

30-Minute Fitness Swim Challenge

Presented by the O*H*I*O MASTERS SWIM CLUB

Sanctioned by the Lake Erie LMSC for USMS, Inc. #18-1011231

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 will be a commemorative certificate and/or T-Shirt available for those who enter.

When and where can I take the challenge?

You can take the challenge anytime in 2004. 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. Your whole team can take the challenge. Swims must take place in 2004. 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?

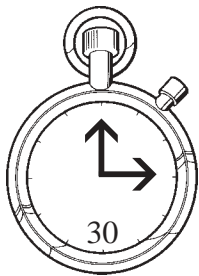
Entries are US \$5 per swimmer for US (\$8 for non-US swimmers). All fees are non-refundable. Make checks payable to O*H*I*O Masters Swim Club and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. All entries must be received by January 10, 2005.

You will receive an 8 1/2" x 11" commemorative certificate of completion sometime before February 10, 2005. 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 an 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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2004 USMS 30-Minute Fitness Challenge Entry Form
Sanctioned by the Lake Erie LMSC for USMS, inc.

NAME _____ REG. NUMBER _____
(Print-As it appears on registration card) (Include COPY of 2004 USMS Reg.)

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ GENDER M F

E-Mail Address: _____ 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.1

I certify that I have read the rules of this competition. On _____ I swam continuously for 30 minutes at _____
(Date) (Pool name/City)

Swimmer's Signature _____ Date _____ Verifier's Signature _____ Date _____

I swam approximately _____ yards

I swam as part of a team practice _____ I swam this on my own _____

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 ___ \$ _____
 International @ \$20/shirt: (includes shipping) \$ _____
 Total (US \$) \$ _____

Include: PHOTOCOPY of Masters 2004 Registration Card,
and this Official Entry form

Check Payable To: O*H*I*O Masters Swim Club
Send Entries to: Tom Spence, PMB 112, 46 Chagrin Plaza,
Chagrin Falls, OH 44022 (Talltom13@msn.com)