

Master Splash

FALL 2004

OCTOBER, NOVEMBER, DECEMBER

Colorado Masters Swimming Association

Masters Swimming Moves Back Indoors

Upcoming Meets

Oct 10, 2004

Evergreen Masters
Annual Fall Invitational
7:00 warm up/ 8:00 start

Nov 7, 2004

Dawgs Masters Swim Meet
8:00 warm up/ 8:30 start

Dec 5, 2004

DAC Short Course
Meters Championships
7:30 warm up/ 8:30 start

Jan 8, 2005

4th Annual Highlands Ranch
Masters
Invitational
7:30 warm up/ 8:30 start

Jan 29, 2005

Boulder Pentathlon
3:30 warm up/ 4:45 start

*Kim Crouch—Sanctions
Chairperson*

The weather is cooling off and it's time to heat up the pool with some short course racing - gotta love those turns! Get back into the swing of things with the Evergreen Meet and Brunch on Sunday, October 10. Swim some races and chow down on a great brunch while enjoying great views with your swimming buddies.

Try some new races or set some standards for the rest of the season at the Dawgs Masters Swim Meet on Sunday, November 7. They are offering a 1000 and a 500 for the distance swimmers along

with the full slate of 50s, 100s and 200s.

Go for P.R.'s, Top 10 times or a world record in short course meters this fall at the DAC's meet Sunday, December 5. For an extra challenge, try to beat your short course yard times!

After some awesome swims in the fall, enjoy the holidays, renew your COMSA membership and get 2005 off to a great start at the Highlands Ranch meet on Saturday, January 8. Then show us your stuff in all 4 strokes at the Boulder Pentathlon hosted on Saturday, January 29 by BAM.

For more information on these meets, check out the meet flyers included in this newsletter. To enter any or all of these meets, use the consolidated entry card included in this newsletter. If you wish to enter more than 1 meet, please photocopy the blank entry card as many times as necessary or print it from the COMSA web site. Meet information and the consolidated/standard entry card can also be found at www.comsa.org/meets/. Start training and mark your calendars now!



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Gravel Pond Season Ends

*Cindy Hawkinson—
Chatfield Coordinator*

Well, folks, the last day for Chatfield Gravel Pond swimming was September 25th. It was a nice day, and several brave souls joined us for the final swim in the 2004 season.

Thanks ever so much to all of you who helped me out this summer. Often times, many of you helped me at a moment's notice...it will not be forgotten. I sincerely appreciate all you who helped. I'll be in touch in April to plan for the 2005 season. Have a great fall and winter. Do

some base building. Join your local masters swim team! It is not open water but you'll learn a lot and, you might even have fun! :)

Thanks Again!
Cindy

From the Chairperson—USMS Convention Highlights

COMSA Board of Directors *Marcia Anziano—COMSA President*

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Hurricanes seem to be coming too close to all the **United States Masters Swimming (USMS)** activities recently, after experiencing the effects of Bonnie and Charley for Long Course, the convention came close to feeling the effects of Ivan. Luck was on our side, however, and the convention proved to be another successful event. Colorado was well represented with 8 delegates (of 220) this year. I want to thank each and every one of them for giving 5 days out of their busy lives in support of USMS. Thanks to Peggy and Jack Buchanan, Kim Crouch, Heather Hagadorn, Cindy Hawkinson, John Hughes and Nicole Vanderpoel. It is because of volunteers like this that the USMS organization of 42,000 members is the largest Masters Swimming organization in the world. Its foundation is known to be superior to any such organization in other countries and the structure is being studied and emulated by other countries everywhere.

Here are some of the highlights I thought you might like to know about:

2006 National SC Champs will be held in **Coral Springs, Florida**, a beautiful facility near Ft. Lauderdale which can run up to three courses at a time if necessary. There will not be a LC Nationals in 2006 because the **Worlds in 2006** will be held at **Stanford University** during the first two weeks of August. For details to be posted in the future, visit <http://www.usms.org/comp/results.htm>

Major news for Colorado was that the **Wingshadow Horsetooth 10K** won the bid and will be the **2006 USMS 10K Open Water National Championship**. Congratulations to Nicole Vanderpoel for her winning presentation. This is the first National Championship for Masters ever known to be held in Colorado! The event will take place after Worlds in August of 2006. If you would like to volunteer for the event, please contact George Thornton at louiset36@comcast.net. Visit <http://www.usms.org/longdist> for more details on long distance and open water events.

The **Rules** committee passed many new rules with the purpose of clarification. These can all be found in the minutes of the meetings which will be available soon on the website. Of significance is the one to allow 18 year olds to participate in competition. Last year, the rule was passed to allow 18 year olds to participate in workouts, this year it was expanded to competitions, however they must be 18 on the first day of the meet, even for meter events, as they have to be of legal age to sign the waiver.

The **Championship** committee continues to look for ways to increase the number of participants in National meets while keeping the meet time schedules to a minimum. Based on a recent survey at Long Course Nationals, and several meeting discussions at the Convention, the following changes are some highlights that will take effect immediately:

- New calculations for **National Qualifying Times for LC Nationals** have been approved (three year average of 5th place plus 11%)



More USMS Convention Highlights

▪ If both the 1500 and 800 are in the same meet and both are allowed to be swum, the Championship Committee may choose to limit the entry to only one event for those swimmers without an entry time that meets qualifications.

• To help avoid a delay during the meet, gross underestimation of entry times may cause the swimmer to be disqualified and pulled during the swim at the official's discretion.

A major modification for **Team Awards** was also approved. We will no longer be dividing teams into small, medium and large divisions; there will be no divisions, and you will place as high as the total number of points scored. It was determined that the divisions were too arbitrary. A thought for Colorado to consider???

The **Coaches** committee is working to bring more clinics to more of our swimmers. The **Olympic**

Training Center program (<http://www.usms.org/coach/otc.shtml>) **will continue** to be held; the Victor went bankrupt and pulled out of the sponsorship, so the Olympic Club stepped up to the plate as a sponsor and has full support from USMS. If you want to know more about this clinic, visit the USMS website. Applications must be submitted by October 1st, 2004, if you would like to be considered for the February 2005 program.

Cindy Hawkinson has teamed up with a sub-committee of coaches with the goal of broadening the **open water training and technique** aspect of competition. Look for more information on Triathlon and Open Water from Cindy in the future.

The **Planning** committee has had a very busy year and as a result a new structure for the Executive Board and the Board of Directors was approved. The size of the BOD will be reduced from 42 to 16 members. Watch for details

on elections in the National Newsletter (Streamlines) and on the USMS website during the next few months (<http://www.usms.org/admin/nycu.shtml>).

The **Breadbasket** zone held its largest meeting ever and approved a suggestion to hold a competition within the zone in conjunction with the One Hour Postal National Championships in January. A formula will be developed to determine the winner (due to great variance in sized of LMSC's) and details will follow. St. Louis will host our SC Zone Championship next spring. Details will follow.

As always, the convention was a busy few days and a great learning experience for all of us. Watch for more good things to come as a result of it.



USMS 2005 Registration Begins November 1st

YOUR COMSA RENEWAL FORM FOR 2005 WILL BE ARRIVING IN YOUR MAILBOX NEAR THE END OF OCTOBER

USMS Registration for the 2005 season begins November 1, 2004. Registration fees for 2005 are \$35. New registration forms

will be available

at www.comsa.org at the end of October.

For a swimmers currently registered, a renewal form will be arriving in your mailbox near the end of October. As USMS num-



bers are now kept in a national data base, it saves us great time and energy on a local level when you use your renewal form.

Please help us out by completing this form when you register for 2005.

As a Thank You, anyone using this form will receive a \$5 discount on their 2005 registration dues.

2004 Long Course Nationals—Savannah, Georgia



Rocky Mountain Masters Swimming Fast and Having Fun at Long Course Nationals!

Backstroke 101

*Rob Putnam— Head Coach
Rallysport, Boulder*

**ONE OF THE
BEST WAYS TO
LEARN ABOUT
BACKSTROKE IS
BY WATCHING THE
BEST.**

I hope everyone got a chance to watch the great swimming in Athens. One of the most impressive things I noticed was the under-

water speed of AARON PEIRSOL, MICHAEL PHELPHS, NATALIE COUGHLIN and others. One of the best ways to learn about backstroke is by watching the best. So now when I swim backstroke, I imagine myself doing it exactly like gold medalist AARON PEIRSOL.

When practicing backstroke it is a good idea to focus on the basics. Keep it simple. It's important to always start with strong push-offs, tight streamlines and fast underwater kicks. Keeping

your speed up during the break-out will help you maintain a high body position in the water.

Swimming like AARON PEIRSOL means maintaining a steady head position while the rest of the body naturally rotates with each arm stroke. Make each arm stroke powerful while working on distance per stroke. Establish power first and let speed come naturally with an increase in your kick intensity. The most common mistake I see in backstroke is entering the hand too far above the head. During the recovery keep arm straight and enter directly above the shoulder.

Below is a typical backstroke set I like to use. The emphasis is working on becoming a better kicker! I like to use a one arm drill (opposite arm down by side) to work on getting more power in the pull.

After sufficiently warming up:

4 x 25 butterfly kick on back,
FAST

1 x 100 50 right arm only/ 50 left arm only, maximize DPS

4 x 25 flutter kick on back, FAST

3 x 100 swim backstroke, build to FAST

Repeat this pattern several times if needed!

Have fun and keep on backstroking!



16 Swimmers & 1 Timer Get Soggy in Savannah

Long Course Nationals was not only wet in the pool but wet outside the pool. (Thank goodness the pool was covered.) If you did not get wet enough swimming, then you got soaked wading through foot deep water getting to your car in the parking lot. For those of us that live in land locked Colorado, the thought of spending a day in a hurricane was quite exciting. Actually, 'Bonnie' provided us with lots of rain along with tornado and flash flood warnings. The first day of the meet ended early, about 900 meters into heat 14 of the 1500, due to the tornado warnings. Those lucky swimmers got to return the next morning for a repeat performance and then the remaining 1500 heats were contested. This made for a longggggg day at the pool on Friday.

Warnings of 'Charlie' approaching on Saturday had everyone out purchasing survival items just in case it followed the predicted course. However, I guess hurricanes are about as predictable as Colorado weather, as it went out to sea and we returned to Colorado with several unused items such as oatmeal packets and votive candles. However, no one can say that we were not prepared for the worst!

Thanks to Mel Dyck, we had 5 relays at the meet, all with top ten placements. I don't remember a Long Course Nationals in recent history where we had this number of relays. Mel was very creative in putting these relays together and everyone really enjoyed them. One of the great things about the meter meets is being able to combine the various ages to come up with some great relays. The men's 200 Medley Relay was a good example seeing the younger swimmers Daniel Thomas and Travis Mabry combine with the seasoned veterans Chris Nolte and Richard Hess to take 2nd place in their age group with a 1:58.76. (Notice I referred to them as seasoned veterans rather than the older swimmers.)

Colorado had a **World Record Swim** from **Bob Patten**. Bob swam a 3:18.20 to set the new World record in the 200 Breast for 70-74 and only missed the 100 breast record by .04 seconds. However, we are all convinced that he will set that record when he gets another opportunity.

Colorado also had several **National Champions** at this meet. Daniel Thomas, 200 IM; Bob Patten 50 Fly, 100 and 200 Breast; Jane Murphy-Sherman, 800 Free; Travis Mabry 50 and 100 Breast; and Heather Hagadorn, 800 and 400 Free.

Everyone on the team contributed to the point standings. Top ten swims were achieved by Will Amos, Roger Behler, Wayne Clegern, Grace Dyck, Mel Dyck, Tiffany Forbes, Richard Hess, Susan Nolte and Edward Strack. And that gets us to the one timer. Having purchased plane tickets prior to having shoulder surgery, Marcia Anziano attended in the role of supporter and timer. (Now you understand the title of this article.)

So we returned to Colorado, tired and dry, having made many new friends, happy that we were not blown away and looking forward to swimming outdoors in sunny and dry Fr. Lauderdale in the Spring.

You can check all the results at:

<http://www.usms.org/comp/lcnats04/results/>



***Congratulations
Bob Patten!
New World
Record holder
in the 200
Breast for the
70-74 age
group.***

Distance Swimmers Have Plenty to Look Forward To

Nicole Vanderpoel—Long Distance Chairperson

Colorado Long Distance and Open Water Swimmers: Congratulations on a great season! From the Gravel Ponds at Chatfield, our brave Master's Swimmers and Triathletes have swum literally around the World. In Colorado alone, we have churned the water in the Aurora Res, Boulder Res, Boyd Lake, Cherry Creek Res, Union Lake, Horsetooth Res, and Twin Lakes just to name a few! Who says there's no water in Colorado? Then some of you open water animals have braved the mysterious and unpredictable tides of the San Francisco Bay, Huntington Bay in New York, the Red River in Louisiana. Internationally, we have graced the waters in Pentictin, Canada, the Spanish Mediterranean and finally the English Channel. WOW!

Yes, it's true, Chatfield closed with a balmy 62 Degrees, Saturday, September 25th. But that doesn't mean your Long Distance Training has to stop. On the contrary, **your training has only begun!** There is plenty to look forward to this fall. You will find lots of opportunity on the USMS Long Distance or Fitness Link. For starters, you can challenge yourselves to the **2004 USMS National Postal 3,000 & 6,000 Yard Championships** Sponsored by Central Oregon Masters. You have until the end of October to participate. All you need to do is print an entry form off of www.usms.org - Long Distance link under National Postal Championships. Then, you need a stopwatch, a yard pool and a friend to count and time for you. Submit your results in either swim and see how you rank with other swimmers around the Country. You can only share a lane with one other person and no circle swimming allowed. Encourage your coach or teammates to participate with you. It is more fun to do it with a group! (Yes, you can enter both and use your 3,000 yd. split from your 6,000 yd. swim.) Oh, I almost forgot, you get a really cool t-shirt after you submit your entry!

When you have completed the National Postal, then it's time to take the

30-Minute Fitness Swim Challenge, sponsored by the OHIO Masters Swim Club. The 30 minute challenge is a fitness postal event designed to motivate you to swim continuously for 30 minutes. You can swim it on your own or do it as a team during practice. Every swimmer must have a verifier to certify you actually swam for 30 minutes. This can be your coach, a counter, teammate or lifeguard. You do not have to submit your splits, only the total distance you swam during that time. Two or more swimmers may share a lane. You can actually take the 30 Minute Challenge as many times as you like from now through December and measure your progress. Then the Challenge starts again January through June. Information can be found under the Fitness section of the USMS website. You will receive a Certificate of Completion and t-shirts are available as well.

So you see, just because you have to go inside for the season, there is a lot to look forward to. Get your teammates and coaches involved. Through our participation in the Postal Swims, we will show the rest of the Country what great swimmers we have in Colorado!

Finally, I would like to give a special thank you to George Thornton, Joe Bakel, the Wingshadow Organization and the Northern Colorado Tri-Club for their tremendous hard work and determination in putting on the 6th Annual **Wingshadow Horsetooth 10K Classic and 2.4 Mile Open Water Swim**. The food, the volunteers and the "message" after the race were just perfect! For those of you who were not able to attend this year's swim at Horsetooth Reservoir on August 15th, it was truly magical. The sun was shining, the beautiful Colorado sky and water were blue and there were many satisfied swimmers after the race. We are very honored to announce that the **Wingshadow Horsetooth 10K Classic has been awarded the National Championship 10K in 2006!** So, participate in next year's Wingshadow Horsetooth Open water swim to get ready for a National Championship Swim in 2006! You can obtain information on their website at www.whswim.com.

Happy Swimming!

Consolidated Entry Card is Simple to Use

Beginning with the Green Mountain meet, the Consolidated Entry Card will be used to enter all meets. Please make photo copies of this card or download one from www.comsa.org. In completing this form, simply fill in your name, sex, USMS #, birth date, age, team or club name, as well as your phone number. Next, take the event number from the meet information and place it next to the stroke/distance you want to enter. Next, enter your entry time. Insert the name of the meet you are entering, the number of events you are entering, and the fee per event. Calculate your total entry fee, sign the form, and mail it in with a copy of your USMS card. It's fast and easy, once you've got the hang of it! A completed sample is available on the website. If you have questions, just ask your coach to assist you.

CITY OF LAKEWOOD
DAWGS MASTERS SWIM MEET
SUNDAY, NOVEMBER 7, 2004.

Sanctioned by COMSA for USMS #32-04-11-s

Safety and Meet Director: Suzonne Fowler 303-987-7840 and sfowler@lakewood.org

EVENTS	Women	Men	Entry Time
	1	2	1000 Free, Heated Fastest to slowest
	3	4	200 Medley Relay
	5	6	100 Fly
	7	8	200 IM
	9	10	50 Free
	11	12	100 Breast
	13	14	50 Back
	15	16	200 Free
	TEN MINUTE BREAK		
	17	18	100 IM
	19	20	100 Back
	21	22	50 Breast
	23	24	100 Free
	25	26	50 Fly
	27		200 Mixed Free Relay
	29	30	500 Free, Heated Fastest to slowest

LOCATION: **Carmody Recreation Center 2200 South Old Kipling St, Lakewood, CO 80226**

WARM UP/ 1000 Free 8:00a.m. Warm-Up, 8:30a.m. Start

START: Events 3-30 10:00a.m. Warm-Up, 11:00a.m. Start

AGE GROUPS: 19-24; 25-29; 30-34; 35-39; etc. Relay age groups; 19+, 25+, 35+, 45+, etc.

POOL: 6 Lanes, 25 Yards PLEASE SUBMIT ENTRY TIMES IN SHORT COURSE YARDS

ENTRIES: Must be submitted on entry sheet and accompanied by entry fee, or emailed to sfowler@lakewood.org and payment mailed to Suzonne Fowler. Address listed below. .
 Entry deadline is November 1, 2004. No Deck entries will be accepted for the 1000. Deck entries will be accepted until 8:30a.m. the day of the meet for events 3-30.

ELGIBILITY: Swimmers with 2004 or 2005 USMS cards only. A copy of the card is required with entry. COMSA (USMS) registration will be available at the current cost at the meet.

ENTRY FEES: \$20.00 per swimmer, or \$5.00 for those entering only the 1000. Entries after the deadline are \$25.00 per swimmer. Checks payable to: City of Lakewood. Credit card payments are accepted by contacting Suzonne.
 LIMIT of FIVE individual events and TWO relay events per swimmer.

HEATING: Women's events are odd numbered, the men's events are even numbered. Women and men will swim separately and will be scored separately, and heating will be slowest to fastest by seed times except for the 1000 and 500.

RULES: 2004 USMS Rules.

AWARDS: Overall Team Awards to the 1st, 2nd, & 3rd place teams.

SCORING: Individual events: 7,5,4,3,2,1. Relay events: 14,10,8,6,4,2.

CONCESSION: Concessions will be available.

Entry includes use of the pool and locker rooms facilities only.

Send Entry to: Suzonne Fowler, 13198 West Green Mt Dr, Lakewood, CO 80228

Checks payable to: City of Lakewood. Credit Card payment accepted, Mastercard, Visa, Discover Card.

Credit Card # _____ Expiration _____

Name _____ Birthdate _____ Phone _____

Address _____ City _____ Zip _____

Email address _____ Team _____

The DAC Short Course Meters Championships
Sunday December 5th, 2005
Sanctioned by USMS-32-04-12-S

Facility The Denver Athletic Club
 1325 Glenarm Place
 Denver, CO 80204
 Directions: I-25 to Colfax. East on Colfax to Welton. Northeast on Welton to 14th. There will be ample parking in The Denver Athletic Club Parking Garage.

The DAC has an 8 Lane, 25 Meter pool. However, 6 Lanes will be used for competition as the remaining 2 Lanes will be used for continuous warm-up and warm-down.

Timing Automatic, Colorado Time System 5 with touch pads

Times Warm-up from 7:30 AM to 8:20 AM, 8:30 AM start.

Age Groups 19-24, 25-29, 30-34, 35-39, 40-44, ...100+

Eligibility Only current USMS registered members with a USMS card

Entries **Entries are due by Wednesday November 24th at 6:00 PM**
Entry fee will be \$20.00 for up to 5 events. Deck entries accepted for an additional \$10.
Make checks payable to the Denver Athletic Club. Consolidated entry forms must be accompanied by entry fees and a copy of USMS card. Send entries to:

Rich LeDuc/CRST
rleduc@denverathleticclub.org
 1325 Glenarm Place
 Denver, CO 80204 (720) 931-6712

Rules Rules to be enforced per the 2004 USMS Rule Book

Events

<u>Women</u>	<u>Men</u>	<u>Event</u>
1	2	100 Back
3	3	100 Breast
5	6	100 Fly
**7	**8	1,500 Free
9	10	200 Free
11	12	50 Free
13	14	400 IM
		10 minute break
15	16	200 Fly
17	18	50 Back
19	20	100 Free
21	22	50 Breast
23	24	200 Back
25	26	50 Fly
27	28	200 Breast
29	30	400 Free Relay

**positive check-in required

In the interest of time, Men and Women may be combined and swim in the same heat in any event.

4th Annual Highlands Ranch Masters Invitational

Saturday, January 8th, 2005

Meet Information

Sanctioned by USMS - #32-05-01-S

FACILITY Northridge Recreation Center in Highlands Ranch, Colorado at 8801 S. Broadway.
Take C-470 to Broadway, exit South on Broadway and take Broadway South about a half mile to the Rec. Center on the East side of Broadway.
An 8-Lane, 25-Yard competition pool with separate diving-well and hot tub for continuous warm-up and cool down. Colorado Timing Systems touchpads and 1 line scoreboard will also be used.

TIMES Saturday, January 8th, 2005 7:30AM Warm-Up - 8:30AM Start

AGE GROUPS 19-24, 25-29, 30-34, 35-39, 40-44,.....100+ No awards at this meet.

ELIGIBILITY Only current USMS registered members with a USMS 2005 Registration Card.

ENTRIES Entry forms accompanied by entry fees and a copy of your USMS card, are DUE (Not just post marked) in the hands of the Entry Coordinator by Monday, January 3rd, 2005 at 5:00PM.

Send entries to:
Matt Beck / HRA
8801 S. Broadway
Highlands Ranch, CO 80126

Contact Information:
Phone – (303) 471-8942 E-mail (Preferred) – texbeck25@aol.com

ENTRY FEES Flat Fee of \$15.00 for up to 5 events. Make Checks payable to **Highlands Ranch Masters**

RULES Rules to be enforced per the 2004/2005 USMS Rule Book

Events and Event Numbers

<u>Women</u>	<u>Men</u>	<u>Event</u>	
1	2	500 Free	(10-15 Min. break after last heat of event 2)
3	4	50 Butterfly	
5	6	100 Backstroke	
7	8	200 Breaststroke	
9	10	50 Freestyle	
11	12	100 Butterfly	
13	14	200 Backstroke	
15	16	200 Ind. Medley	
17	18	50 Breaststroke	
19	20	100 Freestyle	
21	22	200 Butterfly	
23	24	50 Backstroke	
25	26	100 Breaststroke	
27	28	200 Freestyle	
29	30	100 Ind. Medley	

Note: In the interest of time, men and women may be combined and swim in the same heat in any event.

BOULDER PENTATHLON

Saturday, January 29, 2005

East Boulder Community Center, 5660 Sioux Drive, Boulder
 Hosted by Boulder Aquatic Masters- USMS Sanction #32-05-02-S
 Meet Director: Tiffany Forbes, 303-994-5111 or tafswim@comcast.net

RULES: USMS rules will govern the conduct of the meet. All events are timed finals.

POOL: 25 yard pool. Six lanes will be used for competition, with one lane open for continuous warm-up. Bring a deck chair to insure greater comfort for your weary, wet, worn-out body!

SCHEDULE: January 21, 2005 **DEADLINE FOR POSTMARK** on early entries (\$20.00)
 January 29, 2005 3:00-4:15pm Check-in and Deck Entries (\$25.00)
 3:30-4:30pm Warm-up
 4:15pm Deck Entries close
 4:45pm Meet starts

ELIGIBILITY: Swimmers with 2005 USMS cards. A copy of the card is required with entry. COMSA (USMS) registration will be available at the current cost at the meet.

AGE GROUPS: Men 19-24, 25-29,30-34,...90+; Women 19-24, 25-29,30-34,...90+.

SEEDING: Slow to fast in all events. Women's and Men's Events will be combined.

DIRECTIONS TO POOL: Hwy US 36 to Boulder (MM39.6) **Foothills Parkway Exit** Rte 157. Bear LEFT. Proceed NORTH approx. 1.2 miles to Baseline Rd. Turn RIGHT on **Baseline Rd.** Go east two traffic lights (.3 miles) to 55th. Turn RIGHT (south) on 55th. After about .5 mile the road curves left, east, to the Center. (East Boulder Community Center phone for your baby-sitter or emergency contact during meet 303-441-4400.)

EVENT ORDER

- | | |
|---------------------------------------|--------------|
| 1. 200 IM | 6. 50 BREAST |
| 2. 50 FLY | 7. 100 FLY |
| 3. 100 BREAST | 8. 50 FREE |
| 4. 50 BACK | 9. 100 BACK |
| 5. 100 FREE (Followed by Short Break) | 10. 100 IM |

CHOICES: Short Pentathlon = All 50's + 100 IM
 Long Pentathlon = All 100's (except 100 IM) + 200 IM
 Or any five events of your choice

MAIL consolidated entry form, filled out completely and legibly, to:

Tiffany Forbes – Entry Chair
P.O. Box 11152
Boulder, CO 80301

Postmark by Friday, January 21, 2005.

Include copy of 2005 USMS card.

Include check for **\$20.00** payable to BAM.

(Note this is \$5.00 less than the Deck Entry Fee!)

If you choose to Deck Enter, please remember to:

Bring a copy of your 2005 COMSA/USMS card, or a check to pay for your COMSA/USMS membership (available at the meet);

Bring a check or cash for BAM for \$25.00 (Deck Entry Fee).

Plan a little time (3:00-4:15pm) to fill out Deck Entry Cards that will be supplied at the meet. No pinks or blues!

WWW.COMSA.ORG

WE'RE ON THE WEB!

Friends, Fitness, & Competition



COMSA
P.O. Box 26053
Highlands Ranch, CO
80163
Phone: 303.355.5350
Email: marfer@artbl.com
Email: johnstuartthughes@msn.com

First Class Mail
U.S. Postage
Paid
Littleton, CO
Permit NO. 37

Colorado Masters Swimming Association

Yoga Clinic Returns for COMSA Swimmers

Another great opportunity for our members to attend a YOGA workshop with emphasis on the swimmer's needs!!!



Saturday, Oct 20, 2004 2:00-4:30 PM.
The Colorado School of Iyengar Yoga
2162 South Colorado Blvd.
Denver, CO 80222
303-758-4814

\$30.00 (\$25.00 if received by Oct. 13, 2004)
2004 USMS members receive an additional \$3.00 discount

Name: _____

Phone: _____

2004 USMS (COMSA) registration number: _____

Make checks payable to: The Colorado School of Iyengar Yoga and mail them, along with this form, to the address above. If you have any questions, call Denise at 303-758-4814 or Marcia Anziano at 303-355-5330. Sign-up on the day of the workshop will also be accepted. (This is not a COMSA sponsored event.)