

# 2004 United States Masters Swimming 3000 & 6000-Yard National Postal Championships



Sponsored by Central Oregon Masters Aquatics  
Sanctioned by Oregon LMSC for USMS (#374-OW2)

**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 & the 6000-yard event is 240 lengths. Conversions from metric pools are not permitted.

**Dates:** Each swim must be completed on or between September 1 and October 31, 2004. The Event Director must receive your entry by November 10, 2004.

**Eligibility:** Open to USMS members with a valid 2004 registration (2005 registrations are not permitted), or swimmers from other countries with a current registration from their National Governing Body. Photocopy of your 2004 registration card must be included with your entry.

**Individual Entry/Age Groups:** Men & women compete separately in five-year age groups: 19-24, 25-29, 30-34, 35-39, etc. Swimmer's actual age of the day of their swim determines 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:** Three team events will be contested for both the 3000-yard & 6000-yard events: 1) Three women, each swimming the distance; 2) Three men, each

swimming the distance; 3) Two women & two men, each swimming the distance. The cumulative time of 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). Team events will not be scored. Club scores will be tabulated for Women's, Men's, and Combined categories in both the 3000-yard & 6000-yard events.

**Awards:** The top six finishers in each age group in the individual and team events will receive USMS Long Distance National Championship medals if they choose. First Place finishers in each age group will also receive a USMS Championship patch. Certificates will be awarded to the top three clubs in each category of the team scoring.

**Rules:** 2004 USMS Rules will govern these events. Drafting and flotation & 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 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 & 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 one-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, but will not be accepted as an entry for the 3000-yard event, as each event must be swum separately.

**Fees:** \$10 for each individual entry & \$12 for each team entry. Entry fees are non-refundable.

**Results:** Complete results will be sent by e-mail (as a pdf file) or by mail by December 10, 2004.

**T-Shirts:** Event T-Shirts may be purchased for \$15 when submitting your entry. Shirt design may viewed at [www.comaswim.org](http://www.comaswim.org) starting in August 2004.

**Questions:** Contact Event Director Bob Bruce at [bobbruce13@attglobal.net](mailto:bobbruce13@attglobal.net) or call 541-317-4851 before 9:00 pm PST.

## Team Entry Form

**Team Event:**  Women 3 x 3000       Men 3 x 3000       Mixed (2 women & 2 men) 4 x 3000  
(Please select only one event)       Women 3 x 6000       Men 3 x 6000       Mixed (2 women & 2 men) 4 x 6000

**Club Name:** \_\_\_\_\_ **Club Abbreviation:** \_\_\_\_\_ **Age Group:** \_\_\_\_\_

**Captain's Name:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

Swimmers' Names:	Gender	Ages	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:** \_\_\_\_\_

## 2004 USMS 3000/6000-Yard National Postal Championships Individual Entry Form (fill out completely & legibly)

Name: \_\_\_\_\_  Female  Male Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_

Phone (with Area Code): \_\_\_\_\_ E-mail Address: \_\_\_\_\_

2004 USMS Registration Number: \_\_\_\_\_ **Entrants must provide photocopy of 2004 USMS Registration Card**

Club Name: \_\_\_\_\_ Club Abbreviation: \_\_\_\_\_

Name of your Timer/Counter: \_\_\_\_\_ Timer/Counter phone (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 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 DAMAGE 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 have read the rules of this event, and that on this date  September or  October \_\_\_\_, 2004, I swam  3000 yards or  6000 yards.

The total time was \_\_\_\_ : \_\_\_\_ : \_\_\_\_ . \_\_\_\_ (to the exact 100<sup>th</sup> please)

Pool Name & Location (City & State): \_\_\_\_\_

**Swimmers Signature:** \_\_\_\_\_ **Timer/Counter Signature:** \_\_\_\_\_

Amount enclosed:  \$10 for each Individual Entry  
 (in U.S. dollars)  \$12 for each Team Entry  
 \$15 for each T-shirt (specify size)  
 Small  Medium  Large  XLarge  XXLarge  
 Results: Please send my results by e-mail as a pdf attachment  
 Awards: I do not care to receive awards should I qualify

**Mail entry form & check to:**  
 Bob Bruce  
 Central Oregon Masters Aquatics  
 Box 6953  
 Bend, OR 97707

\$ \_\_\_\_\_ **Total Amount Enclosed (Checks payable to C.O.M.A.)**

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**Split Sheet: Record Cumulative Time (not split time) for each 50 yards to at least 10th's, and Final Time to the 100<sup>th</sup>.**

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	<b>3000</b>	4000	5000	<b>6000</b>

