

**1995 U.S. MASTERS SWIMMING**

**NATIONAL LONG DISTANCE CHAMPIONSHIP**

**CORONADO**

**AROUND-THE-ISLAND SWIM**

**11.8 MILES**

**SUNDAY, AUGUST 20, 1995**

**SPONSORED BY CORONADO MASTERS ASSOCIATION  
SANCTIONED BY SAN DIEGO IMPERIAL LMSC**

**RESULTS**

**1995 11.8 Miles National Long Distance Championship**  
**History of the Coronado Around-the-Island Swim**  
**Sunday, August 20, 1995**

The meet entry form stated that there was a total seven hours time limit for the 11.8 mile solo open water event. This time limit was a contractual agreement with the USMS Long Distance/Open Water Committee made at the 1993 convention. All swimmers were required to finish within the seven hour time limit to receive awards.

However the event also had a contractual agreement with the swimmers to start on time at 7:30 am due to concerns about tidal flow changes and safety. The event did not start on time due to Zodiacs and boat drivers showing up late and the fact that the course Marshal's boat died and would not start. Safety was a real concern. Finally, the Zodiacs and operators arrived, but were late in arriving. The event was scheduled to start at 7:30 am, but did not start until at least 8:07 am, 37 minutes late. As stated in the meet evaluation "time and tide waiting for no man" – which caused some slower swimmers to not reach the Zuniga orange buoy before the tide changed. This made the course more difficult for slower swimmers and was the reason for the original mandatory 7:30 am start time.

Swimmers who finished past the 7 hour time limit were allowed to receive their awards due to the late start time and change in conditions of the course.

CORONADO 7th ANNUAL AROUND-THE-ISLAND SWIMS, 11.8 MILES, SOLO AND RELAYS

SANCTION #445-MS-12

AUGUST 20, 1995

CERTIFIED OFFICIALS: DAVID W. LAMOTT (SI LMSC), BILL EARLEY (SI LMSC)

RESULTS - NATIONAL CHAMPIONSHIP 11.8-Miles SOLO SWIM:

WOMEN

<u>AGE GROUP</u>	<u>NAME</u>	<u>AGE</u>	<u>CLUB</u>	<u>TIME</u>	<u>REMARKS</u>
19-24	1. Kari A. Lydersen	19	UNAT (Encinitas, CA)	4:17:37	1st Woman to finish ("Sharon Bowl")
25-29	1. Tracy M. Seidenverg	25	La Mesa (CA) Mstrs	5:38:47	Note: All 1st places are National Champions and "All-Americans"
	2. Alexia Nalewaik	26	WH2O (CA)	6:30:01	
	3. Jill M. Lapp	27	La Mesa	6:32:29	
30-34	1. Laura Burtch	31	Dolphin Club	5:08:49	
	2. Leslie Robinson	31	Ventura (CA) Aquatics	5:10:02	
	3. Rebecca M. Jackman	32	Heartland Swim Mstrs	6:07:52	CA
35-39	1. Cathy V. Neville	38	San Diego Swim Mstrs	5:39:39	
40-44	1. Sherry Kittrell	43	UNAT (Huntington Bch)	5:25:15	1st Woman Over 40 to finish
45-49 (Withdrew)	Janis Bloomquist	46	No. Bch (CA) Dolphins		New Course Record for Age Gp.
50-54	1. Carol Sing	53	UNAT (El Cajon, CA)	7:02:20	

MEN

25-29	1. Richard P. Kramer	29	St. Pete (FL) Mstrs	4:11:05	1st Man to finish. New Course Record for Age Group ("Jack Robertson" Award)
	2. John P. Lapp	26	La Mesa	5:04:40	
30-34	1. Scott M. Haskins	31	U SFO Mstrs	5:16:01	
	2. Torbert G. Shipley	32	La Mesa	6:03:34	
35-39	1. James D. Barber	35	Greater Indiana	4:16:46	
	2. Ken J. Harmon	35	Walnut Creek Mstrs	4:40:36	
	3. Rob Copeland	38	Berkeley (NJ) Aquatic Mstrs	4:42:24	
	4. Jamie A. Schnick	36	San Diego Swim Mstrs	4:43:09	5th place: Chris R. Guest, 35, San Diego Swim Mstrs, 4:47:51
	6. Phil G. Garn	35	San Diego Swim Mstrs	5:06:45	
40-44	1. Jim McConica	44	Ventura Aquatic Club	4:21:40	1st Man Over 40 to finish
	2. David E. Sapper	40	Heartland Swim Mstrs	5:48:55	
	3. Loren H. Pope	43	UNAT (Ocean-side CA)	6:01:08	
45-49	1. Richard D. Knepper	46	San Diego Swim Mstrs	4:51:17	
	2. Donald R. VanCleve	45	SCAQ	7:16:43	
50-54	1. John R. Selmer	50	Rinconada	4:56:33	New Course Record for Age Gp.
	2. Guy Lewis	51	SCAQ	5:31:21	
	3. Todd E. Leigh	53	Heartland Swim Mstrs	6:40:48	

<u>AGE GROUP</u>	<u>NAME</u>	<u>AGE</u>	<u>CLUB</u>	<u>TIME</u>	<u>REMARKS</u>
55-59	1. Robert E. West	59	LaJolla Cove Swim Club	6:09:00	
	2. Peter D. Urrea	55	LaJolla Cove Swim Club	6:35:47	
	3. Ronald W. Williamson	56	Heartland Swim Mstrs	6:56:00	"The Omega", award for last finisher under 7 hours
60-64	1. J.C. (Buz) Brenton	60	Iowa Mstrs	5:55:55	New Course Record for Age Gp.
	2. Frank Reynolds	63	Huntington Bch. Swim Club	6:04:48	"Rock of Ages", award for oldest finisher

RESULTS: RELAY SWIM

WOMEN

76-119	1. Santa Barbara Power Bar Wahines		Ohai Santa Barbara	4:45:40	Jennifer Martin, Kathy Mann, Jane Cairns, Theresa Margiotta
120-159	1. The Toppings		San Diego Swim Mstrs	4:53:26	Allison Sherwood, Jill Murray, Susan Wynn, Vicki Mills
	2. AQUAS		Heartland Swim Ass'n Mstrs	5:08:04	Stacy Johnson, Suzanne Schmitz, Jennifer Helton, Janet Tope
200-239	1. Sea Niles		San Diego Swim Mstrs	5:55:46	Dudley Wood, Janet Lamott, Deborah Peckham, Sandra Vickers
	2. Lucky Ladies		Heartland Swim Ass'n Mstrs	6:28:53	Marilyn Ramey, Nancy Reed, Marlee Valderhaug, Sheryl Walker. *"BUIR", award for Bringing Up The Rear

MEN

120-159	1. Reservoir Dogs		Long Beach Swim Club	4:18:11	Richard Michaels, David Michaels, Bert Bergen, Mike Whalen.
	2. Apollo 4		San Diego Swim Mstrs	4:18:58	John O'Beirne, Jim Fegan, Mike Lewis, Joe Wade
	3. Bottom Feeders		San Diego Swim Mstrs	4:57:04	Robert Gunness, Chris Wright, Brent Wright, Jim Lyon
	4. Different Strokes Swim Team		San Diego Swim Mstrs	5:00:02	Dana Thomason, Michael Given, Brian Thompson, Greg Fong
	5. Triton Road Trip		TNT Mstrs	5:32:36	Matt Shirley, Bill Breck, Jack Boon, Joe Ferguson
160-199	1. 2 Young Studs; 2 Old Duds: You Pick 'em!		San Diego Swim Mstrs	4:15:19	Mike Keeney, Rick Kozlowski, Darrell Rucker, Ned Maggiora. *"MexPac" Trophy, award for 1st team on the beach

<u>MEN</u>	<u>NAME</u>	<u>AGE</u>	<u>CLUB</u>	<u>TIME</u>	<u>REMARKS</u>
160-199 (cont.)	2. San Clemente/Laguna Niguel		SCLN	4:22:26	Joe Vargas, Greg Arth, Byron Reidenbaugh, Steve Doyle
	3. GILL-TY		San Diego Swim Mstrs	4:32:34	Kelly Crain, Michael Leary, Dennis Roth, Paul Barnett
	4. TNT's Terrapins		Shiley Sports & Health Cntr	4:50:13	Peter Walther, John Blevitt, John Renwick, Brett Castille
	5. Karl Strauss #1		San Diego Swim Mstrs	5:46:01	Jerry Jessop, Bill Hoehn, Tyler Cramer, John Leimbach
	6. Karl Strauss #2		San Diego Swim Mstrs	5:47:59	James Jessop, Warren Haviland, Will Newbern, Frank Pavel
200-239	1. Los Cuatro Tiburones		San Diego Swim Mstrs	4:51:24	Steve Moseley, Bill Crane, Fred Tissue, Matt Causey
	2. Mixed Bag		San Diego Swim Mstrs	5:09:54	Mark Richert, Bruce Beach, Tom Hummer, George Booth
	3. The Surf Beasties		San Diego Swim Mstrs	5:11:02	Carl Neuman, Chris Scott, Andy Borden, Mike Freshley
	4. Dumb, Dumber, Dumbest & The World's Stupidest Human Being Not Institutionalized		Heartland Swim Ass'n Mstrs	5:22:06	Jerry O'Mara, Dave Butler, Richard Daly, Bill Callahan
240-279	1. Golden Guys		San Diego Swim Mstrs	5:37:51	Bill Phillips, Bill Earley, George Worthington, Don Baker
<u>MIXED</u>					
120-159	1. Blue Lips		San Diego Swim Mstrs	4:03:49	Dianne Gleason, Stephen Gentes Julie Sarkin, Stephen Segreto. *"Janis Cup", award for fastest Relay Team
	2. Wet Dream Team		San Diego Swim Mstrs	4:12:36	Eric Neilsen, Karlyn Pipes, Vicky Davidson, Brook Claibourne
	3. Heartland "A", Plus One Old Guy		Heartland Swim Ass'n Mstrs	4:14:46	Lee Mench, Jocelyn Parker, Tab Bonney, Randy Eichoff
	4. Three Has-Beens and Some Young Blood		San Diego Swim Mstrs	4:36:54	James Murphy, Kevin O'Beirne, Laurie Vidal, Mary Clarke
	5. Mission Impossible		San Diego Swim Mstrs	5:26:14	Ron Leithiser, Kim Woodworth, Mark Gillcrist, Linda Terris
	6. Los Tiburones		San Diego Swim Mstrs	5:57:04	Linda Bessemer, Jim Bach, Jennifer Ketterer, Brian Ketterer
	7. La Mesa Shark Morsels		La Mesa Masters	6:04:31	Cathy Bukovac, Maria O'Connell, Chris Westergaard, John Sullivan
	DNF The Waterbabies: Cry Us An Ocean & We'll Swim It		La Mesa Mstrs		Rosemary Hutzley, Lynn Underwood, Kenneth Spalding, Steve Clay
76-119	DNF Cruz'n For Crawdads For Uncle Fidel in a Berry Patch		La Mesa Masters		Shawna Dail, Shannon Di-Martino, Jake Castro, Brian Berry

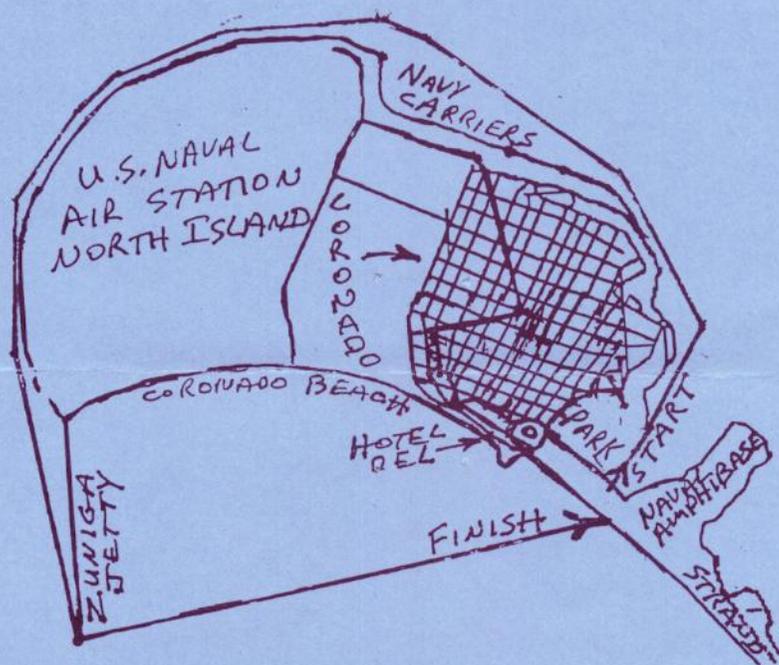
MIXED (cont.)

160-199	1. The Breakfast Club	San Diego Swim Mstrs	4:42:45	David Vannice, Julie Jurf, Wendy Watson, Thomas Mutter
200-239	1. Gray Whales	San Diego Swim Mstrs	6:15:20	Betsy Jordan, Peter Riddle, Jeanne Little, Tony Joseph
240-279	1. Trish's Fishes	Heartland Swim Ass'n Mstrs	6:24:20	Trish Hunter, Gene Sapper, Bill Gracey, Judy Tilaro

POTLUCK

	1. From Zone to Sea		4:51:15	Stuart Jefferies, Colleen Jefferies, Cathy Copeland, Danie Miller
	2. O.J.'s R.V.		5:11:56	Omar Suwarno, Jeanne Dau- gherty, Rob Gaeta, Victoria Fuller
	3. The Buffet Eaters		5:46:55	MaryBeth Parr, Cindy Walsh, Parry O'Brien, Denise Ouelette

U.S. MASTERS SWIMMING  
NATIONAL LONG DISTANCE CHAMPIONSHIP  
CORONADO  
AROUND-THE-ISLAND SWIM  
11.8 MILES  
SUNDAY  
AUGUST 20, 1995



Sponsored By:  
Sanctioned By:  
For Information:

Coronado Masters Association  
San Diego-Imperial LMSC for USMS, Inc. (Sanction #445-MS-12)  
Dave Lamott, 2425 Palermo Dr., San Diego, CA 92106  
Bill Earley, 475 C Ave., Coronado, CA 92118  
Rick Knepper, 5064 Central Ave., Bonita, CA 91902

(619) 222-3436  
(619) 435-2953  
(619) 475-6369



UNITED STATES MASTERS SWIMMING  
LONG DISTANCE NATIONAL CHAMPIONSHIP 11.8 MILES AROUND-THE-ISLAND SWIM  
Coronado, California  
August 20, 1995

**SOLO SWIM INFORMATION AND ENTRY FORM**

**SPONSOR** Coronado Masters Association (CMA)

**SANCTION** San Diego-Imperial Local Masters Swimming Committee for U.S. Masters Swimming, Inc.  
Sanction # 445-MS-12. 1995 USMS Long Distance Swimming Rules will govern the event.

**WHEN/WHERE** Sunday, August 20, 1995, Coronado (San Diego County), California

There will be 2 heats of solo swimmers, with up to 25 swimmers per heat, divided according to qualifying times.

Heat I (Slower Swimmers): Check-in 6:00 a.m.-7:00 a.m. Pre-race Briefing 7:00 a.m. Start at 7:30 a.m.  
Heat III (Faster Swimmers): Check-in 7:00 a.m.-8:00 a.m. Pre-race Briefing 8:00 a.m. Start at 8:30 a.m.

(Heats II and IV are RELAYS of up to 20 teams each, older and younger, which will be starting at 8:00 a.m. and 9:00 a.m. respectively.) Start times are coordinated with event—day tides. Check-in, briefing, pre-race breakfast and start at Glorietta Bay Park, 1975 Strand Way, Coronado, CA (see map attached). Start into Glorietta Bay-San Diego Bay at Glorietta Bay Park, just southeast of the Coronado Municipal Pool and boat ramp. Finish from the Pacific Ocean at Gator Beach, Naval Amphibious Base, Coronado, adjacent to the southeast end of the Coronado Shores towers. (This is across State Highway 75-Silver Strand Blvd. from the start area at Glorietta Bay Park.)

THERE IS A SEVEN (7) HOUR TOTAL TIME LIMIT FOR THE 11.8-MILE SOLO EVENT. HEAT I SWIMMERS MUST FINISH BY 2:30 P.M., HEAT III BY 3:30 P.M. TO BE ELIGIBLE FOR PLACE AWARDS.

**DIRECTIONS** Take I-5 to the San Diego-Coronado Bay Bridge (auto toll \$1.00; car-pools of two or more are FREE--stay in the far right lane); turn left at the first traffic light/Orange Avenue in Coronado. Proceed through the city. At the first light past the Hotel del Coronado, turn left towards the bay and cross to Strand Way. Turn right. Pass the Coronado Municipal Pool. The boat ramp and Glorietta Bay Park are on your left. If you reach the Naval Amphibious Base, you have passed the starting area at Glorietta Bay Park.

**QUALIFYING** A 6-mile (minimum distance) qualifying swim must be completed this year (1995) in order for your entry to be accepted. The maximum qualifying time for 6 miles is 3 hours, 30 minutes (average: 35 min/mile). *An open water course (6 miles) will be established in Coronado from May into August. Bring a paddler or kayaker! A CMA team member will serve as timer/observer, by appointment. The course will run parallel to the Coronado Beach in front of the lifeguard towers. Contact Dave Lamott (619-222-3436) or Rick Knepper (619-475-6369) for further information regarding qualifying dates and times. Call prior to 10:00 p.m. Thursdays to arrange a qualifying swim for the following weekend. The last chance to qualify will be Saturday, August 5th. If you are out of the San Diego area, in order to qualify you must either complete a USMS or USS-sanctioned event or an accurate distance swim of 6 miles or longer. The time and distance must be verified by a lifeguard, coach or paddler. For distances greater than 6 miles, the qualifying time will be adjusted in proportion to the distance completed. Qualifying swims must be done in open water (ocean, lake or bay); pool and downriver events or swims will not be recognized.*

**ENTRY FEES** \$25 Entry Fee includes: entry into event, swim cap, program, race results, awards, pre-race breakfast and post-race picnic. Event T-Shirts, at nominal cost, may be pre-ordered on the entry form. Make checks payable to: "CMA", and mail with Solo Entry Form and a copy of 1995 USMS Registration card to Around-the-Island Solo Swim, c/o Dave Lamott, 2425 Palermo Dr., San Diego CA 92106. Entries WILL NOT be accepted unless a 6-mile or longer qualifying swim has been completed and recorded. THIS EVENT IS OPEN TO QUALIFIERS ONLY; entrants are selected on the basis of successfully completing an open water qualifying swim and timely submission of their applications. This event is limited to the first 50 swimmers to qualify and have their entry accepted. APPLICATIONS MUST BE POSTMARKED NO LATER THAN SATURDAY, AUGUST 5, 1995. A copy of your 1995 USMS REGISTRATION CARD must be attached to your entry. An information packet and entry confirmation will be mailed to you when your entry is accepted. IF FOR SOME REASON YOU MUST WITHDRAW FROM THE EVENT after your entry has been accepted, you must notify the Race Director by midnight August 10, 1995, in order to receive a refund. NO EXCEPTIONS.

**WATER TEMPERATURE AND CONDITIONS** Water temperature ranges this time of year are as follows: at the start of the race in Glorietta-San Diego Bay, 65<sup>o</sup>-70<sup>o</sup>; in the channel, 60<sup>o</sup>-64<sup>o</sup>; in the open ocean to the finish, 63<sup>o</sup>-68<sup>o</sup>. Be prepared for significant temperature differences, currents, boats in the channel (both normal traffic and escort boats with the relay team members), possible fog, swells and late afternoon winds from the northwest, and moderate to high surf at the finish. PLEASE COOPERATE WITH YOUR ESCORT, EVENT SAFETY SUPPORT AND RACE OFFICIALS. If they inform you that you must exit the water, you are required to do so. This is for your own safety. At the pre-race briefing, your paddler/kayaker will be given a check list of information to pass to a race official at the half-way point in the swim (see map). Any signs of hypothermia will be noted. If the swimmer is in good shape, the swim may proceed. A red flag will be provided to each escort to signal the Race Marshal, safety craft, or the Coast Guard Auxiliary boats in the event of an emergency. IF AT ANY TIME IN THE SWIM A SOLO SWIMMER TOUCHES OR HOLDS ONTO A PIER, JETTY, ROCK, OR AN ESCORT CRAFT, HIS/HER SWIM IS OFFICIALLY OVER; I.E., THE SWIMMER IS DISQUALIFIED.

**ESCORT** All solo swimmers must be accompanied by a paddler, kayaker or surfski. NO EXCEPTIONS. Be sure to express your appreciation to your escort. A space is provided on the entry form to order a T-shirt, pre-race breakfast and post-race picnic for your escort. It is advisable that paddlers and kayakers bring appropriate clothing and sustenance. The Race Director may be able to arrange an escort for you. Call early!

**ATTIRE** Swim suit(s), goggles, cap(s) (neoprene permitted), ear plugs, and body grease allowed. A color-coded event cap will be provided to both relay and solo swimmers. Wear your event cap on the outside for identification and safety. Wet suits, neoprene suits or hoods, fins or other propulsion or flotation devices are NOT permitted. Please bring adequate feedings and fluids to consume during the swim; clearly mark their contents for your paddler's information. Along with your favorite brand of grease, please bring disposable gloves and towels for your greaser! Bring warm dry clothes, towels and dish soap to remove grease; they will be transported to the finish area where showers are available.

**AWARDS** Participation awards to all solo finishers and their paddlers. Special perpetual awards to the first under-40 and 40-and-older woman and man to finish, oldest finisher and final finisher (under 7 hours). First, second and third place gift awards for each women's and men's five-year age group (19-24, 25-29, 30-34 etc.), and U.S. Masters Long Distance Open Water National Championship medals to 5 places. Champion's patches will be awarded to first places in each category.

**FINISH** The finish line is on Gator Beach, Naval Amphibious Base, southeast of the Coronado Shores condominium towers. The finish area will be clearly marked with two orange swim buoys outside the surf; the finish line itself is on the beach. (Relay swimmers will be finishing at this same place.) The picnic and awards ceremony will take place in Cabaña #5 at Gator Beach, Naval Amphibious Base, 1:30-4:00 p.m. Guests may purchase picnic tickets for \$5.00 at Glorietta Bay Park or at Gator Beach.

**SOLO SWIMMER SAFETY INFORMATION** A special "Lessons Learned" newsletter will be sent to all accepted qualifiers. Swimmers may have the information now in order to study, prepare, and try out ideas on training swims. The newsletter contains specific details regarding hypothermia signs and symptoms; basic treatment and handling of hypothermic swimmers/victims; observation safety decision guidance for paddlers; and lessons learned for marathon swimmer training/race day events. The newsletter is ready now to be mailed upon request to any interested swimmer. (Qualifiers will automatically receive it.) A self-addressed, stamped envelope capable of handling 2 typed pages would be appreciated. Please contact Rick Knepper (619) 475-6369 for details and/ or write to Rick at 5064 Central Ave., Bonita CA 91902.

We look forward to your participation in this unique U.S. Masters Swimming National Championship! A great deal of planning and preparation have gone into establishing the guide lines and safety measures incorporated in this event to maximize your chances of having a fun and successful swim. Your cooperation is greatly appreciated.

If you have any questions, please contact any of the following:

Race Director:	Dave Lamott	(619) 222-3436
Safety Coordinator:	Rick Knepper	(619) 475-6369
Relay Coordinator:	Bill Earley	(619) 435-2953

**UNITED STATES MASTERS SWIMMING NATIONAL CHAMPIONSHIP  
11.8-MILE AROUND-THE-ISLAND SWIM  
ENTRY FORM  
Coronado, California  
Sunday, August 20, 1995**

**SUBMIT ONLY AFTER QUALIFYING SWIM HAS BEEN COMPLETED**

SOLO SWIMMER:

(Name as printed on your 1995 USMS Registration Card)

AFFIX (GLUE, STAPLE, OR TAPE)  
  
A COPY OF YOUR  
  
1995 USMS REGISTRATION CARD  
  
HERE

PHONE # day ( ) \_\_\_\_\_  
evening ( ) \_\_\_\_\_

**PADDLER/KAYAKER INFORMATION**

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_

PHONE # day ( ) \_\_\_\_\_  
evening ( ) \_\_\_\_\_

**QUALIFYING SWIM (MUST BE COMPLETED IN 1995)**

Date Completed	_____	Distance	_____	(min 6 miles)
Location	_____	Time	_____	Hrs. _____ min _____
Verified by	_____	Title	_____	
Address	_____	Phone #	_____	

**RELEASE FROM LIABILITY:** 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 SAN DIEGO-IMPERIAL LOCAL MASTERS SWIMMING COMMITTEE, CORONADO MASTERS ASSOCIATION, CITY OF CORONADO, U.S. NAVY (NAVAL AMPHIBIOUS BASE, CORONADO/NAVAL AIR STATION, NORTH ISLAND), U.S. COAST GUARD GROUP SAN DIEGO, AND THE SAN DIEGO UNIFIED PORT DISTRICT, 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. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

T-shirt for swimmer (circle) Short / Long Sleeve	M _____ L _____ XL _____	at \$7/9.00	_____	.00
Short sleeve T-shirt for escort	M _____ L _____ XL _____	at \$7.00	_____	.00
Long Sleeve T-shirt for escort	M _____ L _____ XL _____	at \$9.00	_____	.00
Pre-race breakfast and post-race picnic for escort/paddler		at \$5.00	_____	.00
Entry fee (Make check payable to "CMA")		<b>Total enclosed</b>	_____	<b>.00</b>

**Mail this completed entry form, entry fee(s) and a copy of your 1995 USMS card to: David Lamott  
2425 Palermo Drive  
San Diego, CA 92106**

-----COPIES OF THIS FORM MAY BE USED-----

UNITED STATES MASTERS SWIMMING  
LONG DISTANCE COMMITTEE  
PO BOX 9499  
TRUCKEE, CA 96162

1995 LONG DISTANCE CALENDAR  
AND NATIONAL CHAMPIONSHIP EVENTS