



2012 United States Masters Swimming Speedo 3000- & 6000-Yard Postal National Championships

Hosted by Long Beach Grunion Swim Team
Sanctioned by SPMA for USMS, Inc. # #####



SAVE PAPER, SAVE TIME, AND AVOID ERRORS: ENTER ONLINE at

https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=3918

DATE: The 3000-Yard Postal and/or the 6000-Yard Postal must be swum in its entirety on or between September 15 and November 15, 2012. **All individual entries must be received by Sunday, November 25, 2012. All relay entries must be received by Wednesday, December 5, 2012.**

DEADLINES: All online individual entry submissions must be completed by 11:59 PM HT on Sunday, November 25, 2012. Mailed paper individual entries must be received by Sunday, November 25, 2012. All online relay entry submissions must be completed by 11:59 PM HT on Wednesday, December 5, 2012. Mailed paper relay entries must be received by Wednesday, December 5, 2012. Complete split sheets must be received with the mailed paper entry form by the event director by Sunday, November 25, 2012 (see SPLIT SHEETS below).

OBJECTIVE: To swim 3000 yards or meters and/or 6000 yards or meters in its entirety in any 25-yard or 25-meter pool you choose. Event results are sent in electronically or by mail so you can compare yourself to other swimmers doing the same event. Some people do the 3000-yard Postal and/or the 6000-yard Postal event for competition, while others do it for fitness; all who wish to participate are welcome. The recorded time you submit determines the order of finish. If two or more swimmers report the same time, a tie will be declared.

LOCATION: Swimmers shall swim the 3000-yard Postal and/or the 6000-yard Postal in any 25-yard pool or 25-meter pool. For events swum in 25-meter pools, swimmers must swim 3000 meters or 6000 meters. **Please submit your splits and final time in the course that you swam your event. Final 25-meter times will be converted automatically by the online entry system by dividing the final times for completing 3000 meters or 6000 meters by 1.0936 and integrating them with 25-yard times.**

ELIGIBILITY: This is a USMS-sanctioned event and all participants must be registered for 2012 with USMS (or the equivalent FINA organization for foreign swimmers) on or before the day of their swim. Foreign swimmers are not eligible for USMS records or All-American status. **A copy of your current 2012 registration card must accompany your entry.**

INDIVIDUAL EVENTS: Men and women compete separately in age groups of five-year increments: 18-24, 25-29, 30-34, ...100+. The swimmer's age on the day he or she actually completes his or her swim will determine his or her age group. Swimmers who change age groups during the event may enter twice, but must swim the event twice, once 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). Each relay member **MUST** also enter the individual event and be registered with the same USMS Club. Unattached swimmers are not permitted on relays. Competitors shall be allowed to swim in only one same-gender and one mixed-gender relay in each postal event. The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+, ...95+. The cumulative time for the individual swims will be the relay time.

CLUB EVENT: Each Club will be entered automatically in the Club event. Club point scoring will be calculated based on Quality Points, which are ratios of each individual time to the corresponding USMS Record for the gender & age group. The faster the swim the more Quality Points a swimmer earns. Club totals will be the sum of the Quality Points of its swimmers. Since every swimmer will receive Quality Points, every swimmer counts!

FEES: \$7 for each individual entry (\$12 for non-US FINA Masters swimmers) and \$18 for each relay entry. Fees are non-refundable and are payable by check or money order only – no cash. Foreign entrants must submit fees in U.S. funds via international money order or bank check drawn on a bank with a U.S. affiliate. **Online entries are preferred.**

AWARDS: The top 10 finishers in each age group in the individual event and the top 3 relay teams in relay events will receive USMS Long Distance National Championship medals. First place finishers in each individual and relay age group will also receive a USMS championship patch. Only one patch per event per participant will be awarded.

RULES: The 2012 USMS Rules govern these events, including [USMS Rule 102.12.1](#) regarding swimwear. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, snorkels, wet suits, etc.) are not permitted. No more than two swimmers may share a lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming). An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps and record cumulative splits every 50 yards or 50 meters. The timing of the event may be done with a stopwatch or electronic timing device. Cumulative split times must be recorded to the nearest second (final times for national records to the nearest 100th) on the [official event split sheet](#) available at http://www.usms.org/longdist/1hr_3000_6000_splits.pdf Any split or final time submitted without tenths or hundredths will be defaulted to .99 second. Any split or final time submitted with tenths (.x) will be defaulted to .x9 second. **Do not enter .00 if you have no tenths or hundredths of a second as a documented split.** A split sheet must be kept for each swimmer and a copy included with the entry form. One person may serve as a counter for no more than two swimmers per heat. A 3000 yard split in the 6000 yard postal event may be submitted for a record if requested in writing and at least two dedicated handheld watches are used to record the record split. It will not be accepted as an entry for the 3000 yard postal event; the events **must** be swum separately. No adjustment may be made for swims completed at altitude.

UNSPORTING CONDUCT: Any act of fraud, deception or dishonesty in connection with this event or knowingly providing false information including name, date of birth, age or gender on this event entry form may result in disciplinary action by USMS pursuant to [USMS Rule 402.3, 402.4.3 and 402.4.4](#)

SPLIT SHEETS: Please use the official split sheet for this event: www.usms.org/longdist/1hr_3000_6000_splits.pdf **Individuals entering by mail MUST include their official split sheets with their entry form for the entry to be deemed complete.** Complete split sheets **will not be required** to be submitted to the event director for individuals entering online **UNLESS** that entrant has broken an individual national record. However, split sheets must remain available upon request of the event director; if it is not provided upon request, the individual entry and applicable relays may be disqualified. Please retain a copy of your completed split sheet for one year after the entry deadline.

RECORDS: If you break a national age group record, the record will be updated on the [USMS Long Distance National Records](#) webpage <http://www.usms.org/longdist/ldnrecords.php> for 2013 and will be printed in the 2014 USMS Rule Book.

T-SHIRTS/CAPS: The 2012 USMS 3000- & 6000-Yard Postal National Championship T-shirts is available for \$17.00 and caps are \$6.00 each.

RESULTS: Complete results will be available by mail or via the internet. Preliminary results will be posted on the USMS website at www.usms.org by December 6, 2012 for two weeks. All corrections must be sent to the event director during those two weeks. Final results will be posted approximately one week later.

RELAY ENTRY FORMS: Please visit <http://www.usms.org/longdist/ldnats12/> to download forms or send a SASE to: 2012 3000/6000 Postal National Championships, Long Beach Grunions, 3350 E 7th Street #123, Long Beach, CA 90804

QUESTIONS: Contact event director: Jacqueline Cole Jacqueline@lbgrunions.org 562.754.9856

Staple a copy of your USMS (or equivalent) Registration Card here.

2012 USMS Speedo 3000-YARD & 6000-YARD POSTAL SWIM NATIONAL CHAMPIONSHIPS INDIVIDUAL ENTRY FORM

NAME: _____ GENDER: _____ AGE: _____ BIRTHDATE: ____/____/____
Name as it appears on Registration Card M/W Day of swim MM DD YY

ADDRESS: _____ PHONE: _____ - _____ - _____

CITY: _____ STATE: _____ ZIP: _____ COUNTRY: _____

CLUB: _____ CLUB ABBR: _____ REGISTRATION NUMBER: _____ - _____
2012 USMS or FINA

E-Mail Address: _____ Check here if you want hard copy results. _____

Check if you want to decline any awards you may earn. _____

Preliminary Results posted at www.usms.org by 12/6/2012

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 _____ **DATE** _____

In addition, I certify that I have read the rules of this competition and that on _____ / _____, 2012,

I swam ___ 3000 yards, ___ 3000 meters OR ___ 6000 yards, ___ 6000 meters in a time of: _____ : _____ : _____.

at Pool name/City: _____

Swimmer's Signature: _____

Verifier's/Timer's Name, PRINTED: _____

Verifier's Phone Number or Email Address: _____

Entry Fee: US\$7 USMS per individual event
 US\$12 - FINA Masters per individual event = US \$ _____

T-Shirts: Indicate Quantity Ordered

Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____
US \$17 each USMS _____ = US \$ _____

Caps: Indicate Quantity Ordered

US \$6 each _____ = US \$ _____

TOTAL Enclosed US \$ _____

Include: Copy of 2012 **USMS** or **FINA**
REGISTRATION CARD, Entry form and split sheet
Check Payable to: Long Beach Grunion Swim Team

Send to: 2012 3000/6000 Postal National Championship
Long Beach Grunions
3350 E 7th Street #123
Long Beach, CA 90804

Must be RECEIVED by Sunday, November 25, 2012.

ONLINE ENTRIES:

https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=3918

FOR OFFICIAL SPLIT SHEET SEE:

http://www.usms.org/longdist/1hr_3000_6000_splits.pdf