire facility well staffed and well informed. The locker room was particularly good. Plenty of showers and space to change and gently air conditioned (aah no humidity). I just love those suit dryers and always upgrade a facility score just because of that. **Score 5/5**



So there it is. Overall the **Freedom Aquatic Center Master score 4.7/5** on the fun rating scale and I look forward to reporting back with more on SPMS and USMS programs.





SAN LUIS OBISPO SWIM CLUB

2017 GOBBLER MASTERS MEET INFORMATION



Sanction: 337-S017 Sanctioned for Southern Pacific Masters for USMS, Inc.

Deck Opens: Fri: 3:30 PM, Sat/Sun: 8:30 AM

Warm-Up Start: Fri: 4:00 PM, Sat (Novice) 8:45 AM, Sat (Regular Session) 10:00 AM to 30 minutes after completion of the Novice Session, Sun: 9:00 AM

Meet Start: Friday: 5:00 PM. **Saturday** (2nd Session): 30 min after conclusion of Novice Session, NO SOONER THAN 12:00 PM. **Sunday:** 10:00 AM

Facility: San Luis Obispo Swim Center. 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. Pool is a 25 yard by 50-meter, 20 lane outdoor heated pool. 6 to 8 lanes (depending on entries) will be used for the competition and a minimum of 4 lanes will be used for warm-up/warm down. Ample deck space is available for structures and seating. 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. *Bring tie-downs/weights to SECURE your canopies/structures.

Rules: USA Swimming rules will govern this combined USA-S and USMS meet

Check-In: Swimmers must check-in with the Clerk of Course for each event entered. After an event has been officially closed, swimmers may not check-in or scratch. Swimmers must check-in at least 30 minutes prior to the start of each session. Swimmers who check-in and fail to swim an event will be scratched from their next individual event. **Check-In Deadlines:** Check-In for Friday's events will close at 4:30 PM. Check-in for Saturday's Novice events will close at 9:00 AM. Check-in for Saturday's regular session will close 45 minutes prior to the start of the regular session. Check-in for Sunday's events will close at 9:30 AM.

Entry Deadline: The entry deadline is Wednesday, November 8, 2017. Masters deck entries will be taken space available. Deck entries for Friday's events will close at 4:15PM. Deck entries for Saturday's events will close 45 minutes prior to the start of the session. Deck entries for Sunday's events will close at 9:15AM.

Entries: Fill out an SPMS Consolidated Entry Card AND the USMS Waiver (entry cards/waivers can be found online at www.sloswimclub.org). Include a copy of your 2017 or 2018 USMS Registration. Age on November 19th determines age group for the meet. You must be registered with USMS and be at least 18 years old to compete. This is a Short Course YARDS Meet! Adjust entry times accordingly. **Masters swimmers may enter any 13&UP and OPEN event.

Entry Limit: Swimmers are limited to 6 individual events per day.

Entry Fees: \$30.00 per swimmer flat fee if you enter by the registration deadline of Wednesday, Nov. 8th. Deck entries are allowed for a total of \$40.00. (Masters deck entries will be taken space available). Late entries (received after Nov. 8) and entries received without payment will be treated as deck entries and charged the deck entry fee.

Relays: Relays can be deck entered. Relays are \$10.00 per SPMS relay due upon entry. *For each relay only 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, along with confirmation of current USMS Registration.

Seeding: This is a combined USA-S and USMS event. All events will be deck seeded FASTEST to SLOWEST by entered time, all ages combined. Check-in will be required for all events.

Awards: There will be no awards. Individual printed results are available upon request.

Checks payable to: SLO Swim Club (SLOSC) Mail consolidated entry card, signed USMS waiver, a copy of your USMS card, & entry check to: SLO Gobbler, P.O. Box 142, San Luis Obispo, CA 93406.

Questions: Meet Director, Philip Yoshida: office@sloswimclub.org.

FRIDAY, Nov. 17 – Start: 5:00 PM

GIRLS	LCM MIN	SCY MIN	AGE	EVENT	SCY MIN	LCM MIN	BOYS
1			7-8, 9-10, 11-12	200 FREE			2
3	22:11.60	21:32.10	OPEN	1650 FREE	21:51.50	22:10.90	4

SATURDAY, Nov. 18 – Start: No Sooner Than 12:00 PM

GIRLS	LCM MIN	SCY MIN	AGE	EVENT	SCY MIN	LCM MIN	BOYS
25			13 & UP	200 FREE			26
27			7-8, 9-10, 11-12, 13&UP	100 FLY			28
29			7-8, 9-10, 11-12, 13&Up	50 BREAST			30
31	3:31.00	3:08.80	OPEN	200 BREAST	3:09.00	3:31.20	32
33			7-8, 9-10, 11-12, 13&UP	100 FREE			34
35			7-8, 9-10, 11-12, 13&UP	50 BACK			36
37	3:09.20	2:46.20	OPEN	200 BACK	2:51.40	3:11.80	38
39			7-8, 9-10, 11-12	200 IM			40
41			5 & UP	200 FREE Relay			42
43	6:31.20	5:48.20	OPEN	400 IM	5:48.90	6:32.30	44

SUNDAY, Nov. 19 – Start: 10:00 AM

GIRLS	LCM MIN	SCY MIN	AGE	EVENT	SCY MIN	LCM MIN	BOYS
45			7-8, 9-10, 11-12, 13&UP	100 BACK			46
47			7-8, 9-10, 11-12, 13&UP	100 IM			48
49			13 & UP	200 IM			50
51			7-8, 9-10, 11-12, 13&UP	50 FLY			52
53	3:05.70	2:43.20	OPEN	200 FLY	2:47.40	3:07.20	54
55			7-8, 9-10, 11-12, 13&UP	100 BREAST			56
57			7-8, 9-10, 11-12, 13&UP	50 FREE			58
59			5 & UP	200 MEDLEY Relay			60
61			9-10, 11-12	500 FREE			62
63			13 & UP	500 FREE			64

Long Beach Grunions
2017 SPMS Short Course Meters Championships
December 1st - 3rd, 2017

Sanction by Southern Pacific Masters Swimming for USMS, Inc.

Facility: Brenda Villa Aquatic Center, 5600 Harbor St, Commerce, CA 90040. 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: Go to scmchamps.org for directions

Fees: Flat fee of \$52.00 if entered online or postmarked by Monday, November 15th. Entry fee includes a meet T-shirt. Add a \$15.00 late fee for all entries postmarked (or entered online) after Monday, November 15th. All entries must be received by 11:59 p.m. on Saturday, November 25th. No individual deck entries are allowed.

Rules/Entries: 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 finals. 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. Age on December 31st, 2017 determines age group for the meet.

Relays: Relay entries are \$15.00 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 No. 1), by paying the \$15.00 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 7:30 a.m. on Friday.

Check-in for events 2 to 7 will close at Noon on Friday

Check-in for the 400m Freestyle will close at 7:30 a.m. on Saturday.

Check-in for the 800m Freestyle will close at 7:30 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 2017 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. For hotels, information, and directions, go to scmchamps.org
Host Hotel Information scmchamps.org

Long Beach Grunions
2017 SPMS Short Course Meters Championships
December 1st - 3rd, 2017

Friday, December 1, 2017

Warm-up 7:00 a.m., Meet starts at 8:00 a.m.

Check in for 1500 m Freestyle closes at 7:30 a.m.

- | | |
|------------------------------------|-----------------------------------|
| 1. 1500 m Freestyle (Women,Men) | 6. Women's 200 mBackstroke |
| 2. Women's 200 m Individual Medley | 7. Men's 200 mBackstroke |
| 3. Men's 200 m IndividualMedley | 8. Women's 800 m Freestyle Relay* |
| 4. Women's 100 mFreestyle | 9. Men's 800 m Freestyle Relay* |
| 5. Men's 100 mFreestyle | 10. Mixed 800 m Freestyle Relay* |

Saturday, December 2, 2017

Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.

Check in for the 400 m Freestyle closes at 7:30 a.m.

- | | |
|-----------------------------------|---|
| 11. Women's 400 mFreestyle | 21. Men's 100 m Breaststroke |
| 12. Men's 400 mFreestyle | 22. Women's 200 mButterfly |
| 13. Women's 50 m Butterfly | 23. Men's 200 m Butterfly |
| 14. Men's 50 m Butterfly | 24. Womens' 200 m Medley Relay* |
| 15. Women's 400 m Freestyle Relay | 25. Men's 200 m Medley Relay* |
| 16. Men's 400 m Freestyle Relay | 26. Mixed 200 m Medley Relay* |
| 17. Mixed 400 m Freestyle Relay | 27. Women's 50 mFreestyle |
| 18. Women's 100 mBackstroke | 28. Men's 50 mFreestyle |
| 19. Men's 100 mBackstroke | 29. 400 m Individual Medley (Women,Men) |
| 20. Women's 100 mBreaststroke | |

Sunday, December 3, 2017

Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.

Check in for the 800 m Freestyle closes at 7:30 a.m.

- | | |
|---------------------------------|------------------------------------|
| 30. 800 m Freestyle (Women,Men) | 40. Women's 100 m IndividualMedley |
| 31. Women's 100 mButterfly | 41. Men's 100 m Individual Medley |
| 32. Men's 100 m Butterfly | 42. Women's 50 mBackstroke |
| 33. Women's 50 mBreaststroke | 43. Men's 50 mBackstroke |
| 34. Men's 50 mBreaststroke | 44. Women's 200 mBreaststroke |
| 35. Women's 400 m Medley Relay* | 45. Men's 200 mBreaststroke |
| 36. Men's 400 m Medley Relay* | 46. Women's 200 m Freestyle Relay* |
| 37. Mixed 400 m Medley Relay* | 47. Men's 200 m Freestyle Relay* |
| 38. Women's 200 mFreestyle | 48. Mixed 200 m Freestyle Relay* |
| 39. Men's 200 mFreestyle | |

*Relays: swimmers may swim only one relay in each of these events

Club Swimmers of the Month

SPMS Officers

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Please go to:

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

Bobak Seyedgavadi

Competitive Tri-Swim Masters LLC

Coach Christine Maki

Competing in the La Jolla 10 Mile Relay Swim

September 2017

Kyung Lee

Conejo Valley Masters

Coach Nancy Kirkpatrick-Reno

Tragedy to Triumph at 2017 Malibu Triathlon

Tom Einstein

Southern California Aquatic Masters

Coach Clay Evans

Swimming 2 and sometimes 3 workouts a day!

Luigi Delgado

Competitive Tri-Swim Masters LLC

Coach Christine Maki

Competing in the La Jolla 10 Mile Relay Swim

Chris Fowler

Long Beach Grunions

Coach Kenny Brisbin

Attended his 1st meet in 25 years

October 2017

Upcoming SPMS Events

Saturday, November 11

Adult Learn-to-Swim Instructor Certification Course

[Registration](#)

Thursday, November 16

SPMS Annual Meeting

[Registration](#)

November 17 - 19

Gobbler Classic SCY Swim Meet

[Registration](#)

December 1 - 3

Long Beach Grunions 2017 SPMS Short Course Meters

Championships in Commerce, CA

[Registration](#)

May 10 - 13

USMS National Short Course Yards Championships

[Indianapolis, IN](#)