

USMS/Pacific Masters Sanction: TBD



Jon Steiner Memorial Mile **2016 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, 2016 and February 29, 2016. Entries must be postmarked by Friday, March 11, 2016.
- AGE DIVISIONS:** 18-24, 25-29, 30-34, . . . , 100+, male and female.
- ELIGIBILITY:** All swimmers registered with USMS for 2016 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, gglcarroll43@gmail.com](mailto:gglcarroll43@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, gglcarroll43@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.





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2016 TAM Postal 1650 Entry Form

Must be postmarked by Friday, March 11, 2016.

We are still 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 you want to pay. 50% of your fee goes to lung cancer research and is tax deductible. Make check out to **TAM.**

My payment is: \$ _____.
