

one hour postal

Results posted by March 10, 2008, at www.usms.org

31st Annual National Championship One Hour Postal Swim 2008 United States Masters Swimming Long Distance National Championship

Sanctioned by Indiana LMSC for USMS Inc. Sanction Number 168S01

Date: All swims must take place during January 2008. **All entries must be received by February 11, 2008.**

Objective: To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

Venue: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five-yard increment. Submit the distance in yards.)

Eligibility: Each participant must be registered for 2008 with USMS (or the equivalent organization for non-U.S. swimmers). Foreign swimmers are not eligible for USMS records or All-American selection. **A copy of your 2008 registration card must accompany your entry.**

Individual Events: Men and women compete separately in age groups: 18-24, 25-29, 30-34, ...100+. The swimmer's age on the day he or she actually completes his/her swim will determine his or her age group. Swimmers who change age groups during January may enter twice but must swim the event twice, one time in each age group.

Relay Events: Relay events will be contested in three categories: 3 men, 3 women, or 4 mixed (2 men, 2 women).

The age of the youngest relay member determines the age group of the relay: 18+, 25+, 35+, 45+ ... 95+. Each relay member **MUST** also have entered the individual event. All members of a relay must be registered with the same club. Unattached swimmers are not permitted on relays. The relay with the greatest total yardage will be declared the winner.

Club Event: Each club will be entered automatically in the club event. At least three divisions will be recognized, based on the number of individual entries from each club, as determined by the event host and the Long Distance Committee chair. Relay yards will not be included.

Coach Reward: To promote participation in the USMS One Hour Postal Swim and coaches' education at the ASCA Coaches Clinic, coaches entering 25+ swimmers will receive a USMS Logo Polo shirt and 25% grant towards one ASCA clinic registration. Coaches entering 50+ swimmers will receive two USMS Logo Polo Shirts and 50% grant towards one ASCA clinic registration.

Coaches entering 75+ swimmers will receive three USMS polo shirts and 75% grant towards one ASCA clinic registration. Coaches entering 100+ swimmers will receive four USMS

logo polo shirts, and 100% grant for one ASCA clinic registration.

Awards: The top 10 finishers in each age group in the individual event and the top six relay teams in each relay age group will receive USMS Long Distance National Championship medals. First-place finishers in each individual and relay age group will also receive USMS championship patches, no more than one per event/participant. Awards will be presented to top three clubs in each division of the club event.

Rules: The 2008 USMS Long Distance Rules govern these events. Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Only two swimmers may share a lane, and they shall each swim on one side of the lane during the entire race (i.e. no circle swimming). An adult "verifier," acting as a starter/head timer/counter/referee, must be present at all times during the swim. Each swimmer must have a verifier to time the event with a stopwatch, count laps, and record cumulative (running) 50 splits. Split times must be recorded to the nearest second **and** tenth (or hundredth) of a second. A split sheet must be kept for each swimmer and a copy included with the entry form.



Distances are to be rounded **down** to the nearest completed five-yard increment (i.e., round 2764 yards to 2760). See **Venue** section for conversion from meters to yards. One person may serve as a counter/verifier for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

T-Shirts: 2008 USMS One Hour Postal National Championship T-shirts are available. The cost for USMS members is US \$17; for other FINA Masters (non-USMS) US \$22.

Fees: Individual entry fee is US \$6 for each individual entry; US \$10 for other FINA Masters (non-USMS). **ALL** relay fees are US \$18 per entry. All fees are nonrefundable, and are payable by check or money order only – no cash. International entrants must submit US funds via international money order or bank check drawn on a bank with a U.S. affiliate.

Electronic Entry: For information, contact event director, Mel Goldstein, 317-253-8289, or goldsteinmel@sbcbglobal.net.

RELAY ENTRY FORM

Circle Event: Women - (3) Men - (3) Mixed - (2 Women & 2 Men) **Age Group:** _____

Club Name: _____ **Club Abbreviation:** _____

Contact Person: _____ **Phone # or Email:** _____

Please note: It is NOT necessary to send duplicate individual forms with this relay entry form. Relay awards will be mailed to individual swimmers.

Swimmer (Name as it appears on registration card)	Gender <small>Circle One</small> W or M	Age	Yards Swum
#1: _____	W or M	_____	_____
#2: _____	W or M	_____	_____
#3: _____	W or M	_____	_____
#4: _____	W or M	_____	_____

Relay Entry Fees:
US\$18 (Payment in US\$ or International Money Order ONLY)

Make Checks Payable to:
YMCA Indy SwimFit
Deadline: RECEIVED by
February 11, 2008

Send Entries to:
Mel Goldstein, Event Director
5735 Carrollton Ave.
Indianapolis, IN 46220 USA

TOTAL Yards: _____

2008 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP INDIVIDUAL ENTRY FORM

Name: _____ **Gender:** W or M **Age:** _____ **Birth Date:** _____
As it Appears on Registration Card Circle One Day of Swim MM / DD / YY

Address: _____ **Phone:** _____

City: _____ **State:** _____ **ZIP:** _____ **Country:** _____

Club (2008 USMS or FINA): _____ **Club Abbr:** _____ **Registration Number:** _____ -

E-mail: _____ **Send Results:** (check one) Email Mailed hard copy

Check if you don't want any medals you may earn.

USMS LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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."

Swimmer's Signature

I certify that I have read the rules of the competition and that on January _____, 2008, I swam _____ yards or _____ meters at

Pool Name/City: _____ **Swimmer's Signature** _____

Verifier's Name, Printed _____ Verifier's Phone Number or Email Address _____

Entry Fee: US\$6, USMS or US\$10, other FINA Masters = US\$ _____

T-Shirts: Indicate Quantity Ordered

Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____

US\$17 each, USMS _____

US\$22 each, other FINA Masters _____ = US\$ _____

TOTAL US\$ _____

Include: Copy of **2008 USMS or FINA REGISTRATION CARD**, Entry form and split sheet
Check Payable to: YMCA Indy Swim Fit
Send to: Mel Goldstein, Event Director
 5735 Carrollton Ave
 Indianapolis, IN 46220 USA
Must be RECEIVED by February 11, 2008.

Record split entries using RUNNING TIMES for 50 splits to the nearest second and tenth (or hundredth).

50		1050		2050		3050		4050		5050
100		1100		2100		3100		4100		5100
150		1150		2150		3150		4150		5150
200		1200		2200		3200		4200		5200
250		1250		2250		3250		4250		5250
300		1300		2300		3300		4300		5300
350		1350		2350		3350		4350		5350
400		1400		2400		3400		4400		5400
450		1450		2450		3450		4450		5450
500		1500		2500		3500		4500		5500
550		1550		2550		3550		4550		5550
600		1600		2600		3600		4600		5600
650		1650		2650		3650		4650		5650
700		1700		2700		3700		4700		5700
750		1750		2750		3750		4750		5750
800		1800		2800		3800		4800		5800
850		1850		2850		3850		4850		5850
900		1900		2900		3900		4900		5900
950		1950		2950		3950		4950		5950
1000		2000		3000		4000		5000		6000

(Total Meters _____ x 1.0936= _____) **TOTAL Yards:** _____

