



Jon Steiner Memorial Mile **2015 TAM POSTAL 1650**

Swim for Lung Cancer Research

No Set Fee -- Pay What You Want

50% of all proceeds are donated to:

Bonnie J. Addario Lung Cancer Foundation

In honor of the event's founder: Jon Steiner

How To Participate

- WHAT YOU NEED:** A pool at least 25 yards in length and someone to time you.
- DISTANCE:** 1650 yards or 1500 meters swum in a meters pool (50 m. or 25 m).
- DATE:** Anytime between Jan 1, 2015 and February 28, 2015. Entries must be postmarked by Tuesday, March 10, 2015.
- AGE DIVISIONS:** 18-24, 25-29, 30-34, . . . , 100+, male and female.
- ELIGIBILITY:** All swimmers registered with USMS for 2015 are eligible to participate.
- RELAYS:** 4 person relay entries will be accepted in the following age groups: 18+, 25+, 35+, etc., male, female, and mixed. **Each person swims (and must**

individually enter prior to submitting the relay entry) the 1650; relay entries are scored on total combined time for the four (4) 1650s.

TEAM COMPETITION: Each year, the team with the highest percentage of membership participating in the event will receive an award. Three teams will win, one each from among the small, medium, and large team entries. Simply inform the event director (Glenda Carroll, ggcarroll43@gmail.com) that your team is participating and of the total membership of your team.

MASS TEAM ENTRIES: In order to make entering easier for teams with many participants, an excel spreadsheet can be provided that indicates the information required and that is prepopulated for swimmers on the team who have participated in past Postal 1650 swims. Contact Glenda Carroll, ggcarroll43@gmail.com for a spreadsheet for your team.

RULES: All USMS and PacMasters rules apply. A split sheet with 50 yard/meter splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted. Meters times may be converted to yards times by dividing by 1.02.

Note: We are not requiring that you submit split sheets. However, please hold onto your split sheet so that we may verify records, if necessary.





2015 TAM Postal 1650 Entry Form

Must be postmarked by Wednesday, March 10, 2015.

We are old school. Mail-in entries only. Make check out to: **TAM.**
YOU MUST SUBMIT A COPY OF YOUR USMS REGISTRATION CARD WITH THIS ENTRY.

Mail entry form to: Glenda Carroll, 21 Windsor Ave., San Rafael, CA 94901.

Questions: 415-454-6327, ggcarroll43@gmail.com

Name _____ Email _____

Address _____

_____ Male _____ Female _____

Phone: _____

Date of Birth: _____ Age at time of swim _____

Team Name _____

Team Abbreviation _____ USMS# _____

Time: ____ : ____ . ____ . Date Swum: (mm/dd/yy) _____

Please enter time to the 100th of a second. (Example: 24:12.12)

Did you swim in a pool that was 25 yds _____ 25 meters _____ 50 meters _____

Payment

Remember, you decide what to pay. 50% of your fee goes to lung cancer research and is tax deductible. Make check out to **TAM.**

My payment is: \$ _____.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise 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 AND/OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by time rules and regulations of USMS for Open Water Events. In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature _____

