



THE 2019 SPMS OPEN WATER SERIES BEGINS!

We have a full calendar of open water swims this season. Our first events will be the **50th Annual Seal Beach Rough Water Swim** scheduled for **Saturday June 22, 2019** in Seal Beach, CA and the **Semana Nautica Festival Ocean Swims** on **Saturday and Sunday, June 29 and 30, 2019** in Santa Barbara, CA.

The 50th Annual Seal Beach RWS is a dual-sanctioned USMS/USA-Swimming Open Water Event with a One Mile and a 5K Swim for USMS participants. Paddlers are mandatory in the 5K. Many of us remember swimming at Seal Beach back in the early years of the Rough Water Swim when we were age groupers. So join the fun and make new memories!

The 2019 Semana Nautica Annual Sports Festival in Santa Barbara is offering a One Mile Ocean Swim on June 29th and a Three Mile Ocean Swim on June 30th. This will also be a dual-sanctioned event with USMS and USA-S. **The One Mile Swim will be the site of the 2020 USMS Open Water Sprint National Championships next June.** This will be a great opportunity to swim the course!

Highlights of the SPMS Open Water (OW) Series Rules:

- A swimmer needs to be a current SPMS registered USMS member prior to the start of a swim to be eligible to score points for that particular swim.

- To score points in the OW Series, swimmers need to complete at least three (3) of the sanctioned event swims.
- Wetsuits are mandatory in the wetsuit division. Swimmers wearing wetsuits will be ineligible to score OW Series points for that particular swim.

For more information on the SPMS Open Water Series:
<https://www.spmastersswim.org/open-water-series/>

For those of you training for the upcoming open water swims in Seal Beach and Santa Barbara, here are two logistics swim practices you can do in the pool:

One Mile Swim (~1800 yds)

2x50 kick (to simulate running into the water)

2x50 swim (practice sighting)

3x100 swim

2x200 pull

4x50 swim (practice sighting)

2x200 pull

3x100 swim

2x50 swim (practice sighting)

2x50 kick to simulate running onto the beach to the finish

5K Swim (~5500 yds)

2x50 kick (to simulate running into the water)

2x50 swim (practice sighting)

2 rounds:

6x100 swim

2x300 pull

4x50 swim (practice sighting)

2x300 pull

8x75 swim (middle 25 strong)

2x50 swim (practice sighting)

2x50 kick (to simulate running onto the beach to the finish)

Here is the link to the SPMS Open Water Event calendar for more information:

<https://www.spmastersswim.org/open-water-schedule/>

Submitted by Robin Smith, SPMS Open Water Chair(openwater@spmastersswim.org)

Swimming vs Schizophrenia How Masters Swimming Saved my Life

By Julia Robinson Shimizu

One of the things I like best about swimming is the silence.

Silence was what spoke to us when our son first became ill. He was fine, he went off to college and he came back ...silent.

He did not speak for two years.

I remember shouting at him in those first years as he stood there staring at the ceiling, silent. After I was too tired to shout any more, he still stood there, as blank as a shadow. Something was terribly wrong. At about the same time his friends were graduating from college, our son, our treasured only child, was diagnosed with schizophrenia.

Some people who live with schizophrenia find true and lasting relief with treatment and medication to live vast and fulfilling lives. Others, like our son, often refuse.

According to the National Institute of Mental Health, "Schizophrenia is a chronic and severe mental disorder that affects how a person thinks, feels, and behaves. People with schizophrenia may seem like they have lost touch with reality. Although schizophrenia is not as common as other mental disorders, the symptoms can be very disabling."

There is no cure.

Even with medication and treatment, there is little comfort.

Our son's illness makes him believe he has achieved great things. He believes he has won several Academy Awards. And makes him believe people are after him. The CIA, FBI and our neighbors are listening. He knows, he says, "because people can see into my thoughts."

Good or bad, I try to reason with him, "That sounds like a delusion," And he might agree. But not always. Sometimes the delusions are stronger than any mother's love can be.

Before the delusions, there had been the silence ... and the violence.

So gentle by nature, our son spent years driven by voices that told him to harm us. He shouted at us in those years, and at unseen forces. He was hauled off to psychiatric hospitalizations more times than anyone could count. We were often afraid to open the door to our home. We slept in our shoes, with our keys in our hand, ready to escape.

It was awful but it pushed us to find a way to live.

We found a support group for family members of people living with mental illness, NAMI, the National Alliance on Mental Illness. We learned how to help our son. And we learned how to help ourselves. The dreams we had for our son had long since disappeared. There were good times, when treatment went well and hope seemed within reach. And there were relapses and reversals that broke our hearts over and over again. We were drowning in sorrow and we had to find some place, some joy, something for ourselves.

My husband decided to sing. He joined a chorus.

And I began to swim.

I joined SoCal Tri Masters Swim. It has saved my life.

When our lives were overtaken by the chaos of our son's illness, when our days were shadowed by

constant worry and threat, swimming gave me the strength to go on. Swimming has become my prayer. I take solace in the sacred silence of the pool. I find joy in the effort of stroke and breath and stroke and breath.

I am much improved but I am still not much of a swimmer. It does not matter.

I swim for a different purpose. And I am grateful to be welcomed. I waded into the pool once or twice a week to swim with athletes and champions in Coach Stuart McDougal's SoCal Tri Masters group at Los Angeles Valley College.

I swim as the sun sets and the moon rises and the diamond light of the night flows through every stroke, every breath. While others in the pool are preparing to break records and win medals, I am there in the glistening silence of the pool, counting strokes from one end of the pool to the other, swimming as my escape, my meditation, my joy.

Loving and caring for someone with a mental illness has given my husband and me the gift of a shared purpose ... to be there when our son recovers. And it has given me the gift of swimming.

May is Mental Health Awareness Month. If you or someone you love lives with mental illness, there is hope, there is help. Your local department of mental health can guide you. Or reach out to NAMI for a listing of free support groups, education and resources. **www.nami.org**

SoCal Tri Masters, Los Angeles, CA.

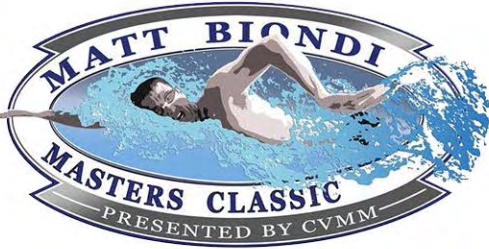
Stuart McDougal, Head Coach

mindbodyandswim@gmail.com

(818) 406-4213

<http://www.totalimmersion.net/coach/stuart-mcdougal>

Matt Biondi Masters Classic



The Matt Biondi Masters Classic was held Sunday, March 17th, at California Lutheran University's Samuelson Aquatic Center in Thousand Oaks. Over 215 swimmers representing 38 teams from near and far burned pre-green beer (or pre-whiskey) calories at this year's meet, the 6th annual, which fell on St. Patrick's Day. Many swimmers really got into the holiday spirit, donning green swim suits, leprechaun hats, clover antennae and other festive accessories.

Each year the fastest male and female in Biondi's signature event, the 50 Freestyle, are honored with trophies and having their names and times inscribed on the perpetual plaque. This year's winners were Lauren Frendreis, representing Rose Bowl Masters, who also won the honor in 2016 and 2018 and Tony Cox, representing Golden Road Aquatics, also a repeat winner (2016 and 2017).

CVMM enjoys hosting this meet, which honors Matt Biondi, our teammate and a 3-time Olympian, 11-time Olympic medalist, former world record holder, and all-around humble and nice guy. Hopefully you got a chance to meet him. We appreciate the support of the SPMS and USMS communities and hope to see you at the 7th Annual Matt Biondi Masters Classic.



Winner of men's 50 Freestyle,
Tony Cox, with Matt Biondi



Winner of women's 50 Freestyle,
Lauren Frendreis, with Matt Biondi



Beata Konopka and her raffle baskets



Becky Cleavenger, Jennifer Weiderman, Jill Gellatly, and Leslie Daland James
teamed up to set a new USMS record in the 200 - 240 800 Freestyle Relay



Arette Godges and Keith Robinson
making the most of St. Patrick's Day



Silver Peak Performance showing
their spirit

2019 CALTECH PENTATHLON

The 2019 Caltech Masters Pentathlon was held Sunday, March 3, under cool and threatening skies, but no rain drops fell on the 164 swimmers who entered the meet. This mid-season meet tests the competitors' all-around swimming abilities by racing a 50 of each stroke plus the 100 IM, with the total times added together to determine the age group winners. The competitors' ranged in age from 21 to 97. Rose Bowl Masters was the largest club with 48 swimmers, followed by West Hollywood with 15 swimmers and Mission Viejo with 13 swimmers.

Brittany Parish (29) of Santa Barbara Masters was crowned fastest female of the meet. Brittany had the fastest times in 50 Breast (33.08) and 100 IM (1:04.15). Elizabeth Vucinich (38) of West Hollywood had the fastest time in the 50 Fly (27.98) and 50 Back (30.17). Becky Cleavenger (55) of CVMM showed off her speed in the 50 Free with a blistering (26.55). Maurine Kornfeld of Rose Bowl Masters was the oldest competitor at 97 years young, successfully completing all five events to take home the gold medal in her age group.

Taking the trophy as the fastest male swimmer of the meet was Damien Bernard (31) of Golden Road Aquatics. Damien had the top time in three of the five races: 50 Fly (23.46), 50 Back (25.86), and 100 IM (55.53). 2018's overall fastest swimmer, Val Bagri (44) of Royal Masters, had the quickest time in the 50 Breast (27.07). Youngster Nikita Bondarenko (23) of West Hollywood had the fastest 50 Free time (22.17). In the men's 65-69 age group, Glenn Gruber edged out his Ventura County Masters teammate, Hubie Kern, by 0.5 seconds cumulative to take first place in the age group.

The two oldest gentleman, Bob Best (86) and Tom Mitchell (85), successfully complete all five races with Bob topping Tom for first in the 85-89 age group.

Thank you to everyone who helped to make the Pentathlon a success. We hope to see everyone back in Pasadena in March 2020!



The 2019 Smarty Pants Vitamins Winter Fitness Challenge



As I was scrolling through my social media late one afternoon in early February, I glanced at a headline that caught my attention - Are you still looking for that right type of fitness? Swimming is an amazing way to get into shape and stay in shape – hmmm, I thought, this looks like a great fitness promotion. I could suggest to SPMS. As I continued scrolling, I discovered there was no need to do so; the event was being promoted by Ken Brisbin, coach of the Long Beach Grunions (LBG) Masters Swim Team.

I continued reading: ***The Long Beach Grunions are hosting the Smarty Pants Winter Fitness Challenge on February 28th at 7:00pm (indoor pool). During the Grunions' regular workout, you can swim for 30 minutes and check out the team. We have all levels/abilities including our famous "cocktail lane" (this got my attention - so there is something for everyone). The cost is only \$12.00 which is donated to the USMS Swimming Saves Lives Foundation. Come have some fun, donate to a great cause, and check out our fun team!***

And the event was a success – 14 swimmers signed up for the Fitness Challenge held on February 28 at the Grunions' 7:00 p.m. workout

One member stated, “the party afterwards highlighted the social aspect of swimming and everyone had a great time.” But what resonated was the swimmer who stated “I never thought I could swim 30 minutes straight two years ago without stopping.” ***Personally, I'm still interested to hear more about the cocktail lane.***

Overall, 862 registered USMS swimmers participated in the Fitness Challenge with 48 SPMS participants from 11 different teams. Congratulations to the Long Beach Grunions (LBG) who represented SPMS with a strong showing of 14 registered participants, San Luis Obispo Masters (SLOM) with 11 participants, and Golden Road Aquatics (GRA) with 5.

The 2019 Smarty Pants Vitamins Summer Fitness Challenge, a 2-K swim, will be held from July 15 to July 31. Registration opens May 1st.

Let's have a strong showing from SPMS.



Submitted by Diana Dolan LaMar, SPMS Fitness Chairperson.
(Fitness@SPMasterSwim.org)



AQUA TALK

Burning Questions

This is a new section we're introducing to the SPMS newsletter covering things you may have wondered about but didn't know who to ask. Please submit your questions to your SPMS Member at Large at MemberAtLarge@SPMasterSwim.org and we'll get you answers in an upcoming newsletter.

Q: Why does it take so long for final meet results to be posted?

A: A lot goes into getting accurate results posted on the national database, and it is important that the times be correct. After each meet David Johannsen, the SPMS Top Ten Recorder, works closely with the meet administrator to identify and rectify any anomalies. This involves checking the times for each event to ensure each swimmer who swam has a time. If an electronic time (from the touch pad) is unavailable which happens often, more detailed research is required.

The bigger the meet, the longer it takes to review all the times, but rest assured that the meet administrator, the Top Ten Recorder, the meet director, and other SPMS officials such as the Meet Operations Chair are working on getting it right as early as possible.

SWIM MEET RESULTS

Caltech Pentathlon – March 3, 2019

Southern Pacific Yard Records were broken by:

Women 65-69

Christie Ciraulo (UCLA)

50 Free (30.33) and 50 Fly (31.93)

Age Group Winners:

| | |
|--------------------|----------------------------------|
| WOMEN 18-24 | Renee Wang (CTM) |
| MEN 18-24 | Nikita Bondarenko (WH20) |
| WOMEN 25-29 | Brittany Parish (SBM) |
| MEN 25-29 | Andrew Lum (ROSE) |
| WOMEN 30-34 | Stephanie Capizzi (ROSE) |
| MEN 30-34 | Damien Bernard (GRA) |
| WOMEN 35-39 | Elizabeth Vucinich (WH20) |
| MEN 35-39 | Nicholas Burnett (ROSE) |
| WOMEN 40-44 | Lonna Bayles (ROSE) |
| MEN 40-44 | Val Bagri (RYL) |
| WOMEN 45-49 | Sarah Condor-Fisher (MVN) |
| MEN 45-49 | David Sumner (MVN) |
| WOMEN 50-54 | Jennifer Weideman (CVMM) |
| MEN 50-54 | Nick Boshoff (GRA) |

| | |
|--------------------|---------------------------------|
| WOMEN 55-59 | Becky Cleavenger (CVMM) |
| MEN 55-59 | Bryant Lum (VCM) |
| WOMEN 60-64 | Joanne Saul-Zachau (LVM) |
| MEN 60-64 | Doug Kajiwara (SCAQ) |
| WOMEN 65-69 | Christie Ciraulo (UCLA) |
| MEN 65-69 | Glenn Gruber (VCM) |
| WOMEN 70-74 | Anita Cole (LBG) |
| MEN 70-74 | John Stacey (ROSE) |
| WOMEN 75-79 | Diana Todd (SNM) |
| MEN 75-79 | Mike Freshley (SDSM) |
| WOMEN 80-84 | --- |
| MEN 80-84 | Everett Smethurst (NOVA) |
| WOMEN 85-89 | --- |
| MEN 85-89 | Bob Best (SDSM) |
| WOMEN 95-99 | Maurine Kornfeld (ROSE) |
| MEN 95-99 | ---- |

Matt Biondi Masters Meet hosted by Conejo Valley Masters – March 17, 2019

Southern Pacific Yard Records were broken by:

Women 45-49

Laurie Dodd (UCLA)

1000 Free (11:00.65)

Women 55-59

Kim O'Grady (ROSE)

200 Free (2:07.99) and 1650 Free (19:32.89)

Women 60-64

Bonnie Spivey (LAPS)

1650 Free (19:55.05), 200 Back (2:28.55), 200 IM (2:34.47) and 400 IM (5:16.94).

Men 60-64

Tito Morales (UCLA)

200 Fly (2:19.74) and 400 IM (4:53.26)

Women 65-69

Christie Ciraulo (UCLA)

1000 Free (12:50.53), 1650 Free (21:15.92) and 100 Fly (1:18.18)

Women 45+ 800 Free Relay:

Conejo Valley Masters

Jill Gellatly, Jennifer Weiderman, Leslie Daland-James and Becky Cleavenger (8:33.70)

Conejo's Relay is also a pending National Record.

The following Southern Pacific swimmers went undefeated in the maximum of 5 individual events:

WOMEN 55-59

Ming Robinson (NOVA)

WOMEN 60-64

Bonnie Spivey (LAPS)

WOMEN 65-69

Christie Ciraulo (UCLA)

WOMEN 95-99

Maurine Kornfeld (ROSE)

UCLA – April 7, 2019

Southern Pacific Yard
Records were broken by:

WOMEN 45-49

Laurie Dodd (UCLA)

WOMEN 65-69

Christie Ciraulo (UCLA)

The following Southern Pacific swimmers went undefeated in the maximum of 4 individual events:

WOMEN 25-29

Michelle Duraj (ROSE)

MEN 30-34

Mike Alexandrov (GRA)

WOMEN 50-54

Jennifer Weiderman (CVMM)

MEN 50-54

Nick Boshoff (GRA)

MEN 55-59

Brian Kelca (LAPS)

WOMEN 60-64

Bonnie Spivey (LAPS)

WOMEN 70-74

Beverly Montrella (MVN)

WOMEN 95-99

Maurine Kornfeld (ROSE)

Upcoming SPMS Events



May 15 - Wed

- USMS 5K/10K ePostal National Championship



May 16 - Thu

- SPMS Committee Conference Call 7:30P



May 17-19

- SPMS SCY Regional Championships



May 24 - 26

- 2019 Novaquatics Speedo Grand Challenge



Jun 02 - Sun

- Mission Viejo Nadadores Long Course Meters Swim Meet
- Pasadena Senior Games



Jun 09 - Sun

- Long Course in Vegas Baby! (UNLV)



Jun 20 - Thu

- 2019 Dolfin Fran Crippen Memorial Swim Meet of Champions.
- SPMS Committee Conference Call 7:30P



Jun 21 - Fri

- 2019 Dolfin Fran Crippen Memorial Swim Meet of Champions



Jun 22 - Sat

- 2019 Dolfin Fran Crippen Memorial Swim Meet of Champions
- 50th Annual Seal Beach Rough Water Swim



Jun 23 - Sun

- 2019 Dolfin Fran Crippen Memorial Swim Meet of Champions
- UCLA Masters Long Course Meters Swim Meet



Jun 28 - Fri

- Santa Barbara Long Course Meters Swim Meet



Jun 29 - Sat

- Santa Barbara Long Course Meters Swim Meet
- Semana Nautica One Mile Open Water Swim



Jun 30 - Sun

- Semana Nautica Three Mile Open Water Swim

SPMS SHORT COURSE REGIONAL CHAMPIONSHIPS

May 17-19, 2019

Hosted by: San Luis Obispo Swim Club

Facility: San Luis Obispo Swim Center, 900 Southwood Drive, San Luis Obispo, CA 93401. Pool is a 25 yard by 50-meter, 20 lane outdoor heated pool. 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.

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.

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 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 May 19, 2019 determines age group for the meet.

Entry Fee & Deadline: Flat fee of \$55.00 if entered online or postmarked by Wednesday, May 1, 2019. Entrants that enter by the May 1st deadline will receive a meet T-shirt. Add a \$15.00 late fee for all entries postmarked (or entered online) after Wednesday, May 1, 2019. All entries must be received by 11:59 p.m. on Saturday, May 11, 2019. No individual deck entries are allowed. **There will be NO Refunds.**

Entries: Online – Online entry is encouraged. Online entries are paid by credit card to “ClubAssistant.com Events.” To register online, go to https://www.clubassistant.com/club/meet_information.cfm?c=2505&smid=11848 . Paper/mailed entries – Fill out and mail a consolidated entry card and USMS waiver (both can be found at www.sloswimclub.org). You must include a copy of your 2019 USMS Registration Card. Send a SASE or stamped postcard for return receipt. Mailed Entries must be postmarked on or before May 1, 2019. Team/Hy-Tek Entry – Teams may enter via Hy-Tek. The same entry deadlines apply as online entry. Hy-Tek event export available upon request. ***Receipt of entry (for all entry methods) will not be verified by phone or e-mail. DO NOT use certified, registered, or special delivery mail services.**

Relays: Relay entries are \$15.00 per relay. All relays will be deck entered. Time that relay cards are due will be announced at the meet. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event. You may not change age groups once posted.

Relay Only Swimmers: A USMS-registered swimmer who wishes to only swim relay events must enter the meet before the start of event #1, by paying the \$20.00 relay-only entry fee and must sign a consolidated entry card and USMS waiver. Relay only swimmers who postmark/enter by May 1, 2019 (by any of the above entry methods) will receive a meet T-shirt. Relay swimmers who enter after the May 1st deadline will not receive a meet T-shirt.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 500, 1000 and 1650 Freestyle and also the 400 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 1650 Freestyle may be limited to the first 80 entries at the discretion of the meet manager. Swimmers may enter both the 1000 and 1650 Freestyle.

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

Distance Events: Lap counting devices will be provided, but swimmers are responsible for providing their own lap counter.

Check-in: Positive check-in is required for all events. Swimmers may check in at in person at the meet.

Friday: Check-in for the 1650 Freestyle will close at 7:30 a.m. on Friday.
Check-in for all other Friday events will close one hour prior to the anticipated start of an event

Saturday: Check-in for the 500 Freestyle will close at 7:30 a.m. on Saturday.
Check-in for all other Saturday events will close one hour prior to the anticipated start of an event

Sunday: Check-in for the 1000 Freestyle will close at 7:30 a.m. on Sunday.
Check-in for all other Sunday events will close one hour prior to the anticipated start of an event

Awards: Individual: Custom medals for places 1 to 3 and custom ribbons for places 4 to 8 for each age group and gender. Relays: Custom medals for 1st place, custom 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. Large/Small Team divisions will be awarded if meet size warrants.

Meet Director: Philip Yoshida **Meet Referee:** Ernie Peterson **Meet Admin:** Alina de Armas

Make Checks Payable To: San Luis Obispo Swim Club

Mail Paper Entries & Payment To: SLO Swim Club. PO Box 142. San Luis Obispo, CA 93406

More Information or Questions: website: www.sloswimclub.org / e-mail: ken@supersource.com

Hotel Information: Can be found on the SPMS Regional Championship page at www.sloswimclub.org.

Friday, May 17, 2019

Warm-up 7:30 a.m., Meet starts at 9:00 a.m.
Check in for 1500 Freestyle closes at 8:30 a.m.

1. Women, Men 1650 yd. Freestyle
2. Women 200 yd. Individual Medley
3. Men 200 yd. Individual Medley
4. Women 100 yd. Freestyle
5. Men 100 yd. Freestyle
6. Women 200 yd. Breaststroke
7. Men 200 yd. Breaststroke
8. Women 800 yd. Freestyle Relay*
9. Men 800 yd. Freestyle Relay*
10. Mixed 800 yd. Freestyle Relay*

Saturday, May 18, 2019

Warm-up at 7:00 a.m., Meet starts at 9:00 a.m.
Check in for the 500 Freestyle closes at 8:30 a.m.

11. Women, Men 500 yd. Freestyle
12. Women 50 yd. Butterfly
13. Men 50 yd. Butterfly
14. Women 400 yd. Freestyle Relay*
15. Men 400 yd. Freestyle Relay*
16. Mixed 400 yd. Freestyle Relay*
17. Women 100 yd. Backstroke
18. Men 100 yd. Backstroke
19. Women 100 yd. Breaststroke
20. Men 100 yd. Breaststroke
21. Women 200 yd. Butterfly
22. Men 200 yd. Butterfly
23. Women 200 yd. Medley Relay*
24. Men 200 yd. Medley Relay*
25. Mixed 200 yd. Medley Relay*
26. Women 50 yd. Freestyle
27. Men 50 yd. Freestyle
28. Women, Men 400 yd. Individual Medley

Sunday, May 19, 2019

Warm-up at 7:30 a.m., Meet starts at 9:00 a.m.
Check in for the 1000 Freestyle closes at 8:30 a.m.

29. Women, Men 1000 yd. Freestyle
30. Women 100 yd. Butterfly
31. Men 100 yd. Butterfly
32. Women 50 yd. Backstroke
33. Men 50 yd. Backstroke
34. Women 400 yd. Medley Relay*
35. Men 400 yd. Medley Relay*
36. Mixed 400 yd. Medley Relay*
37. Women 200 yd. Freestyle
38. Men 200 yd. Freestyle
39. Women 100 yd. Individual Medley
40. Men 100 yd. Individual Medley
41. Women 50 yd. Breaststroke
42. Men 50 yd. Breaststroke
43. Women 200 yd. Backstroke
44. Men 200 yd. Backstroke
45. Women 200 yd. Freestyle Relay*
46. Men 200 yd. Freestyle Relay*
47. Mixed 200 yd. Freestyle Relay*

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

2019 NOVAQUATICS – SPEEDO GRAND CHALLENGE

William Woollett Jr. Aquatics Center – Irvine California

May 24, 25 & 26, 2019

Sanctioned By: USA Swimming and SCS
Sanction Number: S19-095 and USMS-339-S009
Sponsored By: SPEEDO and Novaquatics Swimming Team
Open to: USA Swimming & FINA ATHLETES

Date of Meet: May 24, 25 & 26, 2019
ENTRIES DUE BY 5:00PM: May 15, 2019 (Wed)
WARMUP Pool Open: 7:00 am (Fri – Sun)

START TIME: Prelims: 8:30 am (Fri – Sun)

Finals: 5:00 pm (Fri & Sat), 4:00 pm (Sun)

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- POOL:** WILLIAM WOOLLETT JR. AQUATICS CENTER POOL, 4601 WALNUT, IRVINE, CA 92604. SITE OF THE 2018 USA Junior National and National Swimming Championships
- COURSE:** WILLIAM WOOLLETT JR. AQUATICS CENTER POOL is an outdoor eight lane 50 meter competition pool with a separate eight lane 50 meter warm-up pool. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start and Turn End Lanes 1 – 8 = 7'. 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.
- ADMISSION:** Preliminaries – Free; Finals: \$5.00
- PARKING:** Ample parking available behind the pool, in the Irvine High School parking lot. Parking is limited on Friday, (school is in session). Parking is also available in lots to the East off Yale and Culver and to the West down Escolar, throughout the weekend. **NO PARKING ON WALNUT AVENUE.**
- WARMUP:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during or after the swim meet must be under the direct supervision of an USA Swimming member coach. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.
- ELIGIBILITY:
and AFFILIATION:** Open to athletes who hold a current 2019 USA Swimming or USMS Membership. Registration application must be received by the meet processor, administrative referee or SCS Office by Wednesday, **May 15, 2019**. There are substantial penalties for swimmer and club (2019 Swim Guide, part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (not Attach or Re-attach) by notifying the Admin Referee in writing and paying the appropriate fee.
- QUALIFYING
TIMES:** SUBMIT LONG COURSE METER TIMES. If qualifying by short course yard times, enter your short course yards time. Swimmers with National qualifying times in yards may enter at the minimum National meter time. Swimmers must have achieved the Short Course or Long Course Time Standard after May 24, 2018. **DO NOT SUBMIT NT (no time), ET (estimated time) or work out time trials.** Swimmers may enter as many events as qualified, but may only compete in three (3) individual events per day. **All events are contested as Trials and Finals events, including the women's 800 Freestyle and the men's 1500 Freestyle.**
- SWIMMERS WITH "A" FLIGHT QUALIFYING STANDARDS MAY CHOOSE TO ENTER THE "B" FLIGHT SESSIONS BY ENTERING THE "B" FLIGHT EVENTS RATHER THAN THE "A" FLIGHT.**
- PROOF OF
TIME:** This is a Proof of Time Meet. All entered times will be verified through the SWIMS database. See SCS Swim Guide for Proof of Time procedures and penalties. Special Entry Procedure: A swimmer qualified in one or two individual events may enter the qualifying events and up to a total of three events (except 400/800/1500 Free and 400 IM); qualified to swim three or more – swimmer must prove all events entered. **Label Bonus Events with "B". Swimmers entered in the 400 IM, 400/800/1500 Free must meet the qualifying standard for entry.**
- ELECTRONIC ENTRY
PROCEDURE:** E-mail entry (entry .zip file) will be accepted **ONLY** when received with an attached Word or pdf file including electronic signature of coach and will be dated as official at that time (5PM postmark would queue before a 10:00PM electronic). Full payment (single team check or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) **ONLY**. New swimmers accepted **SPACE AVAILABLE**. **DO NOT RESEND AN ENTRY FILE:** A replacement file for the team will **NOT** be processed. Deletions will **NOT** be refunded.

ENTRY FEES: **\$13.00 per individual event in addition to a \$14.00 per swimmer surcharge must accompany electronic or individual entry.**

MASTERS ENTRIES:

In order to enter a USA Swimming sanctioned meet as a Masters swimmer, you must either enter electronically or using an SCS entry card (available on www.socalswim.org), submit a copy of the USMS Waiver and Liability form, and a copy of your 2019 USMS Registration. Age on December 31, 2019 determines age group for this meet. You must be registered with USMS, be at least 18 years old and have met the minimum time standard for the events entered.

MAKE CHECKS PAYABLE TO: **SOUTHERN CALIFORNIA SWIMMING**
MAIL and HAND DELIVER ENTRIES TO: **Irvine Novaquatics**
c/o Bonnie Joseph 949-275-0331
447 East 19th Street
Costa Mesa, CA 92627
Bonniejos5@aol.com

RULES AND PROCEDURES

MEET REFEREE: Ted Olivieri shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to trackmdr@aol.com.

RULES: USA Swimming Rules will govern. Current SCS Meet procedures for Trials and Finals Meets will be enforced (See 2019 SCS Swim Guide); The National Championship scratch rules will be used. All coaches and officials on deck must complete the CDC or NFHS Concussion course.

RECORDING DEVICES & MEDIA NOTICE:

The use of audio-visual recording devices including cell phones, are not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

DECK CHANGES:

Deck Changes are prohibited.

RACING START CERTIFICATION:

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

PRELIMINARY HEATS:

All Preliminary heats will be divided into "A" and "B" sessions with 7 heats of the 200, 100 and 50 events, 5 heats of the 400 events. All 7-12 events will be swum in the "A" session. The "B" session will be run following the conclusion of the "A" session. ALL PRELIMINARY HEATS WILL BE SWUM FASTEST TO SLOWEST. The fastest three heats will be championship seeded, except events 400 and longer only top two heats will be championship seeded in preliminaries

800/1500 METER FREESTYLE EVENTS:

The women's 800 and the men's 1500 Freestyle events are being conducted as a trials and finals event. The Women's 800 Freestyle preliminary A flight heats will swim at the conclusion of the "A" flight and the B flight heats at the conclusion of the "B" flights on Saturday, May 25. The Men's 1500 freestyle "A" preliminary heats will swim at the conclusion of the "A" flight and the "B" flight preliminaries at the conclusion of the "B" flight on Friday, May 24. Preliminary heats of the 800/1500 Freestyle events will be swum FASTEST TO SLOWEST. The women's final of the 800 meter Freestyle will be conducted as the first event of the finals session on Sunday, May 26, the men's final of the 1500 meter Freestyle will be conducted following the finals of event 36 (men's 100 Backstroke) Sunday, May 26.

FINALS FORMAT:

The top four qualifiers in each Open event advance to the Championship Final; there will be an "A" and "B" consolation final for the next 16 qualifying competitors. The finals of the 800 Free for women and the 1500 Free for men will consist of a single Championship Final of the top 8 swimmers from the preliminary heats. The order of competition for the finals session will be "B" consolation, "A" Consolation and Championship Final. The top 6 finalists in the 7-12 year old events advance to the Championship finals.

AWARDS:

(Awards will be formally presented after the completion of the "B" Consolation Finals) Cash Awards will be presented to the 1st – 3rd places, to those athletes eligible to receive cash. Awards: **\$100.00 for 3rd Place, \$200.00 for 2nd Place with 1st Place** amount determined by the spin of the Mystery Wheel (\$300.00 - \$1,000.00). Other cash awards may be affected by the spin of the **Mystery Wheel** (ex: "Winner Takes All").

The Mystery wheel will be spun prior to the Championship final to determine 1st Place cash value. A \$100.00 cash award will be presented for a Meet record set in the Championship Final. In addition to cash awards, merchandise awards will be presented to the Championship Finalists (4) and the winner of the A Consolation. Swimmers with current or future collegiate (e.g. NCAA) or high school (e.g. CIF) eligibility may be prohibited from receiving cash awards but may accept merchandise awards. 7-12 events will be awarded medals 1st – 3rd place.

AWARDS: 1500/800: Cash awards for the Men's 1500 Free and Women's 800 Free will be based on the fastest split for each 50 throughout the championship final. In the Men's event the fastest split for each 50 is worth \$25 and for the Women's event the fastest split for each 50 is worth \$50. To claim the cash prize the swimmer MUST swim the final in a time faster than their preliminary qualifying time.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

2019 IRVINE NOVAQUATICS SPEEDO GRAND CHALLENGE

Friday - May 24, 2019

A FLIGHT Prelims: 8:30 AM B FLIGHT Prelims: 30 minutes following conclusion of A FLIGHT FINALS: 5:00 PM

| WOMEN | | | | MEN | | | | | |
|-----------|------------------|---------------------------|---------------------------|----------------|----------------|---------------------------|---------------------------|------------------|-----------|
| Event No. | SC Time Standard | LC B Flight Time Standard | LC A Flight Time Standard | Event | | LC A Flight Time Standard | LC B Flight Time Standard | SC Time Standard | Event No. |
| 1 | | | 2:24.28 | 200 IM | 200 FREE | 1:56.08 | | | 2 |
| 101 | 2:07.09 | 2:29.16 | | | | | 2:00.84 | 1:41.69 | 102 |
| 3 | 56.09 | | 1:04.97 | 7-12 100 FREE | | 1:02.52 | | 54.88 | 4 |
| 5 | | | 1:17.08 | 100 BREAST | 100 BREAST | 1:08.11 | | | 6 |
| 105 | 1:06.19 | 1:20.80 | | | | | 1:12.20 | 57.87 | 106 |
| 7 | 33.53 | | 38.22 | 7-12 50 BREAST | | 37.75 | | 33.10 | 8 |
| 9 | | | 27.42 | 50 FREE | 200 IM | 2:10.40 | | | 10 |
| 109 | 23.55 | 28.24 | | | | | 2:16.10 | 1:54.59 | 110 |
| 11 | 1:05.49 | | 1:15.11 | 7-12 100 BACK | | 1:12.41 | | 1:03.09 | 12 |
| 13 | | | 4:29.70 | | | 17:12.83 | | | 14 |
| 113 | 5:02.21 | 4:35.19 | | 400 FREE | 1500 FR Prelim | | 17:33.19 | 16:24.50 | 114 |

Saturday - May 25, 2019

A FLIGHT Prelims: 8:30 AM B FLIGHT Prelims: 30 minutes following conclusion of A FLIGHT FINALS: 5:00 PM

| WOMEN | | | | MEN | | | | | |
|-----------|------------------|---------------------------|---------------------------|-----------------|----------|---------------------------|---------------------------|------------------|-----------|
| Event No. | SC Time Standard | LC B Flight Time Standard | LC A Flight Time Standard | Event | | LC A Flight Time Standard | LC B Flight Time Standard | SC Time Standard | Event No. |
| 16 | | | 2:06.24 | 200 FREE | 50 FREE | 25.01 | | | 15 |
| 116 | 1:50.14 | 2:09.20 | | | | | 25.99 | 20.83 | 115 |
| 18 | 1:14.28 | | 1:24.46 | 7-12 100 BREAST | | 1:23.69 | | 1:13.59 | 17 |
| 20 | | | 5:09.67 | 400 IM | 400 IM | 4:50.81 | | | 19 |
| 120 | 4:31.19 | 5:17.89 | | | | | 5:00.89 | 4:11.89 | 119 |
| 22 | 31.14 | | 35.18 | 7-12 50 BACK | | 33.61 | | 30.63 | 21 |
| 24 | | | 1:04.52 | 100 FLY | 100 FLY | 58.29 | | | 23 |
| 124 | 56.32 | 1:05.19 | | | | | 1:00.19 | 50.23 | 123 |
| 26 | 1:04.43 | | 1:13.92 | 7-12 100 FLY | | 1:11.91 | | 1:03.72 | 25 |
| 28 | | | 2:24.29 | | | 2:15.69 | | | 27 |
| 128 | 2:05.89 | 2:34.89 | | 200 BACK | 200 BACK | | 2:24.29 | 1:55.79 | 127 |
| 30 | | | 9:09.99 | | | 4:11.79 | | | 29 |
| 130 | 10:26.39 | 9:36.89 | | 800 FR Prelim | 400 FREE | | 4:20.69 | 4:42.11 | 129 |

Sunday - May 26, 2019

A FLIGHT Prelims: 8:30 AM B FLIGHT Prelims: 30 minutes following conclusion of A FLIGHT FINALS: 4:00 PM

| WOMEN | | | | MEN | | | | | |
|-----------|------------------|---------------------------|---------------------------|--------------|------------|---------------------------|---------------------------|------------------|-----------|
| Event No. | SC Time Standard | LC B Flight Time Standard | LC A Flight Time Standard | Event | | LC A Flight Time Standard | LC B Flight Time Standard | SC Time Standard | Event No. |
| 30 | | | | 800 FREE | | | | | |
| 31 | | | 2:44.29 | | | 2:29.79 | | | 32 |
| 131 | 2:22.49 | 2:53.39 | | 200 BREAST | 200 BREAST | | 2:41.49 | 2:08.04 | 132 |
| 33 | 26.54 | | 30.27 | 7-12 50 FREE | | 28.83 | | 25.25 | 34 |
| 35 | | | 1:06.59 | | | 1:02.29 | | | 36 |
| 135 | 57.19 | 1:08.99 | | 100 BACK | 100 BACK | | 1:05.99 | 52.63 | 136 |
| | | | | | 1500 FREE | | | | 14 |
| 37 | 2:22.51 | | 2:41.39 | 7-12 200 IM | | 2:34.93 | | 2:16.69 | 38 |
| 39 | | | 2:23.29 | | | 2:11.19 | | | 40 |
| 139 | 2:08.38 | 2:32.89 | | 200 FLY | 200 FLY | | 2:18.89 | 1:56.10 | 140 |
| 41 | 28.60 | | 32.95 | 7-12 50 FLY | | 32.48 | | 28.00 | 42 |
| 43 | | | 58.59 | | | 53.89 | | | 44 |
| 143 | 51.02 | 59.19 | | 100 FREE | 100 FREE | | 55.19 | 46.12 | 144 |

All non conforming and Bonus times will swim in the B Flight
All 12 & Under events will be swum in the A Flight

2019 MISSION VIEJO NADADORES LONG COURSE MEET

Site of the USMS Summer Nationals

June 2, 2019

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

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 & Parking: 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.

Timing System: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

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 December 31, 2019, determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 6 individual events.

Entries: \$35.00 per swimmer flat fee. Deck entries will be allowed for a total of \$40.00. Online entries close at midnight Pacific time on Wednesday, May 29, 2019. Checks payable to Mission Viejo Nadadores (MVN) Mail consolidated entry card, a copy of your 2019 USMS card, and check to Mission Viejo Nadadores, Mark Moore, 27474 Casta Del Sol, Unit #2, Mission Viejo, CA 92675

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 and 1500m Freestyle (limited to 40 swimmers) and the 400 m 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 \$15.00 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.

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

Meet Questions: Meet Director, Mark Moore (949) 233-6521; coachmark@mastersmvnswim.org
Admin, Alina de Armas 805-444-0317 alina@dearmas.com

Warm-ups start at 7:00 AM

| # | Sex | Event |
|----|-------|--------------------|
| 1 | Mixed | 1500m Freestyle |
| 2 | Mixed | 400m IM |
| 3 | Mixed | 200m Freestyle |
| 4 | Mixed | 50m Butterfly |
| 5 | Mixed | 100m Backstroke |
| 6 | Mixed | 200m Breaststroke |
| 7 | W/M/X | 200m Medley Relay* |
| 8 | Mixed | 200m IM |
| 9 | Mixed | 200m Butterfly |
| 10 | Mixed | 50m Breaststroke |

Meet starts at 8:00 AM

| # | Sex | Event |
|----|-------|-----------------------|
| 11 | Mixed | 200m Backstroke |
| 12 | Mixed | 100m Freestyle |
| 13 | Mixed | 100m Butterfly |
| 14 | Mixed | 50m Backstroke |
| 15 | M/W/X | 200m Freestyle Relay* |
| 16 | Mixed | 100m Breaststroke |
| 17 | Mixed | 50m Freestyle |
| 18 | Mixed | 400m Freestyle |

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

SEAL BEACH 50TH ANNUAL ROUGH WATER SWIM

Saturday, June 22, 2019

Info and Results at sealbeachswimclub.org

USMS

Including the SCS Age Group Open Water Events & 5 K and 1 mile
 USA-S/USMS Long Distance Events Sanctioned by USA-#000-000 and USMS #339-W003
USS OR USMS REGISTRATION REQUIRED - NO EXCEPTIONS

LONG DISTANCE EVENTS

USMS SWIMMERS \$36

| | |
|---------------|-------------------|
| 1. Men's 5K | 3. Men's 1 Mile |
| 2. Women's 5K | 4. Women's 1 Mile |

Due to Lifeguard requirements an experienced Paddler is mandatory for events 1 & 2. **No exceptions.**
USMS \$6 surcharge included.

SCS AGE GROUP OPEN WATER EVENTS \$25

| | | | |
|----------------------|----------------------|----------------------|-----------------------|
| 200 yard Swim | 400 yard Swim | 800 yard Swim | 1200 yard Swim |
| 5. Boys 7 & 8 | 7. Boys 9 & 10 | 9. Boys 11 & 12 | 11. Boys 13 & 14 |
| 6. Girls 7 & 8 | 8. Girls 9 & 10 | 10. Girls 11 & 12 | 12. Girls 13 & 14 |

Age group races start as soon as the 3 mile race goes off.

| EVENT# | CHECK IN TIMES | START TIMES | START LOCATION |
|--------|----------------|---------------------------------------|--------------------------|
| 1 & 2 | 6:30am | 8:00am | Seal Beach Pier N/W side |
| 5 - 12 | 7:00am | after 3 mile race STARTS | Seal Beach Pier N/W side |
| 3 & 4 | 8:00 am | after age group events (after 9:30am) | Seal Beach Pier N/W side |

AWARDS: Events 1 through 12 1st – 3rd place medal.
 All Age Group swimmers will receive a finish medal.

WETSUITS ALLOWED BUT NOT AWARDED.

RULES: USA-S/USMS rules govern. Swimmers must check-in with Clerk of Course.

ENTRY FEES: Events 1 – 4 **\$36**

Add **\$5.00** if postmarked after June 10th and on race day.

MEDIA NOTICE – Entry into the event is acknowledgement and consent that media including photos, video, and other forms of obtaining images of athletes may be used.

For more information call at (562) 430-1092 or email mariafattal@sealbeachswimclub.org

Make checks payable to: Seal Beach Swim Club

TEAM CODE

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

Mail to: Seal Beach R.W.S.

USA-S# _____

P.O. Box 605

USMS Event Fee \$31

USMS# _____

EVENT # _____

Seal Beach, CA 90740

Name: _____ | _____ Age: _____ Sex: _____ Email _____

(last)

(first)

Address: _____ State _____ Zip _____

Phone # (_____) Paddlers Name(3 mile Swim) _____

USMS Events:1-4 \$ 36

Late fee of \$5.00 if Postmarked after June 10, 2019 or event day.

50th Annual T-SHIRT included. Circle size. YOUTH SIZE L

ADULT SIZE S M L XL XXL

Additional T-shirts \$15 pre-ordered/\$20 beach. Sizes: YOUTH SIZE L

ADULT SIZE S M L XL XXL

Late entries and day of event entries T-shirts are first come first serve on sizes.

Total Enclosed \$ _____

NO REFUNDS.

PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

| | | | | |
|----------------------------------|------------|----|--------------------------|--------------------------|
| Last Name | First Name | MI | Sex (circle) M F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip | | | | |
| Signature of Participant | | | Date Signed | |

Revised 07/01/2014



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vicechair@SPMasterSwim.org

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<https://www.spmasterswim.org/newsletter-archives/>