

## and 2004 USMS Registration Form

### Hawaii Masters Swimming Association Board

#### From Your Chair – Janet Renner

Aloha All,

I hope this year has found you swimming as much as you desire, and enjoying the beauty and lifestyle we are so fortunate to be a part of each day.

This year has seen a couple of new masters meets in Hawaii. In March, Kailua Masters hosted a short course yard meet, which was a lot of fun for all who attended. A week later the Big Island hosted a short course meet at Hawaii Preparatory Academy Maui hosted the Hawaii International Masters Swim Meet and Ocean Swim the last weekend in June. A total of 100 competitors from as far away as Japan, New Zealand and Canada attended the two day swim meet, which was followed up by a 1 mile ocean swim. There were plenty of fast swims with Spencer Eldred nearly breaking the world record in the 200 SC meter breaststroke. In September, Al Minn organized the first of hopefully many Masters Developmental meets held at UH one Tuesday evening. Al hopes to have regular

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<b>Registrar</b>	Jeri Wade	(808) 261-9809	registrar@	
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Check <http://www.hawaiimastersswim.org/contacts.html> for updates

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**For current registration forms contact our registrar Jeri Wade**



Hawaii Masters Swimming  
P.O. Box 424  
Puunene, HI 96784

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Street Number and Name  
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## Masters Clubs of Hawaii

<b>Hilo Aquatic Club:</b> 969-3937 Kawamoto Swimming Pool	Jon Hayashida <a href="mailto:jhayashi@hei.com">jhayashi@hei.com</a> M/W/F 5:30-6:45am	<b>Humu Masters Swim Team:</b> Al 261-5143 June 262-7496 Kailua District Park Pool	Albert Minn M-F 5-7pm T-Th 7-9pm
<b>Kailua Masters:</b> 223-4918 Kailua District Park Pool	Lane Johnson <a href="mailto:president@kailuamasters.org">president@kailuamasters.org</a> M-W-Th 7-8:15pm	<b>Kona Aquatics:</b> 327-2172 Kona Comm Aquatic Center ocean swim Kailua pier Sat 8am <a href="http://www.k-b-c.com/Aquatics.htm">www.k-b-c.com/Aquatics.htm</a>	Steve Borowski <a href="mailto:swim@kona.net">swim@kona.net</a> M/F 6:15-7:30am W 6-7:15pm
<b>Maui Masters Swim Club:</b> 878-3666 War Memorial/Sakamoto Pool  Pukalani Pool <a href="http://www.swimmaui.com/">http://www.swimmaui.com/</a>	Jim Tang <a href="mailto:mauijt@aol.com">mauijt@aol.com</a> M-W 6:45-8:15pm T-Th 6-7:30am T/Th 6-7:30pm Sat 7:30-9am	<b>Mokihana Aquatics:</b> 821-0587	Orlando Anaya
<b>Oahu Club Masters Team:</b> 395-3300 Oahu Club	Robin Flanagan <a href="mailto:flan6@aol.com">flan6@aol.com</a> M-F 12-1pm M/W/F 6:30-7:30pm	<b>Kona Dolphins Swim Club:</b> 322-3655 Kona Comm. Aquatic Center	Michael Sheeler <a href="mailto:michael@ilhawaii.net">michael@ilhawaii.net</a> T/Th 6:15-8:15am
<b>University of Hawaii Masters:</b> Amy 956-7510 UH-Duke Kahanamoku Aquatic Complex	Amy Patz <a href="mailto:patz@hawaii.edu">patz@hawaii.edu</a> M-F 5:30-7am M-F 6:00-7:15pm M-Th 7:15-8:30pm	<b>Valley Isle Masters Swimmers:</b> 573-8656 Kihei Aquatic Center Lahaina Aquatic Center  Pukalani Pool <a href="http://www.mastersswimmaui.org">www.mastersswimmaui.org</a>	Janet Renner <a href="mailto:jkrenner@earthlink.net">jkrenner@earthlink.net</a> M/W/F 5:45-7:00pm M/W/F 6:00-7:30am T/Th 6:30-8pm M/W/F 5:45-7:15am

**Hawaii Masters:** Club for State team - no organized workouts

**Check The HMSA Website for updates:** <http://www.hawaiimastersswim.org/clubs.html>

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developmental meets to encourage masters swimmers to try their hand at pool racing. November 14 – 16<sup>th</sup>, 2003 is the annual Oahu Club Long Course Meet at the Oahu Club in Hawaii Kai. Download the entry form off our website at <http://www.hawaiimastersswim.org>. For more information contact race director Robin Flanagan at (808) 395-3300, or email [flan6@aol.com](mailto:flan6@aol.com).

Al is also hosting the Hawaii International Masters Swim Meet at UH June 26 & 27<sup>th</sup>, 2004 with an ocean swim on Friday, June 25<sup>th</sup>. Be sure to mark your calendars and stay tuned for more information about this meet on our website at <http://www.hawaiimastersswim.org>.

If your club is hosting an event, please email me with your meet information and we will add it to our calendar of events. Those who sanction or recognize their events will be able to include a downloadable version of their entry form and have it posted on the website. (Of course your entry will need to be emailed to me).

In this issue you will find our renewal registration form for 2004. Send it in right away so you don't miss a practice, event or an issue of SWIM Magazine. You will also find some interesting articles, which we hope you enjoy.

This years Waikiki Rough Water Swim lived up to its name. We are grateful all made it to shore safely. I will keep my comments brief by saying may we each continue to train responsibly for any and all events we embark upon, and may

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we remember to assess the situation/conditions at hand each day prior to setting out at achieving our goal, for perhaps this day is not meant to see our goal achieved.

Lastly, be sure to check out the Hawaii channel crossing page at <http://www.hawaiiswim.org/hawaiianChannel/kaiwiChannel.html>. Talk about inspiring! Congratulations to all of you who have accomplished any solo channel crossing!

Swimmingly yours,  
 Janet Renner



### HMSA NEWSLETTER BY WEB

To reduce costs, save paper, and to give you nice color newsletter to boot, with this edition of the HMSA Newsletter, we are trying to distribute over the Internet. We will be sending out an email to any 2002 or 2003 registered swimmers who have given us an email address. Paper copies will be mailed to those that don't. If you have email and would prefer to download & view with Adobe Acrobat - give us your email address. If you know someone who didn't/couldn't get, contact Janet Renner.

You might also try clicking on the active Table of Contents and filling out the active registration form in this Adobe Acrobat file.

## Benefits of 2004 Hawaii Masters Swimming Association Membership

- The opportunity to meet and train with coaches and other swimmers.
- The benefit of coaching and training with our member clubs throughout the country requiring USMS membership.
- A subscription to SWIM Magazine, a bi-monthly national swimming publication which runs concurrently with your membership.
- The Hawaii Masters Swimming Association Newsletter.
- The right to participate in any USMS sanctioned postal, pool, open water event or clinic.
- Liability Insurance for your club and meet sponsors.
- Secondary accident Insurance.
- Borrowing privileges from the USMS video tape and book library.
- Information from Hawaii Masters Swimming Association to answer any of your swimming questions.

## Hawaii Masters - For the Record

— Jim Mellon

### BOROWSKI SETS WORLD RECORDS

Kona Aquatics coach Steve Borowski set two world records last fall at a master's meet in Tempe, Arizona. Swimming short course meters in the 55-59 age group, Borowski blazed through the 50 fly in 27.21 and the 100 fly in 1:02.74. His 25.55 in the 50 free and 56.74 100 free came very close to breaking the world and American records as well.

Before heading to Arizona, Borowski competed in the World Masters Games in Melbourne, Australia, where he came agonizingly close to several world and US master's long course records. His swims—all Hawaii records—included a 26.11 in the 50 free, 58.99 in the 100 free, 27.80 in the 50 fly, and a 1:04.15 in the 100 fly. At the same meet, Kathy Shipman, 40-44, swam a quick 30.46 in the 50 fly, breaking Theresa Villa's 31.44 from 1997.

More recently, Brett Phillips, 45, broke the USMS men's 45-49 record in the 1,000 yard freestyle on October 10. Swimming in the UH Senior Meet, Phillips swam a 10:04.49, breaking the three year-old record of 10:07.92 held by Jim McConica by over three seconds. Phillips -- a quarter of a century or more older than his fellow competitors -- finished fifth in a tight three-way battle for third.

Finally, Spencer Eldred, 45-49, swam under the USMS record in the 200 breaststroke at the Hawaii International Masters Meet in Kihei in June; unfortunately, the record had also been broken by another swimmer just prior to the meet. On Maui, lots of Hawaii LMSC records were set, including 11 new relay records. Individual records set during the past year include:

### SHORT COURSE METERS

**David Rostetter**, 25-29, 100 breast, 1:20.29 (breaks 1:21.04 by David Bucher, 1994) and 100 IM, 1:14.72 (breaks 1:30.58 by Keith Klipfel, 1995)

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## 2004 USMS Registration

Registration in USMS provides a subscription to SWIM Magazine and secondary accident insurance. This insurance covers swimmers in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered as well as in USMS sanctioned meets where all competitors are USMS registered. We encourage all of our masters swimmers to complete a registration form annually and pay the \$25 membership fee. Forms are easily obtained our website: [www.hawaiimastersswim.org](http://www.hawaiimastersswim.org), from your masters coaching staff, as well as from the form attached to this newsletter.

Please make sure that the form is completely and clearly filled out and **that it is signed**. If you're filling this form out on-line, you can type in the information using Adobe Acrobat Reader and make it even more legible for Registrar Jeri Wade. But REMEMBER TO SIGN THE FORM.

Last year our USMS registration numbers changed. They now incorporate a permanent ID as part of the number that contains both letters and numbers. This will help USMS to track each swimmer throughout his/her (hopefully long) Masters swimming career.

Please complete your 2004 registration form and mail it in today.

If you plan on competing in any state, national or international events where you might want to participate on a relay or have your points count towards Hawaii, your HMSA recommends registering as a member of Hawaii Masters.



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**Mark Noetzel**, 40-44, 50 free, 25.05 (breaks 25.75 by Brett Phillips, 2001) and 50 fly, 28.35 (breaks 29.94 by Phillips, 2001)

**Malcolm Cooper**, 45-49, 100 free, 57.00 (breaks 1:03.47 by Jeff Devins, 1999), 100 back, 1:08.17\*, and 50 fly, 29.12 (breaks 31.21 by Mike Sherrill, 1994)

**Spencer Eldred**, 45-49, 200 free, 2:04.39 (breaks 2:23.71 by Milton Ackerman, 1995), 50 breast, 32.06 (breaks 39.38 by Devins, 1999), 100 breast, 1:10.95\*, 200 breast, 2:33.37\*

**Brett Phillips**, 45-49, 400 free, 4:21.52 (breaks 5:09.13 by Ackerman, 1995), 100 IM, 1:05.32 (breaks 1:23.23 by Warren Duryea, 1994)

**Jeff Devins**, 50-54, 100 free, 1:00.63 (breaks 1:03.22 by Jim Budde, 1996), 200 free, 2:24.40 (breaks 2:28.47 by Steve McElrath, 1999), 50 breast, 35.72 (breaks 37.90 by Bruce Clark, 1994), 100 breast, 1:22.37\*

**Mo Mathews**, 75-79, 200 free, 3:20.71\*, 400 free, 7:08.61\*, 50 back, 50.22\*, 50 breast, 48.23\*, 100 breast, 1:47.36\*, 200 breast, 3:59.36\*

**Kimberly Delmore**, 25-29, 100 free, 1:12.15 (breaks 1:20.53 by Julie Nefczyk, 1995), 200 free, 2:36.60 (breaks 2:48.54 by Nefczyk, 1994),

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**more Kimberly Delmore...**

400 free, 5:41.86 (breaks 5:52.42 by Nefczyk, 1994), 50 back, 38.17 (breaks 41.37 by Nefczyk, 1994), 100 back, 1:23.88\*, 100 IM, 1:19.62\*

**Kathy Shipman**, 40-44, 50 free, 28.56 (breaks 38.85 by Tekla Weber, 1994), 50 fly, 30.75\*

**Jennifer Wiseman**, 40-44, 100 free, 1:08.06\*, 200 free, 2:31.47\*, 400 free, 5:24.08\*

**Candace Faust**, 40-44, 50 back, 39.82 (breaks 51.59 by Weber, 1994), 100 back, 1:27.84\*

**Jocelyn Demirbag**, 40-44, 50 breast, 40.22 (breaks 48.39 by Weber, 1994), 100 breast, 1:26.55 (breaks 1:48.73 by Weber, 1994), 200 breast, 3:07.55\*, 100 IM, 1:22.50\*

**Janet Renner**, 40-44, 200 IM, 2:54.90\*

**Susie Baker**, 55-59, 50 free, 37.15\*, 50 breast, 47.76\*, 200 breast, 3:48.31\*

**LONG COURSE METERS**

**James Biles**, 40-44, 200 breast, 2:52.68 (breaks 2:55.24 by Roy Davis, 1982)

**Brett Phillips**, 45-49, 400 free, 4:32.35 (breaks 4:44.25 by Mike Sherrill, 1994)

**Nancy Duran**, 40-44, 50 free, 29.14 (breaks her own 29.34 from 2002), 100 free, 1:04.42 (breaks her own 1:04.49 from 2002)

**June Ford**, 40-44, 400 free, 5:00.45 (breaks 5:35.61 by Janet Renner, 2002)

**Jocelyn Demirbag**, 50 breast, 41.06 (breaks 43.25 by Jeri Wade, 2000), 100 breast, 1:29.51 (breaks 1:33.13 by Marie Wagner, 2000), 200 breast, 3:16.64 (breaks 3:23.22 by Wade, 2000)

**SHORT COURSE YARDS**

**James Wee**, 30-34, 100 back, 57.24 (breaks his own 59.28 from 2002), 200 back, 2:08.90 (breaks 2:16.22 by Mark Alexander, 1989)

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**Mark Noetzel**, 40-44, 100 free, 48.84 (breaks 50.58 by Brett Phillips, 2001)

**Jeff Devins**, 50-54, 200 free, 1:58.95 (breaks 2:06.29 by Bruce Sloan, 2002), 50 breast, 30.16 (breaks 32.00 by Bill Gonzalez, 1995), 100 breast, 1:08.40 (breaks 1:08.88 by Gonzalez, 1994)

**Mark Mader**, 55-59, 50 back, 28.01 (breaks 31.95 by Archie Hapai, 2002), 100 back, 1:00.93 (breaks 1:05.78 by Bruce Clark, 1997), 200 back, 2:09.50 (breaks 2:41.99 by Clark, 1998)

**Ernie Leskovitz**, 65-69, 200 IM, 2:52.66 (breaks 3:10.69 by Harold Sexton, 1983)

**Mo Mathews**, 75-79, 100 breast, 1:37.69 (breaks 1:41.97 by Al Kallunki, 1979)

**Kendra Yanney**, 19-24, 1000 free, 12:59.60 (breaks 16:10.50 by Sylvia Depta, 1993), 200 back, 2:51.25\*, 200 fly, 2:52.65\*, 200 IM, 2:44.57 (breaks 2:55.70 by Donna Kimura, 1977)

**Linda Finley**, 35-39, 100 free, 56.26 (breaks 57.24 by Gail Kaaialii, 2002), 200 free, 2:04.53 (breaks 2:12.83 by Lorey Bode, 1997), 200 back, 2:22.52 (breaks 2:37.63 by Theresa Villa, 1995), 200 IM, 2:23.62 (breaks 2:25.42 by Villa, 1996)

**Jocelyn Demirbag**, 40-44, 100 breast, 1:18.15 (breaks her own 1:18.48 from 2002)

**Janet Renner**, 40-44, 100 fly, 1:16.83 (breaks 1:16.91 by Carin Vanderbush, 1980)

**Patti Kimball**, 45-49, 100 free, 1:04.46 (breaks 1:06.01 by Diane Stowell, 1982)

**Carla Mauri**, 60-64, 50 fly, 38.56 (breaks 39.54 by Stowell, 1995)

\*establishes new record



**Go Postal** by Amy Patz

Here in Hawaii, we are lucky to have so many opportunities to race in the open water, and local clubs are hosting some great pool meets. However, we are missing the boat on a third important opportunity to race... Postal Swims! Postal swims are perfect for us here in Hawaii, because they are competitions that you can do at your own pool, but you have the opportunity to compete with swimmers from all over the country. A partner keeps track of your distance and time swum, and you mail in the results.

How it works

Postal swims are like other meets in that they have awards, results, rules, and entry fees (quite minimal). There are even National Postal Championships of several different distances. You can usually complete your event in either a yards or meters pool, and convert the results, if necessary. Swimmers have a window of time to complete the event, usually a couple of months, and then send in the results to the host team. The host team then tallies the results, posts them on the web, and sends the winners their awards. Popular postal swims include the One Hour Postal (how far you can swim in one hour), 1650 yards, and 5K and 10K swims for time. If you are not interested in being competitive for speed, there is the "Check off Challenge" which motivates swimmers to complete as many of the 18 possible pool events throughout the year at local meets.

For More Information

Get your year off to a fresh start. There are several postal events coming up in January, 2004. Go to the USMS website ([www.usms.org](http://www.usms.org)), find the Calendar of Events, and click on "Postals."

## Rabbit Island Swim

— by Steve Rudolph

Waikiki Swim Club had it's annual (sort of) Rabbit Island Swim and Picnic on Sunday, Sept 21. The weather and water conditions were perfect and 37 swimmers showed up - the biggest turnout in the almost 30 year history of the event.

We took a head count and left about 8:00 AM from the Kailua side of the Makai Range pier. It took anywhere from 25-35 minutes to make it over to the island and a bit less returning since we had the waves (such as they were) behind us. Bill Goding escorted us in a kayak and Matt Horn kept watch over us from his boat. We all spent some time exploring the island and collecting sea shells (sea shells look weird when they're stuffed into a Speedo). Since it's a bird sanctuary everyone took note of the signs and didn't venture up the side of the crater. For many of the swimmers who were first-time visitors, it was an adventure.

Everyone made it back in one piece and, from the pier, we drove down the road to Alice Horn's beautiful Waimanalo beach-front home. With her usual warm hospitality, Alice opened her home to us and we had a great time enjoying a potluck picnic on the lawn, exploring the beach, and chatting. Bill and Pat took some great pictures of the event and were kind enough to circulate them around - all in all, a lot of fun and everyone said they're looking forward to next year's swim and picnic.

Aloha, Steve Rudolph



## Hawaii Swimming Hall of Fame Banquet

- by Diane Stowell

On Saturday, November 15, 2003, the second Hawaii Swimming Hall of Fame will be hosting a banquet at the Elks Club in Waikiki to honor the new inductees:

### Swimmers

1. Yoshi Oyakawa (plus masters)
2. George Onekea
3. Brent Berk
4. Sonny Tanabe

Coach/Contributor: Wally Nakamoto

### Water Polo

1. Chris Duplanty
2. Dr. Heidi U. McElhaney Ferguson

### Masters Swimming

1. Charlotte Costello
2. Dr. Pete Okumoto
3. Joan Osborne
4. Peter Powlison

### Ocean/Channel

1. Mo Mathews Plus Masters swimming
2. Diane Stowell Plus Masters swimming
3. Fred Trask
4. Jim Welch (inducted last year as a masters swimmer)

If anyone on a neighbor island is interested in attending please call Diane; 955-3534 or email; [stowelld001@hawaii.rr.com](mailto:stowelld001@hawaii.rr.com)

### Our Mission

"The Hawaii Swimming Hall of Fame and museum promotes, preserves, and perpetuates Hawaiian aquatic sports for the future by: celebrating the achievements of swimmers, divers, water polo athletes, and by sponsoring aquatic exhibits and performances.

### Our Ultimate Goal

To secure a permanent center where exhibit space can be expanded and where information can be collected, and made available to all who seek it".



# Two Amazing Ocean Swims

**From:** Linda L Kaiser  
**Date:** Thu, 14 Aug 2003 13:51:00 -1000  
**To:** Janet Renner  
**Subject:** Channel swim

hey, i understand youve been gone. welcome home.

yeah, we did a long one. 20 yes..2-0 miles. kauai to niihau. it was mike spaldings idea. he picked the channel and the date. he picked a good day. weather and current were favorable up until the last 4 hours or so. took us 10 hours 45 min.

4 of us did it. Tom robinson took the kayaker after 1/2 way and went with him. hes much faster and finished in 9 hrs. 45 min. laurie foster, mike and i stayed with the boat and finished together. it was an awesome adventure. we had dolphins and birds keeping us company. tom got buzzed by a pretty big marlin!

we recovered very fast. had a race the following saturday, which we all did.

oh, the swim took place on july 20. so it hasnt been a month yet. i still cant believe it is done. we trained really hard. 6 hour 12 mile swims on the north shore every week and lots of 2/day workouts in the pool. i was swimming around 25 miles / week.

i was really hoping that we would do the channel on the 20th and not have to postpone it. my training was done...and it was time. it was a huge lesson in self confidence for me. up until 1/2 way i still hadnt committed to finishing. but after 10 miles i felt incredibly strong and there was no way i wasnt going to finish. i just needed to believe i could do and stop having negative thoughts.

i think that mike was hurting the most of the 4 of us. he didnt have training partners and it must have been incredibly hard for him to train for that distance by himself. he finished and we all had a great adventure. will see you at the maui roughwater in september. stay wet!

Linda

**From:** Steven Munatones  
**Sent:** Tuesday, September 16, 2003 6:03 AM  
**Subject:** Honolulu man successfully crosses 20-mile Catalina Channel in 10 hour ordeal  
**Importance:** High

For your information:

Michael W. Miller of Honolulu successfully crossed the Catalina Channel on Sunday, September 14 in 10 hours and 20 minutes. Miller, a resident of Kailua and UBS Divisional Vice President, left Catalina Island, 20 miles off the coast of Los Angeles, at 1:37 am on Sunday morning and arrived on the rocky coast of San Pedro Peninsula at 11:57 am. The water temperature ranged from 69 F near Catalina Island to the low 60s as Miller swam through the deepest parts of the channel.

Throughout the night and early Sunday foggy morning, Miller swam near a whale, dozens of dolphins and several sea lions. The ocean conditions were calm until the coastline currents pushed Miller away from his intended finish point to a dangerous rock-strewn cliff area. Miller spent 15 minutes trying to climb upon the rocks because the official Catalina Channel Association rules require swimmers to completely clear the water. After fighting the oncoming swells in 62 F water, Miller found an opening and climbed a barnacle-covered ledge. However, he slipped and fell back on a rock, cracking 2 ribs. His paddlers quickly put him on a paddleboard and lifted him on his 30-foot escort boat.

Miller returned safely, but sorely, back to Honolulu on Monday evening. His effort was the 103<sup>rd</sup> successful crossing of the Catalina Channel.

John York, the president of the Catalina Channel Swimming Federation, was the official observer on Miller's swim. For more information on the Catalina Channel swim crossings, please refer to <http://www.swimcatalina.org/>.

Steven Munatones, Paddler

## Some Rough Websites

Speaking of the Maui Roughwater, you can find many ocean swim results (including the Maui Roughwater and the Hawaii International Swim Roughwater) courtesy of Don Bloom at <http://www.tropicallight.com/races.html>

And of course the Waikiki Roughwater information can be found at <http://www.waikikiroughwaterswim.com>

And information on the Maui Channel Swim at <http://www.hawaiian.net/~ian/mcs/index.html>

And the North Shore Swimming Series at <http://www.timersplus.com/DATA.pdf>



# HAWAII MASTERS SWIMMING ASSN. 2004 Membership Application

\_\_\_ Renewal – my last USMS number was \_\_\_\_\_  
 \_\_\_ New registration

**Register with the same name you will use for competition. Print clearly.**

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M      F	E-mail address	
Club or Unattached			Today's Date	

WAIVER: I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

**Signature (required):** \_\_\_\_\_

\_\_\_\_\_ I wish to contribute \$1.00 (or \$\_\_\_\_\_) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2004 registration fees.

\_\_\_\_\_ I wish to contribute \$1.00 (or \$\_\_\_\_\_) to the United States Masters Swimming Foundation. I have added this amount to my 2004 registration fees.

\_\_\_\_\_ I coach Masters swimmers.

Fees when registering between 11/1/03 to 8/31/04		Fees when registering between 9/1/04 to 10/31/04	
USMS fee	\$20.00	USMS fee	\$15.00
Local fee	\$ 5.00	Local fee	\$ 5.00
<b>Total Fee</b>	<b>\$25.00</b>	<b>Total Fee</b>	<b>\$20.00</b>

Benefits of Membership include: A subscription to SWIM Magazine during the length of the membership year (\$8.00 of the annual dues is designated for a SWIM Magazine subscription), and periodic mailings from the Local Masters Swimming Committee. **Membership expires 12/31/04.**

USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

**Make check payable to and mail to:**  
**HAWAII MASTERS SWIMMING ASSN.**  
 c/o Jeri Wade  
 820 Alahaki St.  
 Kailua, HI 96734-3838

(808) 261-9809  
 registrar@hawaiimastersswim.org

**Do not use after 10/31/04**