

## 27th Annual One Hour Postal Swim

# 2004 United States Masters Swimming Long Distance National Championship

Sanctioned by the Pacific Masters MSC for USMS, Inc.

Sanction Number: 38-04-02

**Date:** All swims must take place during January 2004.

**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 2004 with USMS, or if non-US, a similar body in the swimmer's country. **A COPY OF YOUR 2004 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.

**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, flotation 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 must 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 \$6 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 Tamalpais Aquatic Masters and mail entries to: *Tamalpais Aquatic Masters, One Hour Postal Swim, PO Box 150516, San Rafael, CA, 94915*. International entrants please submit US funds via international money order or bank check drawn on a bank with a USAffiliate. **ENTRIES MUST BE RECEIVED by February 10, 2004.** Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.

**T-SHIRTS:** A 2004 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.) Shirt is white with colorful logo pictured above.

**MORE INFO:** Address questions to:

Nancy Ridout  
nancyridout@mindspring.com  
415-898-3467

Christine Foote  
c71foote@yahoo.com  
415-457-9645



### Relay Entry Form - Use only for relay entries (please print clearly)

Club Name: \_\_\_\_\_ Relay Type: F \_\_\_\_ M \_\_\_\_ Mixed \_\_\_\_

Mail Results/awards to:

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_ Club Abbreviation: \_\_\_\_\_

Name of Swimmer # 1: \_\_\_\_\_ Gender \_\_\_\_ Age: \_\_\_\_ Yards swum: \_\_\_\_\_

Name of Swimmer # 2: \_\_\_\_\_ Gender \_\_\_\_ Age: \_\_\_\_ Yards swum: \_\_\_\_\_

Name of Swimmer # 3: \_\_\_\_\_ Gender \_\_\_\_ Age: \_\_\_\_ Yards swum: \_\_\_\_\_

Name of Swimmer # 4: \_\_\_\_\_ 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:

**Each relay team member must also have submitted an individual entry form or the relay will be disqualified.**

# 2004 USMS One Hour Postal Swim National Championship Individual Entry Form — Please Print Clearly

NAME \_\_\_\_\_ USMS Reg. NUMBER \_\_\_\_\_  
(As it appears on registration card) (Include COPY of 2004 USMS Reg. Card or NGB equivalent)  
 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 swam this event in a 25yd \_\_\_\_\_, 25m \_\_\_\_\_, 50 m \_\_\_\_\_ pool. Distance in meters: \_\_\_\_\_ meters x 1.0936 = \_\_\_\_\_ yards.  
*(If you have swum this event in a 25m or 50m pool, the conversion to yards is distance in meters x 1.0936, rounded down to the nearest 5 yards increment.)*

I certify that I have read the rules of this competition and that on \_\_\_\_\_ I swam \_\_\_\_\_ yards at \_\_\_\_\_  
(mm/dd/yy) (distance) (pool name/city)

Swimmer's Signature \_\_\_\_\_

Verifier's Signature \_\_\_\_\_

Entry Fee: \$6.00 (US Only) \$8.00 (International/non-US) = \$ \_\_\_\_\_

T-shirt Order: Indicate T-shirt quantity ordered at

\$15/shirt in US; \$20/shirt international

Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ XX-Large \_\_\_\_\_ \$ \_\_\_\_\_

TOTAL(US \$): = \$ \_\_\_\_\_

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

**IMPORTANT— You Must Include:**  
 (1) Masters 2004 Registration Card, (2) Official Entry Form and  
 (3) Split Sheet.  
**Make Checks Payable To:** Tamalpais Aquatic Masters  
**Send Entries to:** Tamalpais Aquatic Masters, One Hour Postal  
 Swim, PO Box 150516, San Rafael, CA 94915.  
**Must be RECEIVED by February 10, 2004**

**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:** \_\_\_\_\_