



2004 USMS 5K/10K POSTAL SWIM NATIONAL CHAMPIONSHIPS



Sponsored by St. Louis Area Masters Swimming
Sanctioned by Ozark LMSC for USMS, Inc., #4791

DATE: All swims must take place between May 15, 2004 and September 30, 2004

LOCATION: The swim will take place in the pool of your liking, provided that it is 50 meters long, and at any time you like.

PURPOSE: To see how fast you can swim either 5,000 meters (100 lengths) or 10,000 meters (200 lengths)

ELIGIBILITY: Proof of membership in your nation's recognized masters swimming organization is required. A PHOTOCOPY OF THE SWIMMER'S 2004 REGISTRATION MUST BE SUBMITTED WITH THE OFFICIAL ENTRY FORM. Foreign swimmers are not eligible for USMS records or All-American selection.

INDIVIDUAL ENTRIES: Men and women compete separately in age groups of five-year increments: 19-24, 25-29, 30-34, 35-39, 40-45, . . . 100+. The swimmer's age group will be determined on the day he or she actually completes his or her swim. Those swimmers who have a birthday during the competition and wish to compete in more than one age group, must swim the event twice, one time in each age group.

TEAM ENTRIES: 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+, 35+, 45+ . . . 95+. The cumulative time for the individual swims will be the team time.

FEES: \$10 for each individual entry and \$15 for each team entry. Fees are non-refundable and are payable by check only – no cash. Foreign entrants must submit fees in U.S. Funds via internal money order or bank check drawn on a bank with a U.S. affiliate.

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: Current USMS rules will 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.

RESULTS: Complete results will be available by mail or via the internet. Awards and caps will be mailed by November 10, 2004.

QUESTIONS: Contact event director, Bruce Hopson, 315 N. 11th St., #703, St. Louis, MO 63101 at 314-588-8066 or email bhopson@swbell.net

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

Event: 3 x 5K _____ 3 x 10K _____ 4 x 5K _____ 4 x 10K _____

Club Name: _____ Club Abbr. _____ Gender _____ Mixed _____ Age Group _____

Swimmer	Gender	Age	Time
#1 _____	_____	_____	_____
#2 _____	_____	_____	_____
#3 _____	_____	_____	_____
#4 _____	_____	_____	_____

Team Captain/contact _____ Phone _____ Date _____ Total Time _____

Address: _____ City: _____ State _____ Zip _____

**2004 USMS 5K/10K Postal Swim National Championship
Individual Entry Form – Please Print Clearly**



USMS 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 COMMITTEE; THE CLUB; THE 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: _____
 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: _____ COUNTRY: _____
 EMAIL ADDRESS: _____ CLUB NAME: _____
 BIRTH DATE: _____ AGE: _____ CLUB CODE: _____ GENDER (circle one) M F
(mm/dd/yy)

INDIVIDUAL RESULTS

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 ____/____/2004, I swam 5K ___/10K ___ (check one), in the time of: ____:____:____.____ at (pool location/address) _____
 Signature of Swimmer: _____ Timer: _____

Awards: check if you **do not** wish to receive your
 Championship Medal Patch

Results: Electronic Results via email **OR**
 Paper results via US Postal

Send Entries to: SLAM 5K/10K Postal Swim, 315 N. 11th St., Apt. 703, St. Louis, MO 63101, along with a **check made payable** to: St. Louis Area Masters Swimming – \$10 for individual, \$15 for relay. **ALL ENTRIES MUST BE RECEIVED BY OCTOBER 10, 2004.**

Split sheet: Record **Cumulative** (not split) time for each 100 meters (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 _____	10000 _____