



**U.S. MASTERS
SWIMMING**

2013-2-14 "Butterfly is Not a Crime"™ Postal Swim

Aug 29, 2013- Aug 31 2014

Distance is relative, to some 500 yards is a sprint, to others an eternity. Why do freestylers have all the fun?

	Opens	Closes
Event Registration	Thurs, August 29, 2013 7:00 AM EST	Friday, August 15, 2014 11:59 PM EST
Competition	Thurs, October 15, 2013 5:00 PM EST	Sunday, August 31, 2014 11:59 PM EST

Host: Warrenton Masters Swim Team, Warrenton, VA

Meet Director: Charlie Tupitza

Sanction Number: for VA LMSC. Note: Events of "Butterfly is Not a Crime" are non-conforming events and will not be recognized for official records by USMS or FINA.

Goal: Promote alternative stroke swims of butterfly, backstroke and breaststroke for distance events. Encourage swimmers to have fun and participate in unique events that challenge them to do something they thought they couldn't.

Location: This is a postal event. A venue is not provided. Pool Events may be swum in any 25-yard, or 25m short course pool during a swim meet, practice, or on your own with someone on the deck. See Rules below for more requirements. Open water swims must only be swum in separately sanctioned USMS or FINA events for your safety and recognized in this postal event.

Eligibility: Participants must be registered with USMS (or the equivalent FINA organization for foreign swimmers) on the day of their swim. Online entries for USMS members will be verified automatically. Foreign swimmers must submit an electronic copy of their equivalent organization registration card to the director prior to swimming.

Registration and Meet Information: www.swimflyfast.com Swims completed prior to registration are ineligible for this postal event.

EVENTS:

Sprints:	500yd Butterfly 400m SC Butterfly	500yd Back 400 m SC Back	500yd Breast 400m SC Breast
Mid Distance:	1000yd Butterfly 800m SC Butterfly	1000yd Back 800m SC Back	1000yd Breast 800m SC Breast
Distance:	1650yd Butterfly 1500m SC Butterfly	1650yd Back 1500m SC Back	1650yd Breast 1500m SC Breast
IM:	1500yd No-Crawl IM*	1500m SC No-Crawl IM*	* Swim strokes in the order you want!
Open Water:	1-mile open water Butterfly 1-mile open water Breaststroke	2-mile open water Butterfly 2-mile open water Breaststroke	
Sprint Relays:	3x 500yd Butterfly Mixed 3 x 400m SC Butterfly Mixed 3x500yd No-Crawl Medley Mixed*	3 x 500yd Back Mixed 3 x 400m SC Back Mixed 3 x 400m SC No-Crawl Medley Mixed*	3 x 500yd Breast Mixed 3 x 400m SC Breast Mixed

* Swim strokes in the order you want!

Awards: Anyone that sets an Unofficial, Non-conforming, World Record along the way will receive an Official Proclamation from the Mayor of Warrenton VA, the Honorable George B Fitch (co-founder of the Jamaican Bobsled Team 1988 Olympics). All records will be saved and listed on our site. Register early for your chance to be part of swimming history. As time goes on records will be tougher to break. At the conclusion of the event a special recognition award will be given to the top ten swimmers in each individual event and top six relays. Example: if Sally swims the fastest time to date in her age group she will get a proclamation. If Mary swims faster the next day she will get one too.

Fee: \$35 entry fee allows you to swim in an unlimited number of individual events, unlimited number of relays, and earn an unlimited number of unofficial records! No need to identify the events you want to swim in advance. Just submit your results after you swim each event.

Individual Events: Men and women age groups of five-year increments: 18-24, 25-29, 30-34,...100+.

Your age on August 29, 2013 will determine your age group. A swimmer may compete in no more than five individual events per day.

Relay Splits: Individual splits may be also entered as individual event times for swimmers that are still when previous swimmer touches. Why? We want to promote team activity. Timer must certify that swimmer is still for split.

Relay Events: Relay events will be contested as mixed 3 person teams (2 men, 1 woman or 1 man 2 women). You may swim with people from other USMS teams or unattached members. The total ages of your three swimmers determines the team age group example: 54- 74, 75- 89, 90- 104, 105- 119, 120- 134, 135- 149..... Age will be determined by your age on August 29, 2013. You may swim in as many relays as you wish, even relays of the same event but different people.

Result Submissions: All results must be submitted by 11:59PM PST on September 15, 2014.

Send your results in as you swim to have the chance to be an unofficial, nonconforming, and unrecognized record holder. You may swim each event as many times as you want. Keep improving. Event results are sent in electronically via e-mail.

Rules: The 2013 and 2014 USMS Rules govern these events, including USMS Rule 102.12.1 regarding swimwear. 2013 Rules will govern swims completed in 2013, and 2014 Rules will govern swims completed in 2014. 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 on deck to count laps and record. The timing of the event may be done with a stopwatch or electronic timing device. One person may serve as a counter for no more than two swimmers per heat.

Result Submissions: Please include: Full Name, USMS or FINA number, Event name, Times, Dates of swims and the time you started your event. If you swam an Open Water event please include the name of the meet and that events sanction number. Include names of all swimmers for relay events. For open water swims, only swims completed as part of USMS or FINA sanctioned events will be recognized in this postal event.

Email to Results@SwimFlyFast.com Questions/Answers? swimflyfast@warrentonmasters.org or call 703 989-8777.

"This is simultaneously the best and the worst thing that I have seen today." Ellen, Mobile, AL

"Great Idea .. I think we can go with this and make meets much more fun.. If I can make it ... I'll kill you in old man back."
Frank, Bosie ID

"Thanks for holding this event! I have a new check off challenge" Terri , Laural, MD

"You have definitely stretched the envelope." Larry, Reston VA

"I've never seen a meet with such long distances in events other than freestyle – looks intriguing!" Sheila, Gainesville, VA

"I'm in! Need to recruit 2 crazies for the 3 x 500 yard fly relay, anticipate light competition on that one! Swim Fly or Die! "
Paul M, San Mateo, CA

"Sounds like fun! Breaststroke for ever! (Almost)" Sue N. Boulder CO

"Love the concept and agree that we need varieties of motivation to keep our sport growing!" Bob, Bend OR