

National Office Streamlines

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Fall 2007



Greetings from the National Office...

Congratulations to our newly elected Treasurer – Jeff Moxie. Appointed Committee Chairs: Heather Hagadorn, Editorial/Publications Committee; Ralph Davis, Finance Committee; Anthony Thompson, International Committee; Chris McGiffin, Marketing Committee; and Ed Tsuzuki,



Records and Tabulations Committee. New Liaisons and Special Assignments: Laura Kessler, National Board of Review Chair; Leianne Crittenden, Oceana Zone Rep; Jill Gellatly, South Central Zone Rep. You will find the minutes from all the convention meetings on the USMS web site at www.usms.org/admin/conv07.

We are into a new registration year as of November 1. The registrars are one month into using the new on line registration program. A huge thank you to George Simon, Julie Heather and Leo Letendre as well as Dan Wegner and Julie Austin from Club Assistant for their time and effort into getting this new system up and operational. Another huge thank you to the LMSC registrars for their efforts and patience through this process. We hope to have this system ready for individual registrations soon.

Please note—501.2 Mandatory Memberships (Rule Book page 83) – All members of the House of Delegates and Board of Directors and all members of any committee of the corporation (which includes LMSC officers) shall hold an individual membership of the corporation. Please be sure all of your LMSC Officers are currently registered! Check the listing of officers listed for your LMSC on the USMS website at www.usms.org/lmsc/lmscofficers.php and send changes and updates to me at usms@usms.org.

Club registrations are due for 2008. The club must be registered before any new 2008 member can join. For those clubs that need a certificate of insurance, I'm including the Certificates On Line instructions later in this newsletter.

The LMSC Handbook is in the process of being updated. Once completed it will be posted up on the USMS web site at www.usms.org/admin/lmschb. Full Handbooks will be sent to the Chairman and Registrar from each LMSC. Sections will be e-mailed (or snail mailed if preferred) to the appropriate LMSC Officer.

Hope you all had a great Thanksgiving. I wish you happy shopping this holiday season.

Tracy

Calendar/Things to do

Listed are all deadlines from the USMS Working Calendar. Please read this and use as a reminder. This 2007/2008 Working Calendar is posted in its entirety on the USMS web site at: www.usms.org under Administration

NOVEMBER 2007

- 2008 registration year begins
 - Minutes of House of Delegates, 2008 Budget and FOG mailed to all who attended 2007 convention
- Final copies of Rules/Open Water/Long Distance/Legislation changes to Rule Book Coordinator (Susan Ehringer – RuleBook at usms.org) from appropriate committee chair (Kathy Casey – Rules at usms.org, Marcia Cleveland – LongDistance at usms.org and Sean Fitzgerald – Legislation at usms.org)
- Records and Tabulation Chair (Ed Tsuzuki – TopTen at usms.org) sends national and world records to Rule Book Coordinator (Susan Ehringer – RuleBook at usms.org)
- 2008 LMSC Handbook section updates due to National Office Administrator (Tracy Grilli – usms.org)
 - National Office Administrator (Tracy Grilli – USMS at usms.org) sends rule book Appendix E committees and chairs to Rule Book Coordinator (Susan Ehringer – RuleBook at usms.org)
- Final proofreading of rule book due to Rule Book Coordinator (Susan Ehringer – RuleBook at usms.org)
- All camera-ready copy and artwork due to rule book printer
- National Registration Transmittal sent to National Office electronically from on line registration site

DECEMBER 2007

- Signed contracts for Open Water/Long Distance National Championship events due to Open Water/Long Distance Committee Chair (Marcia Cleveland – LongDistance at usms.org)
- Zone Reps submit list of events for USMS Swimmer calendar for the March/April issue to VP Local Operations (Julie Heather – VPLocalOperations at usms.org)
- Mailing labels for 2008 rule books due to printer (Board of Directors, LMSC registrars, LMSC Officials Chairs (mini), members of Finance, Legislation, Officials (mini) Open Water/Long Distance Committees and Rules, Rule Book Coordinator, registered clubs, sponsors and individual orders)



USMS National Office
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- Convention Coordinator (Victor Buehler – Convention at usms dot org) sends out preliminary room set-up requirement information for 2008 convention to all committee chairs
 - Editorial information/copy due to USMS Editor for March/April issue of USMS Swimmer (Bill Volckening – Editor at usms dot org)
 - Open Water/Long Distance Postal Series participants copy/information due to USMS Editor for March/April issue of USMS Swimmer (Bill Volckening – Editor at usms dot org)
 - 31 National Registration Transmittal sent to National Office electronically from on line registration site
 - Deadline for Convention reimbursements for travel & lodging to Convention Coordinator - Victor Buehler – Convention at usms dot org
 - Deadline for submission of ISHOF candidates
 - End of SCM season
 - End of 2007 fiscal year
- Other deadlines this month
- Mailing of 2008 LMSC Handbooks. Full handbook is posted on the USMS website under Administration.
 - Mailing of USMS Directory
 - First mailing of 2008 rule books. Full 2008 rule book is posted on the USMS website.
 - USMS Secretary (Meg Smath – Secretary at usms dot org) mails Working Calendar and Committee Chair Handbook to all committee chairs
 - LCM Top 10 issue sent out

JANUARY 2008

- 1 HAPPY NEW YEAR!
- Election Committee posts election announcement on website
- 15 Room set-up requirements for 2008 convention due from committee chairs to Convention Coordinator (Victor Buehler – Convention at usms dot org)
- Deadline for submission of fiscal 2007 reimbursements or payments due to Controller (Margaret Bayless – Controller at usms dot org) from all cost-center heads
- Call for Ransom Arthur nominations sent to LMSCs and USMS Swimmer from USMS Recognition and Awards Chair (Kelly Crandell – Awards at usms dot org)
- 25 Deadline for submission of information to be included in the winter issue of Streamlines ... from the National Office
- 26 LMSC SCM Top 10 reports due to National Swims Administrator (Mary Beth Windrath – mbwswims at stny dot rr dot com)
- 28 Open Water & Long Distance Individual and Relay All Americans will be posted on the Open Water/Long Distance web page
- 29 Deadline to submit copy to DMC for a newsletter to be inserted in USMS Swimmer for the March/April issue
- 30 Open water clinic application distributed to clubs and LMSCs (Mo Chambers– Coaches at usms dot org)
- 31 National Registration Transmittal sent to National Office electronically from on line registration site

- Winter issue of Streamlines ... sent out via email or snail mail
- Other deadlines this month
- Bid packets sent to interested bidders for USMS 2010 SCY and LCM National Championships and Open Water/Long Distance Championships from appropriate committee chairs (Championship: Mark Moore – Championship at usms dot org, Open Water/Long Distance: Marcia Cleveland – LongDistance at usms dot org)
 - Solicitation of information for 2008 Open Water/Long Distance Calendar

FEBRUARY 2008

- 1 Convention Coordinator (Victor Buehler – Convention at usms dot org) sends 2008 requirements to USAS
 - 4th quarter financial reports prepared by USMS Controller (Margaret Bayless – Controller at usms dot org)
 - 7-10 Executive Committee/Board of Directors midyear meeting, Grapevine, Texas. EC arrives on 7th, BOD arrives on 9th.
 - Zone Reps submit list of events for USMS Swimmer calendar for May/June issue to VP Local Operations (Julie Heather – VP-LocalOperations at usms dot org)
 - 13 Editorial copy/information due to USMS Editor for May/June issue of USMS Swimmer (Bill Volckening – Editor at usms dot org)
 - On Deck department calendar entries due to USMS Calendar of Events Editor for May/June issue of USMS Swimmer (Lynn Hazlewood – lynhzlwd at usms dot org)
 - 15 Preliminary SCM Top 10 mailed to LMSC Top 10 Chairs and Records and Tabulation Committee members for proofreading
 - Long Distance and Pool All-American listing due from Records and Tabulations Chair (Ed Tsuzuki – TopTen at usms dot org) and Long Distance Chair (Marcia Cleveland – LongDistance at usms dot org) to USMS Editor (Bill Volckening – editor at usms dot org) for May/June issue of USMS Swimmer
 - 20 Approximate mailing date for March/April issue of USMS Swimmer
 - 23 Article ideas for July/August issue of USMS Swimmer due to USMS Editor (Bill Volckening – Editor at usms dot org)
 - 25 Responses due from SCM Top 10 proofreading to Nationals Swims Administrator (Mary Beth Windrath – mbwswims at stny dot rr dot com)
 - 29 National Registration Transmittal sent to National Office electronically from on line registration site
- Other deadlines this month
- Pre-meet site visit by Championship Committee liaison to SC Nationals host (University of Austin, Austin, TX)

Contact Updates...

Marcia Benjamin (Pacific) – msbenjamin at earthlink dot net
Bob Crook (Southeastern) – rjcrook ATmontesano dot org
Sue Ehringer (Kentucky) – 1117 Dieterlen Rd, Henryville, IN 47126

Judy Gillies (Arizona) – jgillies2 at cox dot net
Susan Kirk (New Jersey) – sqkirk at gmail dot com
June Krauser (Florida Gold Coast) – 954-533-0165
Jane Masters (Border) – 224 Stratus, El Paso, TX 79912-3822
Richard and Joan Smith (Pacific) – randjsmith at earthlink dot net
Mary Beth Windrath (Minnesota) – 20 Gardner Place, Apt 80, Oneonta, NY 13820, mbwswims at stny dot rr dot com
Max Veltman (Border) - 1901 N 16th St, Boise, ID 83702-1136

New LMSC Officers

A full list of LMSC Officers can be found at www.usms.org/lmsc/lmscofficers.php

Delaware Valley

Chairman – Vibeke Swanson – vikye at adiotel dot com
Fitness – Keiichiro Yoshida – kyoshida at cedarcrest dot edu
Registrar – Patrick LeeLoy – pleeloy at yahoo dot com
Top Ten – jen Hensell – hensell at mac dot com
Vice Chairman – Laurie Hug – hug_l at yahoo dot com
Webmaster – Dan Allen – dallen at issisystem dot com

Florida Gold Coast

Registrar – Barb Protzman – swimbarb at hotmail dot com
Nebraska (formally called Midwestern)
Treasurer – Kim Locatis – Kimberly.locatis at bankof the west dot com

Inland Northwest

Registrar – Paige Buehler – paige at galacticnorth dot net

Michigan

Chairman – Fred Nelis – swimmasters at hotmail dot com
Fitness – Jennifer Parks – jenswims at aol dot com
Open Water/Long Distance – Miriam Nowak – wildcatpolo at yahoo dot com
Registrar – Janet Jasker – mastersreg at Ameritech dot net
Secretary – Corrin Popp – poppsc at harpercreek dot net
Treasurer – Mark Spore – mspore at yahoo dot com
Vice Chair – Ralph Davis – rdavis6114 at aol dot com

North Carolina

Chairman – Jerry Clark – jerryclark at bellsouth dot net
Secretary – Greta van Meeteren – quilter at pinelink dot org
Treasurer – Elizabeth Nowak – nowak001 at mc dot duke dot edu
Vice Chairman – Ruth Battle - batt2355 at bellsouth dot net

North Dakota

Treasurer – Randy Pederson – pedersonrandy at gra dot midco dot net

Ohio

Coaches – Aaron Dorfman – acdorfman at health-partners DOTorg
Fitness and Safety – CJ Rushman – cjswamuc94 at aol dot com, cjswam at yahoo dot com
Officials – Trevor Warren – trevorwarren at msn dot com
Sanctions – Dave Abineri – dabineri at fuse dot net

Ozark

Communications and Webmaster – John Pohlmann – johnp at siu dot edu
Registrar – Hap Gentry – rhgentry at earthlink dot net
Sanctions – Mary Pohlmann – marypohlmann1 at Verizon dot net

Pacific

Treasurer – Linda Shoenberger - lindaloves2swim at sbcglobal dot net

Potomac Valley

Fitness – Diana Corbin – Diana_m_corbin at hotmail dot com
Long Distance – Ann Svenson- annb48 at earthlink dot net
Secretary – Cheryl Wagner – cherylw at crosslink dot net

Southern

Chairman – Bill Cleveland – w.s.cleveland at worldnet dot att dot net

Convention News

2009 Open Water and Long Distance National Championships

Open Water

>6 Mile: Harbor Springs, MI, TBA
3-6 Mile: Big Shoulders, Chicago, IL, September 12th
1 Mile: Millerton Lake, Clovis, CA, TBA
2 Mile Cable: Lake Placid, NY, TBA
1-3 Mile: Canandaigua, NY, July 18th

Postal

One Hour: Ohana, Pacific Northwest
3-6K: Clemson, SC
5-10K: Minuteman, New England Masters

2009 Pool National Championships

Short Course Nationals – Clovis, CA
Long Course Nationals – Indianapolis, In

Attention Sanction Chairs

Please submit all sanctioned events to the USMS Calendar of Events at www.usms.org/comp/eventform.php
As a service to our members, USMS would like to have all sanctioned events listed in the calendar.

Committee News

Rules Corner

By Kathy Casey, USMS Rules Chair

Major Changes or clarifications affecting swimming rules as passed at Convention (rule changes are effective January 1, 2008):



1. For breaststroke kick, the words “while wholly submerged” have been deleted from “After the start and after each turn, a single butterfly (dolphin) kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull.” (101.2.3, page 2)

2. Relevant rules for recognition will be listed in 202.2.1E (page 54) and include the following: Article 101 (Starts, Strokes, and Relays) or Article 108 (Swimmers with a Disability); Article 103.12.3 (Timing Resolution); Articles 103.13.1, 103.13.2, 103.13.3, 103.13.4, and 103.13.6 (Official Time); Articles 105.1, 105.2.1, 105.2.2A, 105.3.2, 105.3.7A, and 105.3.10 (Records and Top 10 Times); and Articles 107.2.1, 107.2.3A, 107.3, 107.11.1, 107.11.2, and 107.13 (Minimum Standards for Facilities). Contact Kathy Casey (rules@usm.org) for a detailed explanation.

3. At recognized events, relay leadoff split times that conform to 103.13.1 and 105.2.2A will be recognized for events listed in 102.5 (USMS membership is not required for the other members of the relay team, and the relay event itself need not conform to 102.5). This will be included in 202.2.1E, relevant rules.

4. Times from nonconforming events will not count for USMS records and Top 10 times (202.1.1F[3], pages 53-54) except for initial distances and relay leadoff split times for distances that are also events defined in 102.5 (page 7). For example the leadoff split time for a 50 fly from a 200 butterfly relay (a nonconforming event that has been announced in the meet information and entry form) could count as an official time, but the time from the 200 butterfly relay does not count for an official time since that is not an event listed in 102.5. For an individual event, the 200 initial distance of an 800 breaststroke event could count as an official time, but the 800 breaststroke time does not count for an official time.

How does your LMSC or meet hosts do at running meets according to the rules?

1. Is the primary timing system a fully automatic timing system, 3 semiautomatic buttons per lane, or 3 watches per lane in order to meet national and world record requirements?
2. Are 50-meter split times at long course meets recorded by fully automatic timing? (Remember, 50-meter split times recorded by 3 watches count only for World records.)
3. Is the referee a certified official?

4. Are timers assigned to every lane?

5. Are the pools measured and certified for proper length?

Question: If the primary timing system is two semiautomatic buttons but two watches were added for a particular swim, can that swim count for a national or world record with two semiautomatic button times and two watch times?

Answer: No. National and world records require 3 buttons or 3 watches if fully automatic timing is not the primary timing system (103.13.3, page 25). Exceptions to this occur only when there is a primary timing system malfunction (fully automatic or semiautomatic), and the rules include clear procedures for adjusting times due to such malfunctions (103.12.4C, D, E, and F, pages 22-24).

For any questions about rules contact Kathy Casey, USMS Rules Chair, rules@usms.org.

Help Needed Searching for Results

The History and Archives Committee and the Open Water & Long Distance Committee are searching for results and missing date and location information for the AAU Masters and USMS Masters Long Distance National Championship Events listed below. We are also looking for copies of the *SWIM SWIM Rough Water Results Handbook* distribution date Nov. 15, 1981, and any other Rough Water results issues. If you have any of these results or the missing date and location information, please email Barbara Dunbar at Archives(at)usms(dot)org.

Year, Event, Date, Location

- 1974 AAU National Open Water Championships - Masters events:
men 2-mile cable & women 1.5 mile cable, July 24-25, 1974, in Lake Placid, NY;
- 1979 AAU National Open Water Championship – Masters 10 mile (marathon event), July 22, 1979, Seal Beach, CA (Huntington Beach to Seal Beach, CA);
- 1980 AAU National Long Distance Championships, 2-mile event (¼ mi closed course straightaway cable), August 3, 1980, Lake Clare, Huntington, IN;
- 1981 Quarter-mile Straightaway (2-mile cable event), Huntington, IN;
- 1981 Open Water 3 miles - Seal Beach, CA;
- 1981 Marathon ? 10 miles - ? Seal Beach, CA;
- 1982 Quarter-mile Straightaway (2-mile cable event), July 1982, Huntington, IN;
- 1982 One Mile Open Water (new event), December 1982, Ft. Lauderdale, FL;
- 1982 Open Water 3 miles, July 1982, Seal Beach, CA;
- 1982 Marathon 10 miles, July 1982, Seal Beach, CA;

Committee News

1983 Quarter-mile Straightaway (2 miles) July 16-17, 1983, Lake Clare, Huntington, IN, part of the 26th Annual Glen Hummer 2 Mile cable event hosted by Huntington YMCA, Huntington, IN,
1983 USS/USMS National Long Distance Championships (2-6 mi open water), July 17, 1983, 3 mile at Seal Beach, CA;
1983 USS/USMS National Long Distance Championships (Marathon Type, >6 miles), July 17, 1983, 10 miles at Seal Beach, CA;
1984 Quarter-mile Straightaway (2 miles);
1984 Open Water (1.5-3.0 miles); ? miles – maybe July 15, 1984, 3 mile at Seal Beach, CA;
1984 Open Water (3.5-5.0 miles);
1984 Team (approximately 6000 yards), probably there was no bid;
1984 Marathon Type (>6 miles), ? 10 miles – maybe July 15, 1984, 10 mile at Seal Beach, CA;
1985 One Mile, Atsion Lake, New Jersey (Mid-Atlantic Masters?)
1985 Open Water (3.5-5.0 miles), 3.5 miles - Seal Beach, CA
1985 Marathon Type (>6 miles), 10 miles - Seal Beach, CA
1985 Team (approximately 6000 yards), University of Alabama (no evidence that it took place)
1986 One Mile, “Glen Hummer” in Indiana
1986 Quarter-mile Straightaway (2 miles), “Glen Hummer” in Indiana
1986 Open Water (1.5-3.0 miles), 3 miles - Seal Beach, CA
1986 Marathon Type (>6 miles), 10 miles - Seal Beach, CA
1986 Team (approximately 6000 yards), Midwestern Masters (see conv. minutes ‘85)
1987 One Mile, Bolsa Chica State Beach, CA
1989 Open Water (>6 miles), 10 miles - Seal Beach, CA
1991 Open Water (3.5-5.0 miles), 5 miles - San Pedro, CA

2008 World Championship Training Camps

Come join us for team camaraderie at one of our several training camps.

The training camp program is designed for dedicated Masters Swimmers who are committed to advancing their performances and skills. This program is offered to Masters Swimmers and coaches who will be attending the XII FINA World Championships in Perth. Pool time will be dedicated to conditioning and technique improvement. Swimmers will train in 50m pools and attend one to two workouts a day training and getting to know fellow swimmers and coaches. This program has been made possible through the combined efforts of the USMS FINA World Championship coaching staff.

New USMS 25K Championship

On Saturday July 19, 2008, USMS will hold it's first ever 25K Championship in Noblesville, Indiana. Both a solo and relay race will be held in Morse Reservoir. All solo participants will need to submit an application that demonstrates their ability to complete the distance. Relays will consist of 5 members, with each member swimming a complete 5K. The number of solo and relay entries will be limited. More information will be available shortly at www.USMS.org/longdist.

USMS Endowment Fund

FROM LITTLE ACORNS, MIGHTY OAK TREES GROW!
In just over 10 years, from the birth of the USMS Endowment Fund as a concept worth considering to a reality that is growing daily, the Endowment Fund is approaching total funds of nearly \$300,000.00! In addition to the initial direct funding from USMS, the one dollar check off and personal contributions in memory or honor of an individual, the investment earnings have been substantial. Last year, our earnings on investments were over 16 percent! As the Endowment Fund grows, the opportunity to provide significant grants to worthy applicants grows along with it. With a suggested annual spending rate of five percent, we are now in the wonderful neighborhood of providing a significant amount of money to assist qualified programs. Please keep in mind both the potential for grants (check out the materials on the USMS website) and the value of a donation to the Endowment Fund as a special means of honoring or remembering a USMS member. If you have any questions concerning the Endowment Fund, please contact me! DChurch@cchalaw.com

International Swimming Hall of Fame - Webcast

The ISHOF website now has a Masters edition webcast that can be found on their at website: ishof.org/inside_ishof/index.htm

2008 Check-Off Challenge

From Block to Wall... Swim Them All!

Contact Raena Latina at raenalex@hotmail.com for an entry form or go to www.usms.org/fitness/content/fitnesssevents

Rule Books

Each LMSC receives 1 complimentary Rule Book and that is sent to the Registrar. If your LMSC would like to order one or more 2008 Rule Books or Mini Rule Books, please send your order into the National Office before December 15th. Those orders received will have their rule books shipped directly from Gateway as soon as they are ready.

USMS Brochures

Could I Be A Masters Swimmer? and Add Value to your Aquatic Facility are available at the USMS National Office. The Brochures are free, you just pay for postage (100 fit in a flat rate, USPS Priority Mail Envelope for \$4.60). Contact the National Office for postage rates on larger quantities.

USMS Planners

USMS Planners will soon be available at the USMS National Office. Members of the USMS Marketing Committee are revamping the planner and it will be BETTER THAN EVER! The Planner is an invaluable resource for keeping track of your swimming activities and progress, as well as a calendar for recording workouts and schedules. Valuable coupons from our sponsors, found in the back of this Planner will save you money on your swimming necessities. The Planner is free, you just have to send a self addressed stamped (\$.58) envelope (5 x 7) and upon receipt, a Planner will be sent right out to you.

Are you a coach? Are you hosting a meet? Order in quantity and give them out to all your members/participants. Contact the National Office for postage fees.

Passings

Jack Buchanan

Jack was a teacher and coach at Englewood High School in Colorado and founder of Colorado Masters Swimming. He hosted the first Colorado Masters State Meet in 1972, and he took a team to nearly all of the national meets since 1974. He served USMS on many national and local committees. He loved people and never knew a stranger. Jack's warm heart, beaming smile, unwavering friendship and enthusiasm for life will be missed by all. Jack is survived by his wife Peggy, two children, four stepchildren and a brother.

Paul Fortoul

With sadness, the Board of the Metropolitan Local Masters Swim Committee announce the passing of Coach Paul Fortoul on Saturday December 8, 2007 from rapid onset complications of a serious illness diagnosed a few months ago.

Paul was a constant presence in both the Metropolitan LMSC and LSC as well as the serving the national governing bodies for more than three decades. He deeply affected both the masters and age group athletes he coached. Few have served the swimming community in our area and in the gay/lesbian aquatics movement in such an enduring way.

Insurance Certificates On line

Proof of insurance for USMS Clubs.

A location your club is swimming at might ask you to be added as additional insured to your policy. You can now process this request yourself directly over the Internet 24 hours a day, 7 days a week. Please call Carmen Van Boening at 1-800-777-4930 # 10 with any questions. Make sure that you are online when calling, so Carmen can guide you through the program

Go to www.certificatesnow.com

1. Enter your User ID - 2 digit LMSC number, a dash (-), your 3 digit club number (Example - xx-xxx)
2. Enter your Password – MASTERS (in capital letters)
3. Click on "Deliver Certificates" in the middle of the screen
4. Select the "2007 Masters Certificate" and hit continue
5. Either:
 - a. Select a Recipient and hit Continue
 - b. Change a Recipient by clicking on the blue name. The field will open and you can edit the information. Make sure to save the information, select the Holder and hit Continue
 - c. Add a New Recipient. click on New Recipient, a window opens. Enter name, address, city, state, zip, country of the location that asked you for this Certificate.

Choose a delivery method. You have the option to e-mail, fax, US-Mail, or save only. Depending on the method you choose you need to enter the information in the appropriate field. (Example - if you choose e-mail you will need to enter the e-mail address).

Click Save, Select the Recipient and hit Continue

Please do not add your own swim club name or any individual person as recipient. It has to be the facility or company that asked you for this Certificate and you always need the facilities address, no matter which delivery method you choose.

6. Review Information and hit continue.
7. Review Delivery Method and hit continue.
8. This is the last screen. For a copy of the Certificates for your files check the box and a copy of the certificate will be e-mailed to you. A copy will be sent to the main e-mail address that is registered with US Masters Swimming.
9. Hit Deliver Now and you will be brought back to the beginning and this means that your certificate was sent out. The system may take up to 48 hours to deliver the certificate.