



2002 United States Masters Swimming
5 K and 10 K Postal National Championships
 Sponsored by Sawtooth Masters
 Sanctioned by Snake River for USMS; Sanction # 2002-001

EVENTS: National Championship 5 Kilometer (5,000 Meters) and 10 Kilometers (10,000 meters) timed swims. Submit official splits and entry form by mail.

LOCATION: Swim in any 50 meter pool. The 5K is 100 Lengths and the 10K is 200 lengths.

DATE: The swim must be completed on or between May 15 and September 30. *THE EVENT DIRECTOR MUST RECEIVE YOUR ENTRY BY OCT. 10, 2002.*

ELIGIBILITY: Open to all USMS members with valid 2002 registration. *A PHOTOCOPY OF YOUR 2002 CARD MUST BE SENT WITH YOUR ENTRY.* Foreign swimmers 19 years and older are invited to participate. Proof of membership in your nation's recognized masters swimming organization is required. Foreign swimmers are not eligible for USMS records or All-American selection.

INDIVIDUAL ENTRIES: Men and women compete separately in five year age groups: 19-24, 25-29, 30-34... 100+. The swimmers actual age on the day of their swim determines their age group.

DUAL ENTRY: Individuals who change age groups during the time of the event may enter twice but must swim the event twice, one time at each age.

TEAM EVENTS: Team events will be contested in three categories: 3 men, 3 women, 4 mixed (2 men/2 women). Each team member must enter the individual event and be registered with the same club. Unattached teams are not permitted. The youngest team member's age shall determine the team's age group. Teams must swim in the oldest age group for which they are eligible. Age groups are 19+, 25+...95+. The cumulative time for the individual swims will be the team time.

SCORING: Club scoring will be tabulated based on the top ten individual finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be tabulated for the men, women, and combined in both 5K and 10K events.

AWARDS: The top three finishers in each age group in the individual and team events will receive USMS Long Distance National Championship medals. First place finishers in each age group will also receive a USMS championship patch. Awards will be presented to the top three clubs in each category.

RULES: The 2002 USMS Rules govern these events. Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. When two swimmers share the same lane, each swimmer shall swim on one side of the lane during the entire race (no circle swimming). The referee shall establish procedures to prevent drafting if more than two swimmers are competing in a lane. An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer shall have a counter to record split times for every two lengths. One person may serve as a counter for no more than two swimmers per heat. The counter's name and phone number must be included on the entry form. Stopwatches or electronic timing must be used to ensure that an official swim can be recorded to the nearest hundredth of a second. Backup stopwatches should be started and left running in case the official timing system fails. A 5K split in the 10K event may be submitted for a record if requested in writing. It will not be accepted as an entry for the 5K; the events must be swum separately.

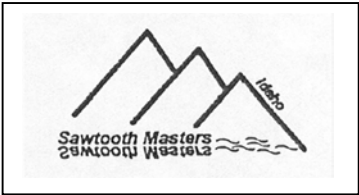
FEES: \$10 for each individual entry and \$12 for each team entry. Fees are non-refundable; do not send cash. Foreign entrants must submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

RESULTS: Complete results will be available by mail or via the internet. Awards and caps will be mailed by November 10, 2002.

CAPS: Commemorative caps may be purchased for \$6.50. (\$8.50 for non-US delivery).

QUESTIONS: Contact event director, Jill Wright at 208-338-5287 (before 9:00 PM Mountain Time). E-mail: swimjmw@aol.com.

TEAM ENTRY FORM		Event: 3 X 5K	3 X 10K	4 X 5K	4 X 10K
Club name: _____	Club abbr. _____	M _____	F _____	Mixed _____	Age Group _____
	Sex	Age			Time
#1 _____	M _____ F _____	_____			_____
#2 _____	M _____ F _____	_____			_____
#3 _____	M _____ F _____	_____			_____
#4 _____	M _____ F _____	_____			_____
Team Captain _____	Phone _____		Date _____		Total Time _____



2002 USMS POSTAL 5K & 10K NATIONAL CHAMPIONSHIPS

INDIVIDUAL ENTRY FORM

PLEASE FILL OUT LEGIBLY AND COMPLETELY

Name: _____ M F Age: _____ Birthdate: ____/____/____
 Address: _____ Club: _____ Abbr: _____
 City: _____ State _____ Zip: _____ Country: _____ USMS# _____
 Phone: (____) _____ - _____ E-mail address: _____

I would like to receive the official results via: E-mail Mailed hard copy (please check one box)
 Name of your Timer/Counter: _____ Phone: (____) _____ - _____

LIABILITY RELEASE: 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 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. **SIGNATURE:** _____ Date: _____

Final time must be recorded to the nearest one-hundredth of a second. I certify that I have read the rules of this event and on ____/____/2002, I swam 5K ____/10K ____ (check only one), in the time of : ____:____:____. at (pool location/address) _____.

Signature of Swimmer: _____ Timer: _____

_____ = \$10 individual entry fee _____ = \$12 entry fee per team _____ = \$6.50 for each cap _____ - TOTAL enclosed with entry	MAKE CHECK PAYABLE TO: <u>SNAKE RIVER MASTERS</u> SEND TO: Jill Wright 5K/10K Championship Swim 1626 Williams St. Boise, ID 83706	BE SURE TO INCLUDE: _ Photocopy of registration card _ Check for total fees _ <u>Self-Addressed Stamped Envelope</u> for entry receipt verification _ Complete form and split sheet
--	--	--

ENTRIES MUST BE RECEIVED BY THE DIRECTOR BY OCTOBER 10, 2002

SPLIT SHEET: Record CUMULATIVE (not split) time for each 100 meters (to 10ths) and final time (to 100ths).

100 _____	2100 _____	4100 _____	6100 _____	8100 _____
200 _____	2200 _____	4200 _____	6200 _____	8200 _____
300 _____	2300 _____	4300 _____	6300 _____	8300 _____
400 _____	2400 _____	4400 _____	6400 _____	8400 _____
500 _____	2500 _____	4500 _____	6500 _____	8500 _____
600 _____	2600 _____	4600 _____	6600 _____	8600 _____
700 _____	2700 _____	4700 _____	6700 _____	8700 _____
800 _____	2800 _____	4800 _____	6800 _____	8800 _____
900 _____	2900 _____	4900 _____	6900 _____	8900 _____
1000 _____	3000 _____	5000 _____	7000 _____	9000 _____
1100 _____	3100 _____	5100 _____	7100 _____	9100 _____
1200 _____	3200 _____	5200 _____	7200 _____	9200 _____
1300 _____	3300 _____	5300 _____	7300 _____	9300 _____
1400 _____	3400 _____	5400 _____	7400 _____	9400 _____
1500 _____	3500 _____	5500 _____	7500 _____	9500 _____
1600 _____	3600 _____	5600 _____	7600 _____	9600 _____
1700 _____	3700 _____	5700 _____	7700 _____	9700 _____
1800 _____	3800 _____	5800 _____	7800 _____	9800 _____
1900 _____	3900 _____	5900 _____	7900 _____	9900 _____
2000 _____	4000 _____	6000 _____	8000 _____	10