



26th Annual One Hour Postal Swim
2003 United States Masters Swimming Long Distance National Championship

Sanctioned by the Oregon LMSC for USMS, Inc.
 Sanction Number: 373-P01

Date: All swims must take place during January 2003.

OBJECTIVE: To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

VENUE: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

ELIGIBILITY: Each participant must be registered for 2003 with USMS or if non-US a similar body in the swimmer's country. **A COPY OF YOUR 2003 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

INDIVIDUAL EVENTS: Men and women separately will compete as individuals in the following age groups: 19-24, 25-29,, 100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

RELAY EVENT: Two team relay events will be contested: 1) a 3 swimmer, same gender team and 2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+,, 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached teams are not permitted. Team entries must include copies of the individual entry forms if they are not submitted with the originals.

CLUB EVENT: Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in each division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and Long Distance Committee chair. Relay yards will not be counted.

AWARDS: USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 relay teams in each age group relay team event. First place finishers in individual and team relay events also receive USMS Champion patches. Distinctive awards will be given to the top 3 Clubs in each division of the Club event.

RULES: Drafting, floatation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they should each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count lengths, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). (See Venue section for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group. No adjustment may be made for swims completed at altitude. Split sheets must be kept for each swimmer and a copy included with your entry. Using a stopwatch, record cumulative split times to the nearest second and tenth or hundredths for each 50 split.

FEES: Individual entry fees are US \$5 per swimmer for US (\$8 for non-US swimmers). Team entry fees are US \$15 per relay (\$18 for non-US entries). All fees are non-refundable. Make checks payable to Tualatin Hills Barracudas 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. **ENTRIES MUST BE RECEIVED by February 10, 2003.** Swimmers submitting incomplete entries will be contacted by collect phone call or email.

T-SHIRTS: A 2003 USMS One Hour Postal National Championship T-shirt is available at a cost of \$15. (International orders please add US \$5 postage for each shirt.)

MORE INFO: Address questions to

Kristine Lewis, Event Director - Tualatin Hills Barracudas
 16055 SW Walker Rd #126 Beaverton, OR 97006
 503-641-9486
 email: onehour@swimoregon.org
 Additional entries / info: www.barracudas.org



Relay Entry Form - Use only for relay entries

Club: _____

Contact Person: _____

Mail results/awards to:

Contact Address: _____ City _____

State: _____ Zip: _____ Country: _____ Club Abbreviation: _____

Swimmer # 1:	_____	_____	_____	_____
	Name as it appears on USMS Registration Card	Gender	Age	Yards Swum
Swimmer # 2:	_____	_____	_____	_____
	Name as it appears on USMS Registration Card	Gender	Age	Yards Swum
Swimmer # 3:	_____	_____	_____	_____
	Name as it appears on USMS Registration Card	Gender	Age	Yards Swum
Swimmer # 4:	_____	_____	_____	_____
	Name as it appears on USMS Registration Card	Gender	Age	Yards Swum

Total Team Yards: _____
 Team Entry Fees: US \$15 (\$18 for non-US entries).
 Payment in US \$ from US Banks or international Money Order ONLY

Please note: An individual entry form (next page) and individual event entry fees for each team participant must accompany this team entry form with the team entry fee. Individual Entry Form: Use only for individual entries.

2003 USMS One Hour Postal Swim National Championship Individual Entry Form

NAME _____ USMS Reg. NUMBER _____
(As it appears on registration card) (Include COPY of 2003 USMS Reg.)

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ GENDER M F

E-Mail Address: _____ AGE _____ BIRTHDATE _____
(MM/DD/YY)

CLUB _____ CLUB ABBR. _____

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 and that on _____ I swam _____ yards at _____
(Date) (Distance swum) (Pool name/City)

Swimmer's Signature

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 \$): = \$ _____

Verifier's Signature

Include: Masters 2003 Registration Card,
 Official Entry form and split sheet
 Make Checks Payable To: Tualatin Hills Barracudas
 Send Entries to: Tualatin Hills Barracudas Attn: One Hour Swim
 Postal Meet 16055 SW Walker Rd # 126 Beaverton, OR 97006
 Must be RECEIVED by February 10, 2003

Results: Electronic results via email address listed above
 Paper results via US Postal

Awards: Please check if you **DO NOT** wish to receive your
 - Championship Medal
 - Patch



Record Split Entries using **CUMULATIVE** split times to the nearest second and tenth or hundredth.

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

Total Yardage: _____