Spring Nationals Preview



Race to glory in the newest aquatics center in the country

he concrete, steel and tile at the Greensboro Aquatics Center will be as sparkling as the water when you dive in at the newest aquatics center in the country. The bid for the U.S. Masters Swimming 2012 Spring National Championship inspired the scheduling of 45 other swimming events at this premier facility, including the USA Synchro Olympic Trials.

Don't miss out on this opportunity to take your swimming performance to new heights and experience all the city of Greensboro, N.C., offers, including Revolutionary War sites, art galleries, cultural events, wineries and more.

THE POOL? DRUM ROLL PLEASE ...

The facility opened in August 2011, hosted the USMS High Performance Camp, and now serves as the training pool for two Masters and two age group teams. GAC is adjacent to the Atlantic Coast Conference Hall of Champions and is part of the Greensboro Coliseum Com-



plex, a multifaceted sports and entertainment complex that includes the 23,500-seat Greensboro Coliseum, 2,400-seat War Memorial Auditorium, 300-seat Odeon Theatre, 167,000-square-foot Special Events Center, 4,500-seat mini-arena and the 30,000-square-foot Pavilion.

The 78,000-square-foot, 2,500-seat aquatic center features three separate pools, including a 50-meter, double-bulkhead competition pool, a diving well and an instructional pool. The meet will be run in two adjacent eight- to 11-lane courses in the competition pool, with 7-foot-wide lanes and water deeper than 9 feet. Deep, stainless steel gutters guarantee smooth, fast water in every lane.

Throughout the meet, swimmers will be able to warm up and cool down in the diving well and instructional pool, which offer a total of 12 lanes. The facility also boasts top-of-the-line starting blocks, stateof-the-art Colorado timing system, and a Daktronics videoboard. Athletes will breathe easy in this facility, where a UV filtration system reduces chlorine fumes in the air.

With a total of 450 lockers, abundant showers and numerous facilities in four locker rooms, there will be no frustrating waits. Swimmers will register, visit vendors and pick up awards in the adjacent coliseum complex. There will be 6,000 parking spots, including some RV spaces, available for a fee outside the venue, and meet hotel shuttle passes can also be purchased.

A HISTORICAL HOTSPOT NEAR MOUNTAINS AND OCEAN

Located in the Piedmont or Eastern Seaboard region of North Carolina, Greensboro is an hour's drive from the Blue Ridge Parkway and a three-hour drive from the Atlantic Ocean. The

TRAVEL INFORMATION Ground Transportation and Airport

Major airlines, including Allegiant, American, Continental, Delta, United and US Airways, serve Piedmont Triad International Airport (GSO). The airport is located 15 minutes from the Greensboro Aquatic Center.

Car rental is available at the airport. Discounted rates are available for USMS Nationals participants from Enterprise (5 percent discount) and National (10 percent discount). To access the Enterprise discount, use the following link: www.enterprise.com/car_ rental/deeplinkmap.do?bid= 002&cust=L53M209. The promotional code is USM. To access the National discount, go to National's website at www.nationalcar. com, click on rates and reservations; where asked for "contract ID," enter account code XZL5307; then where asked for "rate/product code," enter USM.

The Sheraton Greensboro, meet headquarters hotel, has a complimentary shuttle to and from the airport. Taxi service is also available from the airport to local hotels and the GAC.

Additional Facility Information

Meet merchandise and concessions, including healthy options, will be available on site. Facility management requests that no outside food or beverage be brought into the venue. The GAC has substantial parking spaces on site. There will be a daily parking fee of \$5, or a pass for all five days of the event (April 25– 29) can be purchased for \$20. The parking area includes spaces and electrical hookups for RVs and campers. For those spaces, the fee is \$45 per day and reservations can be made at greensboroaquaticcenter. com/directions.

Social Events

The Spring Nationals social will be held on Saturday evening, April 28, beginning at 7:30 p.m. at the Terrace at the Greensboro Coliseum Complex. The social will feature a full buffet dinner, beer and wine, live bluegrass band, dancing and other entertainment. The cost is \$25 per person. Shuttle buses will run from host hotels to and from the Terrace during the social.

On Thurs., April 26, at 7:00 p.m., there will be an Officials Reception at the ACC Hall of Champions, adjacent to the GAC. This event is for meet officials and Silver Medal Sponsors only.

On Friday evening, April 27, from 6:30 p.m. to 11:30 p.m., a continuous shuttle bus will run from host hotels to Greensboro's downtown entertainment district. There are a number of restaurants and bars in this area providing dinner and entertainment options.

Hotel and Shuttle Information

A bus shuttle service is being provided between host hotels and the Greensboro Aquatic Center. The Downtown Marriott will have its own shuttle to and from the GAC. All other host hotels are located along the High Point Road corridor. There will be approximately four stops along High Point Road. The stops currently planned are at the Doubletree, economy hotel cluster. Sheraton and Park Lane. For the economy hotel cluster, the bus will stop near, but not at, the hotels. There will be one stop serving the Baymont, Best Western, Comfort Suites, Drury and Hampton. A half hour between pickups at each stop is currently projected. Cost for the shuttle is \$20 per person if ordered when registering for the meet. For more information on shuttle service for the meet, go to greensboroaquaticcenter.org.

To make reservations at the special Spring Nationals room rates at any of the host hotels for the meet, go to usms.org/ comp/nationals and click on Hotels under the 2012 Spring National Championship listing.

>>> Sheraton Greensboro Four Seasons—meet headquarters hotel (1.5 miles) \$121 3121 High Point Road Greensboro, NC 27407

»» DoubleTree Hotel Greensboro (1.3 miles) \$119 3030 High Point Road Greensboro, NC 27403

>>> Greensboro Marriott Downtown (3 miles) \$119 304 North Greene Street Greensboro, NC 27403

 Park Lane at Four Seasons (1 mile) \$99
 3005 High Point Road Greensboro, NC 27403

Economy Hotel Cluster

Baymont Inns & Suites
 (1.9 miles) \$72
 2001 Veasley Street
 Greensboro, NC 27407

Best Western Plus
 Windsor Suites

 (1.8 miles) \$125
 2006 Veasley Street
 Greensboro, NC 27407

 Comfort Suites Four Seasons (1.9 miles) \$129.99
 3308 Isler Street
 Greensboro, NC 27407

>>> Drury Inn & Suites (1.7 miles) \$99 3220 High Point Road Greensboro, NC 27407

Hampton Inn
 Four Seasons
 (1.9 miles) \$99
 2004 Veasley Street
 Greensboro, NC 27407

city offers abundant opportunities for dining, fun and cultural enrichment. Three miles from the aquatic center is the historic downtown district, chock full of antique shops, art museums, coffee shops, specialty clothing shops, three theaters featuring live performances and more than 50 restaurants and bars.

Greensboro was named in honor of Maj. Gen. Nathanael Greene, commander of colonist forces at the Battle of Guilford Court House on March 15, 1781. Although he lost the battle, Greene's forces inflicted such heavy casualties on the British Army that Maj. Gen. Charles Cornwallis withdrew from North Carolina. Colonial troops later trapped Cornwallis at Yorktown, where the British surrendered on October 19.

CONTACT INFORMATION

usms.org www.greensboroaquaticcenter.org facebook.com/usmastersswimmingfanpage

Co-Meet Directors: Don Gilchrist, tomatoz@bellsouth.net 336-508-5644 Hill Carrow, hcarrow@sportsproperties.com 919-678-1651 USMS National Office 1-800-550-SWIM (7946)

Spring Nationals Preview



Browse the Greensboro Historical Museum, featuring exhibits of Jugtown Pottery, the Murphy Confederate firearms collection and the new 8,000-square-foot Voices of a City exhibit. Visit the International Civil Rights Center and Museum, housed in the former Woolworth's retail store where, in 1960, four students from the all-black North Carolina Agricultural and Technical State University sat at the store's whites-only lunch counter, igniting the sit-in movement.

Learn what life was like during American Revolutionary times at the Colonial Heritage Center at Tannenbaum Historic Park. Explore the grounds of Guilford Courthouse National Military Park, where the Battle of Guilford Courthouse took place, or enjoy films and exhibits in the museum.

CHEERS TO YOU

Celebrate a winning day in the pool with wine tasting at one of the many local wineries. At the Grove Winery and Vineyards, French, Italian and Spanish grapes thrive on the slopes of this 44-acre property in the Haw River Valley. Henry Fourrier, president of the Greensboro Convention and Visitors Bureau, says, "Soil conditions in the area match the wine-growing areas of France." Grafts from French plants have enabled the cultivation of very fine local wines.

FAMILY FUN

Marvel over model trains at the Carolina Model Railroaders; stroll through Castle McCulloch, built in 1832, complete with drawbridge, moat and a 70-foot tower; or soar over the trees on the Kersey Valley Zip Line.

Visit the Natural Science Center and Animal Discover Center of Greensboro. Kids up to age 10 wil enjoy interactive learning fun at the Greensboro Children's Museum. And one of the largest zoos in the country, the North Carolina Zoo, is 30 minutes from the venue.

Families not wanting to venture too far from the water can fish, kayak and canoe at the Lake Brandt Watershed Park. You won't have to ask your children twice to go to Celebration Station, home of the largest outdoor go-kart track in Greensboro, which also features blaster bumper boats, miniature golf, batting cages and arcade games.

For museum and park hours, a calendar of events for cultural events and much more, check out visitgreensboronc.com.

A HISTORY OF MASTERS NATIONALS EXCELLENCE

North Carolina has hosted two popular USMS national championships: in Chapel Hill (1992, short course) and Raleigh (1984, long course). Meet directors Don Gilchrist and Hill Carrow will carry on the North Carolina tradition of excellence at the 2012 Spring Nationals by bringing in top-notch officials and experts.

"We are going to do an outstanding job," says Gilchrist, who has assembled a crack team of top USMS officials to man the deck. Dozens of volunteers from local age group and college swimming teams and the Greensboro Swimming Association will provide on-site support.

Transportation to historic downtown and other sites of interest will be available. "Our job is to make sure people have just as good a time in the community as they do in the pool. That's the lofty goal we set for ourselves," says Carrow, who also served as meet director during the 1992 and 1984 events. *–SUSAN DAWSON-COOK*

CHECK-IN DEADLINES

Positive check-in is required for the 400 IM and 500, 1000 and 1650 freestyles, and may be required for the 100s and 200s if it is determined that deck seeding is necessary. Check-in may be done in person at the registration area or at usms.org according to the following schedule:

Date	Event	In-Person Check-in*	Online Check-in*
Thurs., April 26	1000 freestyle	Weds. 12:30-7 p.m.; Thurs. by 7 a.m.	Tues. 7 a.mThurs. by 7 a.m.
	1650 freestyle	Weds. 12:30-7 p.m.; Thurs. by 9 a.m.	Tues. 7 a.mThurs. by 9 a.m.
Fri., April 27	400 IM	Weds. 12:30-7 p.m.; Fri. by 7 a.m.	Tues. 7 a.mFri. by 7 a.m.
Sat., April 28	500 freestyle (women)	Weds. 12:30-7 p.m.; Sat. by 7 a.m.	Tues. 7 a.mSat. by 7 a.m.
Sun., April 29	500 freestyle (men)	Weds. 12:30-7 p.m.; Sun. by 7 a.m.	Tues. 7 a.mSun. by 7 a.m.

*All times are Eastern Daylight Time. If the 100 and 200 events are deck-seeded, then all check-in deadlines for these events will be at 7 a.m. the day the event is swum.

INFO PAGE

2012 U.S. Masters Swimming Spring National Championship



Location

Greensboro Aquatic Center 1921 West Lee Street, Greensboro, NC 27403 336-315-8498

Facilities

Please see the first page of the Spring Nationals Preview for a detailed description of the competition facilities.

Eligibility

Participants must be registered Masters swimmers and at least 18 years of age as of April 25, 2012. Eighteen-yearolds must enter the meet by the entry deadline and only 18-year-olds may register with USMS on Weds., April 25, at the venue. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swimming Committee. If there are questions about affiliation, the swimmer shall be entered as "unattached." (See Paper Entries.) International entries must include a copy of the swimmer's Masters swimming registration card and fees in U.S. dollars.

Age Groups

Age for the meet is determined as of April 29, 2012, except for 18-year-olds, who must be 18 by April 25, 2012. Age groups for individual events: 18-24, 25-29, 30-34, 35-39 ... (five-year increments as high as necessary). Relay events: 18+, 25+, 35+, 45+, etc. (10-year increments as high as necessary, determined by the age of the youngest relay member).

Registration

Prior to warm-ups or competition, all participants must register at the meet by signing an emergency card, safety information statement and liability release. Registration will be held at the GAC on Weds., April 25, 2012, from 12:30 p.m. to 7:00 p.m., and on all other days from 6:30 a.m. through the end of competition.

Seeding

All events-with the exception of the 1650, 1000 and 500 freestyles and 400 IM-will be preseeded unless meet management determines that the meet cannot be completed in a timely manner. A decision regarding preseeding and deck seeding for all 100-yard and 200-yard events will be announced at usms.org by April 13, 2012. Two courses will be used for all events. Women's heats will precede men's heats for each event, except that men's and women's heats may be seeded together for the 1000 and 1650 freestyles. A decision regarding this will be announced at usms.org by April 13, 2012. The 1650 and 1000 freestyles and 400 IM will be seeded slowest to fastest by entry time, regardless of age. The 500 free may be seeded slowest to fastest by entry time, regardless of age. All other events will be seeded by age group, with the oldest age groups first, slowest to fastest within each age group.

Event Check-in

Coaches or teammates may check in online or in person for those swimmers whose travel plans do not permit checkin by the deadlines. Failure to check in will result in the swimmer being scratched from the event and the swimmer shall not be permitted to swim that event at another time.

Heat and Psych Sheets

Psych sheets for all individual events will be available at usms.org on or about April 6, 2012. Heat sheets for preseeded events will be available online around April 13, 2012. Heat sheets for deck-seeded events will be posted at various places around the pool deck for swimmers after the check-in deadlines.

Warm-up Times

The competition pool will be open for warm-up on Weds., April 25, 2012, from 1:00 p.m. to 7:00 p.m. On competition days, the competition pool will be open from 6:00 a.m. until 7:50 a.m. and the warm-up pools will be available from 7:00 a.m. until the conclusion of the final event. The competition pool will also be open for warm-up for 30 minutes following the last heat of the 400 IM and 500 freestyle events on Friday, Saturday and Sunday, respectively. The competition pool will be open for at least 30 minutes following the last event each day and until at least 7:00 p.m. on Thurs., April 26.

Warm-up Procedures

Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pools only. Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.15.3). Pull-buoys, kickboards, fins, hand paddles and snorkels are not allowed in the competition pool.

Scratches

Any swimmer failing to report to the proper lane in the correct heat of an event shall be scratched from that event and shall not be permitted to swim that event at another time.

General Meeting

All swimmers, coaches and officials are encouraged to attend or be represented at the general meeting in Greensboro Coliseum Special Events Center, adjacent to the GAC main entrance, on Weds., April 25, 2012, at 6:00 p.m.

Sponsorship Opportunities

A Silver Medal Sponsorship costs \$50 and includes the Officials Reception, Thursday evening, April 26 (no daily food service). A Gold Medal Sponsorship costs \$175 and includes food service all four days of the meet. (The Officials Reception is not included). Both Silver and Gold Medal Sponsors will be recognized in the official program as supporters of Masters swimming. Both can be purchased during online registration. Event sponsorship costs \$300 and includes food service for four days and event sponsor recognition (e.g., "Men's 200 But-terfly, sponsored by Don Gilchrist") in conjunction with that event's listing in the official program. To secure an event sponsorship, please email Co-Meet Director Hill Carrow at hcarrow@sportsproperties.com.

Online Entries

Online entry is encouraged and provides immediate entry confirmation. Visit usms.org/comp/scnats12. Online registration will open no later than February 1, 2012, and will close at midnight Eastern Daylight Time on March 23, 2012.

Paper Entries

Use official entry form or a photocopy of the entire form. Read all instructions and fill out the form completely. Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected (except for 18-year-olds who turn 18 after the meet entry deadline, but before the first day of the meet, who must enter the meet by the meet entry deadline, but may register at the venue on Wednesday, April 25). A legible copy of the swimmer's Masters registration card must accompany the entry form for foreign swimmers. A swimmer whose club affiliation differs from what is listed on his or her USMS registration card must send either a new USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

National Qualifying Times/Number of Events/Sixth Event

Competitors may enter up to three individual events without meeting the national qualifying time, or a maximum of six events if they meet the NQTs; i.e. have swum a time equal to or better than the NQTs during the past two years. All swimmers are limited to three individual events per day. All events must include an entry time. If the meet is deemed too large, an athlete's sixth event may be dropped. On the entry form, indicate this event with a "6" in the designated column. If a swimmer enters an event with a time significantly slower or faster than that swimmer's recorded time in the previous two years, the meet director may change the seed time after a discussion with the swimmer.

Distance Events (1000/1650)

Competitors may enter both distance events if they meet the NQT in at least one of them.

Fees

Fees are \$4 per individual event plus a surcharge per swimmer. The surcharge varies according to date of entry. (See Entry Deadline/Variable Surcharge below.) Fees must accompany the entry form and must be paid in U.S. dollars by check or money order. Do not mail cash. The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars will be required before the entrant is allowed to swim. Refund requests must be received in writing (USPS or email) by March 23, 2012. No refunds will be given for events not swum. The surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers must submit an entry form with payment by the entry deadline. All fees should be payable to "U.S. Masters Swimming."

Entry Deadline/Variable Surcharge/Mail Entry

Online entries are encouraged and will be accepted until midnight, EDT, on March 23, 2012. All mailed entries must be postmarked with an official U.S. postmark (no business meters). Surcharges: Entry Postmarked By March 2 or Entry Received By March 9 Amount: \$50 or Entry Postmarked After March 2 or Entry Received Between March 10 and March 23 Amount: \$60 Entries received after March 23 will be returned to sender. No telephone or email entries will be accepted. Mail entries early. Include a self-addressed stamped envelope with entry for proof of receipt. Do not send certified or overnight mail requiring a signature. Photocopy completed entry forms and personal checks for your records and verification. Mail to: USMS Spring Nationals, 8 Rockwood Lane, Londonderry, NH 03053.

Relay Information

Swimmers can enter relays until 4 p.m. on the day before the relay is scheduled. Each competitor shall be allowed to swim only one freestyle relay, one medley relay, one mixed freestyle relay and one mixed medley relay. The entry fee for each relay is \$12. Relay entries may be submitted at the relay desk in the registration area. Each of the four members of any relay team must be registered with the same Masters club. Relay entry fee is in addition to individual events. Relay entry forms are available for download at usms.org.

Time Verification (Formerly OVCs)

Swimmers needing verification of times or wishing to have their times entered into the USA Swimming SWIMS Database (for entry into USA-S national meets) should complete a form at the meet prior to the swim. Contact the administrative referee at the meet.

Questions/Additional Information

Contact Co-Meet Directors Don Gilchrist at tomatoz@bellsouth.net and 336-508-5644 or Hill Carrow at hcarrow@ sportsproperties.com and 919-678-1651.

2012 USMS SPRING NATIONAL CHAMPIONSHIP OFFICIAL ENTRY FORM

Greensboro Aquatic Center, April 26–29, 2012 >>> Sanctioned by the North Carolina LMSC for USMS Inc.—Sanction Number 132-001

Last name:*		First: MI:					
Street address:	City:	State: ZIP: Country:					
Email:	Day phone:	Eve. phone:					
Age**:DOB: Sex:	_ Emergency contact:	Phone:					
Club Name or Unattached:	USMS or International Reg. #:						
* Print name as it appears on USMS registration card. **All swimmers must be at least 18 years old on 4/25/12.							

Before completing, read meet information on previous page. Check in for all deck-seeded events. Check-in for Thursday starts THE DAY BEFORE and ends at 7:00 a.m. on Thursday for the 1000 and 9:00 a.m. for the 1650. Check-in for all Friday through Sunday events ends at 7:00 a.m. on the day of the event.

Event #	Entry Time Women	6th	Event	Event #	Entry Time Men	6th
Thursday, April 26, 2012		Warm-up 6–7:50 a.m.		Start at 8:00 a.m.		
1			1000 freestyle**	2		
3			1650 freestyle**	4		
Friday, Ap	oril 27, 2012		Warm-up 6-7:50 a.m.		Start at 8:00 a.m.	
5			400 IM	6		
7			100 butterfly	8		
9			200 freestyle	10		
11			50 breaststroke	12		
13			100 backstroke	14		
15	See relay form		200 mixed free relay	15	See relay form	
Saturday	Saturday, April 28, 2012		Warm-up 6–7:50 a.m.		Start at 8:00 a.m.	
17			500 freestyle (women)			
19			100 IM	20		
21			200 backstroke	22		
23			100 breaststroke	24		
25			50 freestyle	26		
27			200 butterfly	28		
29	See relay form		200 mixed medley relay	29	See relay form	
31	See relay form		200 freestyle relay	32	See relay form	
Sunday, April 29, 2012		Warm-up 6–7:50 a.m.		Start at 8:00 a.m.		
			500 freestyle (men)	34		
35	See relay form		200 medley relay	36	See relay form	
37			50 butterfly	38		
39			200 breaststroke	40		
41			50 backstroke	42		
43			100 freestyle	44		
45			200 IM	46		

MEET SURCHARGE (REQUIRED FOR ALL EVENTS) If postmarked by 3/2 or received by 3/9 If postmarked after 3/2 and received by 3/23 Number of individual events Mailed hard copy of final results x \$15 Silver Medal Sponsor x \$50 Gold Medal Sponsor x \$175 Social _x \$25_ Shuttle - X TOTAL FEES ENCLOSED

Internet entries will be accepted starting Feb. 1, 2012. Please see usms.org for addi-Internet entries will be accepted starting Feb. 1, 2012. Please see usms.org for addi-tional information. Liability release: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a phy-sician. 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 PRO-GRAM 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 MEFTS OB SUPERVISING SUCH ACTIVITIES In addition Lagree to DEFICIATION AT THE MEFTS OB SUPERVISING SUCH ACTIVITIES IN addition Lagree to OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

»» MAIL ENTRIES TO: **USMS Spring Nationals** 8 Rockwood Lane Londonderry, NH 03053

>>> ENTRIES MUST BE **RECEIVED BY MARCH**

□ Entry form filled out completely? □ 6th event clearly marked? (Mark 6th only if entering six events.) □ Seed times in proper columns? □ No more than three individual events per day entered? □ Liability release signed and

23, 2011.

ENTRY CHECKLIST

□ Fees payable to "USMS"

□ SASE enclosed? (Indicate purpose on envelope.) □ Entry received by March 23,

USMS card or International registration card (if applicable) at-

Questions? Call 336-508-5644 or 919-678-1651 (before 7 p.m. EDT)

> **US MASTERS** SWIMMING

dated?

enclosed?

tached?

2012, deadline?

Signature: _

\$50_

\$60_

\$4

\$20_

\$____

Date: