

30-Minute Fitness Swim Challenge

Hosted and Sanctioned by Pacific Northwest Association of Masters Swimmers (PNA), for USMS, Inc. Sanction #0367-06

What is the 30-minute fitness challenge?

The 30-minute challenge is a fitness postal event designed to motivate you to swim continuously for 30 minutes. It can add to your overall fitness, measure your fitness level and may motivate you to compete in longer distance swims such as the one-hour postal swim. See how far you can swim. You can do this on your own or you can do it as a team during practice. If you want to see the yardage by your name in the results, send in your yardage. There is a commemorative certificate for all those who swim and enter the event. Also, event tee shirts may be purchased.

When and where can I take the challenge?

You can take the challenge anytime in 2007. Your whole team or workout group can do the challenge, as award certificates will be awarded to the top three teams or workout groups having the most participants. You can enter once in the first six months (January -June) and once again in the second six months (July-December) or for the entire year. Swims must take place in 2007. Your coach or other verifier can certify your entire team, if you do the swim during a practice. You can swim in any pool 20 yards or longer. (If you swim in a meter pool and submit your distance, multiply the distance swum by 1.0926 and round down to the nearest five-yard increment. Submit the distance in yards.)

What are the rules for the challenge?

Each swimmer must have a verifier to certify you swam continuously for 30 minutes. A verifier can be your coach, a counter, a teammate, spectator, or a lifeguard. Floating and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Two or more swimmers may share a lane. Measure your progress by submitting your distance. Count your distance while you swim, or ask a friend to help.



An optional split sheet form is available to make it easier for anyone who may count for you. If you would like your swim to be even more accurate a counter can time the event with a stopwatch and record your distance.

What are the fees and what do I receive for completing the challenge?

Entries are US \$5 per swimmer for US (\$8 for non-US swimmers). All fees are non-refundable. Make checks payable to PNA and mail entries to the address on the entry form. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. All entries must be received by January 10, 2008.

You will receive an 8 1/2" x 11" commemorative certificate of completion sometime before February 10, 2007. Results will be posted on the USMS website under the fitness section. These results will show the names alphabetically of those that accepted the challenge, completed the 30-minute swim, and submitted their entry form. If you submit the distance you completed, this will also be posted. T-shirts are available at a cost of \$15 each. (International orders US \$20.)

Who may enter the 30-minute challenge and how can I enter?

The event is open to registered Masters swimmers.

Enter by filling out the entry form on the next page.

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Sanction # 0367-06

2007 USMS 30-Minute Fitness Challenge Entry Form

NAME _____ USMS# _____
(print as it appears on registration card) (include copy of 2007 USMS Registration Card)
ADDRESS _____ PHONE _____
CITY _____ STATE _____ ZIP _____ GENDER: M F
EMAIL _____ AGE _____ BIRTHDATE _____ (MM/DD/YY)
CLUB _____ CLUB ABBR. _____

WAIVER: 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 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.

I certify that I have read the rules of this competition. On _____ (date)
I swam continuously for 30 minutes at _____ (pool name/city).
Swimmer's Signature _____ Date _____
Verifier's Signature _____ Date _____
I swam approximately _____ yards. I swam: as part of a team practice _____
on my own _____. Include: PHOTOCOPY of USMS Registration, and Entry Fee

Entry Fee \$5.00 (US Only) \$8.00 (International/non-US) \$ _____
T-Shirt Order: Indicate T-shirt Quantity Ordered: \$15/shirt \$ _____
Small ___ Medium ___ Large ___ X-Large ___ XX-Large ___ \$ _____

Send Entries and Fees to:

Lee Carlson, 17340 Golden View Avenue, La Conner, WA 98257