

**SAN DIEGO-IMPERIAL (SI) LOCAL MASTERS SWIM COMMITTEE (LMSC)  
a division of UNITED STATES MASTERS SWIMMING, INC. (USMS)**

The San Diego-Imperial Local Masters Swimming Committee (SI LMSC) organizes, governs, and coordinates masters swimming in the San Diego and Imperial Counties areas.

<http://www.simastersswim.org>

**2007 SWIMMER INFORMATION**

**MASTERS SWIMMING** is an international, age group swimming program for adults.

**UNITED STATES MASTERS SWIMMING, INC. (USMS)** is an organization founded in 1970 which "supports and encourages competition among its members and those of other nations." Member-run USMS coordinates and governs Masters Swimming in the United States. Adults age 18 and over are eligible to be members of and to participate in USMS. **Local Masters Swimming Committees**, known as LMSCs, are geographical divisions of the USMS Corporation with supervisory responsibilities within their specified geographic territory. LMSCs are grouped into eight zones. LMSCs from **SAN DIEGO-IMPERIAL (SI)**, Southern Pacific Masters Association (SP), Arizona (AZ), and New Mexico (NM) comprise the Southwest Zone.

**SAN DIEGO-IMPERIAL LOCAL MASTERS SWIMMING COMMITTEE**

The San Diego-Imperial LMSC (SI LMSC) covers San Diego and Imperial Counties.

The SI LMSC web site address is <http://www.simastersswim.org>.

**USMS MEMBERSHIP (REGISTRATION) of ATHLETES:** Masters Swimmers must have a current USMS membership number to compete or take part in USMS-sanctioned events, to participate in many of the organized masters swim workouts (for liability insurance coverage), and to be eligible for National Top Ten times listings (individual and relay) and for San Diego-Imperial, National, and World records.

**USMS MEMBERSHIP** costs **\$35.00** (payable to "SI Masters Swimming") and is valid from Jan. 1 to Dec. 31.

USMS membership/registration for the **San Diego-Imperial LMSC** is handled by the ALL SPORTS OFFICE, 1511 Morena Blvd., San Diego, CA 92110; 619-275-1292; e-mail "sdi-masters(at)sbcglobal(dot)net." The All Sports Office is open Monday through Friday (call for hours) and has USMS forms, workout location lists, club contact information, masters swim meet & open water event entries, change of club affiliation forms, club registration forms, and more. The 2006 USMS membership application can also be found on the San Diego-Imperial LMSC web site.

**ELIGIBILITY:** Individuals aged 18 and older are eligible to become members of USMS. Current age groups for competition are 18-24 (the only 7 year age group), 25-29, 30-34, 35-39, 40-44, 45-49, ..., 100-104, ..., in 5 year increments as high as is necessary. If age and registration requirements are met, ANYONE is eligible to swim Masters regardless of ability, speed, age, sex, or competitive swimming background.

**REPRESENTATION and CLUB AFFILIATION:** When registering with USMS through the San Diego-Imperial LMSC (SI LMSC), a swimmer must declare affiliation either as "unattached" (no club) or with a club that is a current member of SI LMSC and USMS. Clubs must have renewed their USMS memberships before swimmers can represent (be affiliated with) those clubs. In SI LMSC, many of the following clubs with 2006 memberships will be renewing their club memberships for 2007. If the club has not renewed, then swimmers listing that club on their USMS registration will be UNATTACHED (no club affiliation).

## **SAN DIEGO-IMPERIAL (SI) LOCAL MASTERS SWIM COMMITTEE (LMSC)**

### **USMS member CLUBS from San Diego-Imperial LMSC as of October 2006:**

San Diego Swim Masters (SDSM), Team #44\_-001  
Coronado Masters Association (CMA), Team #44\_-002  
La Jolla Cove Swim Club (LJCS), Team #44\_-003  
Heartland Swim Assn. Masters (HSAM), Team #44\_-005  
La Mesa Masters (LMM), Team #44\_-007  
Ramona Masters (RW), Team #44\_-010  
Solana Beach Swim Masters (SBSM), Team #44\_-011  
United Service Aquatics Masters (USAM), Team #44\_-013  
Carlsbad Swim Masters (CARL), Team #44\_-014  
Spartacus@JCC (SJCC), Team #44\_-022  
Swim Smarter Masters (SSM), Team #44\_-023  
Pure Fitness-Valley Athletic Club (PF), Team #44\_-026

### **USMS MEMBERSHIP (REGISTRATION) of ATHLETES** (continued):

**CHANGING AFFILIATION** from one club to another club **at re-registration time** requires **NO** waiting period.

**CHANGING AFFILIATION** from one club to another club **other than at re-registration time** requires a **60 day period** of either no competition or re-registering and competing as "unattached" (file a change of affiliation form & \$3.00 fee with the All Sports Office, 1511 Morena Blvd, San Diego, CA 92110, 619/275-1292). After 60 days of no competition or being re-registered as unattached and swimming meets as unattached, a swimmer can change affiliation to the new club by filing a "change-of-affiliation" form (another \$3.00 fee) with the ALL SPORTS OFFICE.

**USMS PERMANENT IDENTIFICATION NUMBERS** have been issued to USMS members. Your membership number contains a permanent ID that will not change and a variable section which represents your LMSC code (44 for San Diego-Imperial), the year, and a variable letter or numerical character. If you register in another LMSC or re-register after a gap between registration years, please notify the registrar that you were once a member of USMS so that your permanent ID can be located and a valid member number issued, thus reducing duplications and corrections. Some of the membership numbers might be difficult to read. The letters "O/o" and "Q/q" are NEVER used, however the number ZERO (0) IS USED. Unfortunately, the letter "D" sometimes looks like a zero. The letters "I/i" and "L/l" are NEVER used; but the number ONE (1) IS USED. It may be difficult to distinguish between the letter "B" and the number eight (8), the letter "Z" and the number two "2," and the letter "S" and the number five "5."

### **INFORMATION SOURCES AND PUBLICATIONS:**

To thwart email address harvesting programs, many e-mail addresses are listed with "(at)" substituted for the "@" symbol and with "(dot)" substituted for the "." symbol. Please substitute the "@" and "." symbols when e-mailing.

**UNITED STATES MASTERS SWIMMING WEB SITE ADDRESS "www.usms.org":** The USMS web site contains a tremendous amount of information including a Home Page, the National Top Ten and All American lists, National & World Records, calendars of events, National Championships entries, pool and open water and fitness event entries, Places to Swim, USMS Rules and Regulations, results from National Championships and other meets, LMSC locations, club web addresses, forums, links, the *USMS SWIMMER* page, articles, stories, and much more.

## **SAN DIEGO-IMPERIAL (SI) LOCAL MASTERS SWIM COMMITTEE (LMSC)**

### **USMS OFFICE:**

c/o USMS Executive Secretary Tracy Grilli, PO Box 185, Londonderry, NH 03053-0185

Tel. #: 800-550-SWIM (800-550-7946) or 603-537-0203

Fax #: 603-537-0204

Hrs: Person or Voice Mail 9am-9pm Eastern STD Time

E-mail: "usms(at)usms(dot)org"

**USMS SWIMMER Magazine** is sent to all USMS-registered swimmers as part of the USMS membership.

**SAN DIEGO-IMPERIAL LMSC Web Site** is located at "<http://www.simasterswim.org>" with information on masters swimming in the San Diego and Imperial Counties areas. SI LMSC encourages workout groups to accept swimmers regardless of club affiliation and to offer "drop in" workouts to visiting masters swimmers for a "per workout" fee.

The **SAN DIEGO-IMPERIAL LMSC (SI LMSC) NEWSLETTER** is currently mailed annually at re-registration time.

**AZ (Arizona) LMSC** - all of Arizona. Contact the Arizona Masters Chair (ARIZChair@usms.org) or web site [www.arizonamasters.org](http://www.arizonamasters.org). Use the Arizona consolidated entry card to enter Arizona meets.

**NM (New Mexico) LMSC** - [www.zianet.com/pdjang/nmms/](http://www.zianet.com/pdjang/nmms/). Use New Mexico consolidated entry card for meets.

**OR (Oregon) LMSC:** Oregon (excluding Malheur County) and Washington Counties of Cowlitz, Skamania, Clark, and Klickitat west of Hwy 97. Chair email, [OregChair@usms.org](mailto:OregChair@usms.org); web site <http://www.swimoregon.org>.

**PC (Pacific) LMSC:** All of CA north of San Luis Obispo, Kern, and San Bernardino Counties plus the Nevada Counties of Humboldt, Washoe, Lyon, Storey, Mineral, Douglas, Churchill, Pershing, Lander, and Carson City. PC LMSC web site is [www.PacificMasters.org](http://www.PacificMasters.org). Use PC consolidated entry cards to enter PC meets.

**PN (Pacific Northwest) LMSC:** The state of Washington west of but not including the counties of Okanogan, Chelan, Kittitas, and Yakima, and north of but not including the counties of Cowlitz, Skamania, and Klickitat.

**SP (Southern Pacific Masters Association) LMSC** - Los Angeles, Orange, Riverside, Santa Barbara, Ventura, San Luis Obispo, & San Bernardino Counties in California & the Nevada counties of Clark, Lincoln, Esmeralda, & Nye. Web site is <http://www.spma.net>. The SPMA office (Julie Heather, 626/296-1841) is at 957 N El Molino Ave, Pasadena, CA 91104. SP Chair email - [SPMAChair@usms.org](mailto:SPMAChair@usms.org). Use SPMA consolidated entry card to enter meets.

**UT (Utah) LMSC** – all of Utah. Web site [www.utahmasters.org](http://www.utahmasters.org); UT Chair email - [UtahChair@usms.org](mailto:UtahChair@usms.org).

## SAN DIEGO-IMPERIAL (SI) LOCAL MASTERS SWIM COMMITTEE (LMSC)

### MASTERS SWIMMING COMPETITION

#### **MASTERS SWIM MEET COURSES and SEASONS:**

SHORT COURSE YARDS (25 yard course) - June 1 to the following May 31;

LONG COURSE METERS (50 meter course) - October 1 to the following September 30; and

SHORT COURSE METERS (25 meter course) - January 1 to December 31.

After each season, a compilation of local top ten times is submitted to the National Top Ten recorder. National Top 10 Rankings and local San Diego-Imperial records are tabulated yearly for each course.

**SWIMMING RULES:** The USMS Rules Book contains stroke, start, turn, and finish rules, requirements for running meets, long distance/open/rough water rules, rules for officiating, adapted swimming rules, national/world/long distance records, and more. The Rules Book is published yearly and is also located on the USMS web site. Proper start, stroke, turn, and finish techniques and USMS rules are enforced at masters meets.

**SANCTIONED and RECOGNIZED MASTERS EVENTS** (Article 202, USMS Rule Book): A "**sanction**" is the written approval by the LMSC allowing a Masters event to occur. It guarantees uniform masters swimming standards & rules, ensures fair & equal conditions during swim events, promotes safety & enjoyment for all swimmers, and provides insurance coverage & national recognition of performances. Pools must be certified for length in each competition lane, and a certification form must be on file. A "**recognized**" event allows both USMS-registered and non-registered swimmers to compete together as long as an official USMS observer is present to guarantee that USMS rules are followed and to certify times for USMS-registered swimmer. It is the swimmer's responsibility to notify the LMSC Top Ten Recorder of any times to be submitted for consideration from recognized meets. Insurance coverage does not apply to non-USMS-registered swimmers and is modified for USMS-registered swimmers. SI LMSC requires meets to be run using the Hy-Tek Meet Management Program and strongly recommends that electronic timing be used.

**SWIMMING EVENTS:** Events offered at meets include 50, 100, 200, 400m/500yd, 800m/1000yd, and 1500m/1650yd freestyle; 50, 100, and 200 backstroke; 50, 100, and 200 breaststroke; 50, 100, and 200 butterfly; 100, 200, and 400 individual medley; 200, 400, and 800 freestyle relays; 200 and 400 medley relays. There are a number of different open water, long distance, and "postal" events.

**NATIONAL or WORLD RECORDS:** A **US Masters Age Group National Record** is the fastest, certified time swum by a USMS-registered swimmer in a USMS sanctioned or recognized competition for all yards, short course meters, long course meters, and specific long distance events. US Masters Swimming Age Group National Records are maintained for each individual age group beginning with the 18-24 age group and for relay age groups beginning with the 18+ age group. A **masters Age Group World Record** is the fastest, verified time by a masters swimmer of any nationality in each short course and long course meter individual event and in the 200m medley and 200m free relay events. Due to FINA rules, the youngest age group for Masters Age Group individual World Records is 25-29 and for Relay World Records is 100-119. National or World Records shall be documented with 3 stopwatches, semiautomatic timing with 3 buttons, or fully automatic timing; a completed record application form; signatures of all 3 timers; signature of the meet referee official; pool length certification; and age verification (birth certificate or passport).

## **SAN DIEGO-IMPERIAL (SI) LOCAL MASTERS SWIM COMMITTEE (LMSC)**

**SAN DIEGO-IMPERIAL LMSC RECORDS:** Whenever an SI swimmer or relay swims an official time faster than the listed SI LMSC record for short course yards (25 yd course), short course meters (25 meters), or long course meters (50 meters), the swimmer or relay team must notify the SI LMSC Records Chair Barbara Dunbar. An SI LMSC records application form must be completely filled out and sent to the Records Chair. All swims must be done in pools which have been certified for length. An updated pool length certification form must be on file or must accompany this form. Only official times will be considered. Additional verification of official times may be required such as electronic split sheets. Application forms may be requested via e-mail by sending your request to [SISecretary@USMS.org](mailto:SISecretary@USMS.org).

**CERTIFIED MASTERS MEET OFFICIALS:** SI Masters meet are officiated by Referee(s), Starter(s), and Judges (Stroke, Turn, & Relay Take-off) who have been certified by a USMS-approved certifying body. Officials enforce the USMS Swimming Rules to **maintain uniform, fair, and safe standards and conditions for all masters swimmers** throughout the United States and to guarantee adherence to rules when World, National, and local Records are established or top ten times are swum. The SI LMSC Officials Certification process includes a classroom clinic, an open-book exam, on-deck training, and in-water demonstrations. Trainees are welcome.

**SAN DIEGO-IMPERIAL (SI) MASTERS SWIM MEETS:** SI Masters meets usually last 2-5 hours plus a 1 hour pre-meet warm-up. USMS Rules govern. Events usually are "timed finals" with no penalty for not swimming ("scratching") an event. Entry fees are not refunded for events not swum or events canceled due to weather or unforeseen problems. Some meets allow day-of-race ("deck") entry while others do not and have a specific entry due date. Meet officials may request "check in" for events. The lists of heat and lane assignments (HEAT SHEETS) for each event are posted at the meet. Swimmers are responsible for reporting to the starting blocks in the proper lane for the correct event and heat. Due to limited pool availability, SI meets are "seeded" (swimmers are given heat and lane assignments) based upon entry times regardless of age or sex to allow swimmers to compete against others of comparable speed. The results are posted by age groups for men and women prior to the conclusion of the meet; inform the meet director or referee of any problems immediately. All timecards and results are re-checked and verified following the meet. Final, verified SI meet results are distributed to the proper national, regional, and local officials.

**TIMING:** USMS is "self-run." If you expect others to time your events, then please help time theirs.

**SWIMMING MEET ENTRY FORMS:** For San Diego-Imperial meets, an entry form or consolidated entry card must be completely filled out including the entrant's full name as it appears on the USMS registration card. The entry form or card must be mailed by the due date (often 7-10 days before the meet) along with the entry fee, and **a copy of the swimmer's current USMS card** or foreign registration/travel permit (required by USMS Rules). There is an entry limit at all Masters meets of 5 individual events per day, however meet directors can limit the number of event to less than 5 individual events per day. If "deck" or "day-of-race" entries are allowed, it will be stated on the entry form; if not or if the form states "no late entries," then entries are due postmarked by the due date. All swimmers competing in masters events, including swimmers who are entered only in relay events, must fill out an entry form and sign the liability release. **Business metered envelopes must be received by the entry due date.** Late or incomplete entries may be rejected. You **must bring your USMS registration card (your "travel permit") to all meets.** Following a meet, official times are re-checked, official meet results are generated, and officials times are added to the SI Top Ten Times list. Remember, meet directors, officials, and helpers are volunteers and are often fellow swimmers.

## SAN DIEGO-IMPERIAL (SI) LOCAL MASTERS SWIM COMMITTEE (LMSC)

**RELAYS:** A relay team must be composed of four members of the same chartered club (see Representation & Club Affiliation). "Unattached" (no club affiliation) and "one-event registered" swimmers are ineligible to swim on relays. One-event registration (not available in the SI LMSC) means registration is valid only for one specific event and affiliation is always unattached. Relays at SI meets are usually "entered on the day of the meet" (usually no entry fee & no award). Relay events include the 200, 400, & 800 freestyle relays and the 200 & 400 medley relays. Each of the 4 members of a medley relay swims one "stroke leg" (1/4 of the total distance) in the following order: backstroke, breaststroke, butterfly, & freestyle. Each member of a freestyle relay swims freestyle for 1/4 of the total distance.

Relay events are divided into men, women, and mixed (2 men + 2 women) by the following age groups:

- 1) for the 25 yard course, age groups are determined by the age of the youngest member - 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, ... years (as high as necessary);
- 2) for 50 meter and 25 meter courses, age groups are based on the cumulative ages of the four relay members - 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, ... years (as high as is necessary).

### **ENTRY FORMS/PROCEDURES FOR MEETS & EVENTS OUTSIDE OF SAN DIEGO - IMPERIAL LMSC:**

Rules for entering non-San Diego-Imperial LMSC meets vary. Read the specific entry form carefully. **USMS NATIONAL CHAMPIONSHIPS REQUIRE** that entries be received by a specific entry due date usually 35 days prior to the first day of competition. LATE ENTRIES received after the due date are NEVER accepted. The meet director may establish a US Postal Service postmark deadline 7 days prior to the "entry received by" deadline (private/corporate/business meter postmarks will not be accepted as proof of postmark date). USMS individual and club registration numbers must be submitted on the entry form along with entry times. Entries received without a current USMS registration number or with "NO TIME" are automatically rejected. All competitors, including relay members who are not otherwise competing in the meet, must completely fill out the entry form. A liability release must be individually signed during check-in at the National Championship at which time USMS registration or corresponding foreign registration card/travel permit may be requested.

Meets held in many LMSC require the entering the meet using that LMSC's consolidated entry card. **Arizona, New Mexico, Pacific, and Southern Pacific request that you enter their meets using their consolidated entry cards.** Consolidated entry cards must be properly filled out, signed, and accompanied by a legible copy of the swimmer's USMS registration card. Due dates are enforced when no deck or late entries are allowed.

## **SAN DIEGO-IMPERIAL (SI) LOCAL MASTERS SWIM COMMITTEE (LMSC)**

<http://www.simastersswim.org>

### **SWIMMER SAFETY**

**UV Protection:** As masters swimmers, we are more likely to have been exposed to the sun with minimal coverage, and we are at an increased risk for skin cancer including melanoma, the most deadly of skin cancers. The incidence of melanoma is increasing at a greater rate than any other cancer. Thirteen percent (13 %) of cases diagnosed this year are expected to result in death. While melanoma accounts for 5% of all skin cancers, it is responsible for 80% of deaths from skin cancer. It is the number one cause of cancer in women age 25-29 and the number two cause in women 30-34 (lung cancer is #1). More men than women are diagnosed with melanoma, however the incidence among women is increasing.

Melanoma deaths can be greatly reduced if the skin cancer is caught in its early stages. Visiting a dermatologist annually, mapping the location of your moles, and monitoring your moles on a monthly basis also increase the probability of early diagnosis. Melanoma can be prevented or greatly reduced if one avoids excessive exposure to the sun and "bad" sunburns and if one protects the skin with sunscreens, clothing, and hats. There is an increased incidence of melanoma in adults 1) who received a bad sunburn in childhood through the immediate post teen years, 2) who experience chronic, unprotected exposure to the sun, and 3) who are light skinned or have a family history of melanoma (genetic factor).

Everyone has moles, and new ones can form at any time. The average number is 10-40 moles per person. Most are smaller than the circumference of a pencil eraser. In the December 2004 issue of The Journal of the American Medical Association (JAMA), Australian dermatologists have suggested revising the old "ABCD" mnemonic for remembering the trouble signs to include "E." A = Asymmetry; B = Border irregularity; C = Color variation; D = Diameter greater than 6 mm or 1/4 inch; E = Evolving or changing symptoms such as itching and tenderness, surface changes such as bleeding, and color changes. If you have any of the above ABCDE signs or note any changes, get your mole checked out immediately (ASAP).

Wear sunscreen which protects you from both UV-A and UV-B rays and is at least SPF 15. SPF 30-45 is much better. At least one ounce (30ml) of sunscreen is required to properly cover exposed skin when wearing a swimsuit. Apply it at least 20-30 minutes before exposure to the sun and after swimming.

Your skin isn't the only thing that needs to be protected from sunlight, don't forget about your eyes! Use sunglasses and goggles that absorb at least 90% of UV sunlight.

**Lightening:** Lightening causes more deaths annually in the United States than any other natural hazard, including blizzards, hurricanes, floods, tornadoes, earthquakes, and volcanic eruptions. Get out of the water at the first sign of a thunderstorm and stay out for at least 15 minutes after the last sign of thunder and lightening.

## **SAN DIEGO-IMPERIAL (SI) LOCAL MASTERS SWIM COMMITTEE (LMSC)**

### **WORKOUT AND POOL ETIQUETTE RECOMMENDATIONS**

1. Most workout groups designate lanes by speed. Ask the coach on deck for the lane speed designations or ask the coach to recommend a workout lane. Choose a lane with swimmers of your speed and notify them that you are joining the lane. In choosing a lap swim lane, take an empty lane if one exists, otherwise try to join a lane with swimmers of your speed. Don't interrupt their workout, but always notify them that you are joining the lane during a rest interval.
2. Don't block the pace clock or any workout boards while on deck. Workout swimmers in the water need to be able to see pace clocks and workout boards or posted workouts.
3. Get into the pool carefully by entering the pool feet first in a controlled manner and stay out of the way of other swimmers. Don't park yourself in front of the "T" in the middle of the wall which is where people will turn. If you must rest while others continue the workout, do not block the turning area which is from the "T" to the left of the "T" (from the approaching swimmer's perspective). Move to the right and hug the lane line.
4. "Circle" or "side-by-side" or "solo" swimming: If there are two in a lane and circle swimming is not a pool rule, you and your lane mate may decide to swim either side-by-side (you swim up and back on one side of the lane) or in a circle pattern (counter clock-wise within the lane in the U.S.). If there are three or more in the lane, you **MUST** circle swim (counter clock-wise). Be aware that a few countries, such as England and Australia, swim clockwise, so if you are with one or more foreigner, make sure they understand that circle swimming means counter clock-wise in the U.S.
5. When circle swimming, pay attention to where the other swimmers are and to where you turn on the wall. Be aware that you need to angle left as you approach the wall so that you turn on the "T" or to the left of the "T" or "+" in the middle of the wall while avoiding the swimmer in front of you. This will allow you to push off of the wall and avoid a head-on collision with the swimmer behind you.
6. Don't take or borrow someone else's gear even if they are not using it; get your own gear.
7. If you are joining a workout already in progress, you must do the workout that they are doing and join in so that you are swimming the same set and are on the same interval at exactly the same point in the set. Some workout groups allow late arriving swimmers to start the workout at the beginning, but only if there is a free, open lane with no other swimmers present. Please ask the coach if there is any doubt.
8. If you need to pass a slower swimmer, gently tap the swimmer on the foot once or twice so that the swimmer knows you have caught them and want to pass; then pass on the left. Slower swimmers need to allow faster swimmers to pass. If you are being passed at a turn, briefly stop (to the right of the lane from the incoming swimmer's perspective) and allow the swimmer to pass and turn before you push off. Anytime you need to stop, do it at a wall, not in the middle of the pool, and squeeze yourself as far into the corner (right side as you are approaching the wall) as possible to allow other swimmers room to turn or finish. If necessary, get out of the pool to stay out of everyone's way.
9. In a crowded lane with more than three people during a set, be sure to allow wall space for the person behind you to touch. Unless you are the leader, you may need to touch and move to the center of the lane to allow the swimmers behind you to finish at the wall.