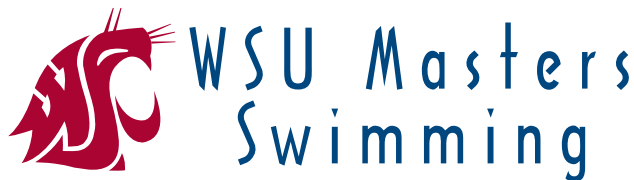


2003 United States Masters Swimming 3000/6000 Yard National Postal Championships



Sponsored by Washington State University Masters Swim Team • www.WSUMastersSwimming.org

Sanctioned by Inland Northwest Masters LMSC for United States Masters Swimming (Sanction #3531031P)

Events • National Championship 3000 yard and 6000 yard timed swims. Submit official splits and entry form by mail.

Location • Swim in any 25 yard pool. The 3000 yard event is 120 lengths and the 6000 yard event is 240 lengths. No conversions from metric pools are permitted.

Dates • The swim must be completed on or between September 1 and October 31, 2003. The event director must receive your entry by November 10.

Eligibility • Open to all USMS members with a valid 2003 registration. A photocopy of your 2003 registration card must be included with your entry.

Individual Entry/Age Groups • Men and women compete separately in five year age groups: 19-24, 25-29, 30-34, etc. The swimmer's actual age on the day of their swim determines their age group. 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 • Six team events will be contested: 1) Three women, each swimming 3000 yards; 2) Three men, each swimming 3000 yards; 3) Three women, each swimming 6000 yards; 4) Three men, each swimming 6000 yards; 5) Two women and

two men, each swimming 3000 yards; 6) Two women and two men, each swimming 6000 yards. 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 the 3000 and 6000 yard events.

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

Rules • 2003 USMS Rules will govern these events. Drafting, flotation and propulsion devices (pull buoys, fins, paddles, wet suits, etc) are not permitted. No more than two swimmers may share a lane and each swimmer must swim on either the right or the left side of the lane for the entire race (circle swimming is not allowed). 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 3000 yard split in the 6000 yard event may be submitted for a record if requested in writing. It will not be accepted as an entry for the 3000 yard event; the events must be swum separately.

Fees • \$10 for each individual entry and \$12 for each team entry. Fees are non-refundable, cash will not be accepted.

Results • Complete results will be sent by mail (or by email as a pdf file) along with t-shirts and awards by December 10, 2003.

T-Shirts • Event t-shirts may be purchased for \$16.00 when sending in your entry. Shirt design can be seen online at www.WSUMastersSwimming.org starting in August 2003

Questions • Contact event director Doug Garcia at douggarcia@usms.org or call 509-332-1621 (before 9 pm PST please).

Team Entry Form

Event: Women's 3 x 3000 Men's 3 x 3000 Mixed (2 women and 2 men) 4 x 3000
(please select only one event) Women's 3 x 6000 Men's 3 x 6000 Mixed (2 women and 2 men) 4 x 6000

Club Name	Club Abbreviation	Age Group		
Captain's Name	Phone	Email		
Swimmer's Name	Sex	Age	Time	
1)	<input type="checkbox"/> Female <input type="checkbox"/> Male			
2)	<input type="checkbox"/> Female <input type="checkbox"/> Male			
3)	<input type="checkbox"/> Female <input type="checkbox"/> Male			
4)	<input type="checkbox"/> Female <input type="checkbox"/> Male			
			Total Time	

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Individual Entry Form

Please Fill Out Legibly and Completely

Name: _____ Female Male Age: _____ Birthdate: _____

Address: _____

City: _____ State: _____ Zip: _____ Country: _____

Phone Number: (with area code) _____ Email Address: _____

USMS Registration Number: _____ *All entrants must provide a photocopy of their USMS registration card*

Club Name: _____ Club Abbreviation: _____

Name of your timer/counter: _____ Phone Number (with area code): _____

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 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.

Your Signature _____ **Date** _____

I certify that I have read the rules of this event on September or October, 2003

I swam 3000 Yards or 6000 Yards The total time was : : . (to the 100th's please)

Pool Name & Location (City/State) _____

Swimmer's Signature _____ **Timer/counter signature:** _____

Amount Enclosed: \$10 for each Individual Entry **Mail entry form and check to:**
 \$12 for each Team Entry Brian Lamb
 \$16 for each T-Shirt (specify size) 1540 NW Clifford
 Small Medium Large XLarge XXLarge Pullman, WA 99163
 Please send my results via email, as a pdf attachment.
 I do not care to receive awards should I qualify.

Total Amount Enclosed (Checks payable to WSU Masters Swimming)

Split Sheet: record cumulative (not split) time for each 50 yards to the 10th's and final time to the 100th's

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