



2005 United States Masters Swimming Annual One Hour Postal Swim

Sanctioned by Greater Indiana LMSC,
Sanction # 165-0001

DATE: All swims must take place during January 2005.

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 the 2005 with USMS or if non-US a similar body in the swimmer's country. **A COPY OF YOUR 2005 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

INDIVIDUAL EVENT: 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 team 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 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 USMS Long Distance Committee Chairman. 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 3 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, wetsuits, 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 laps, 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 to 2760). (See previous 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.

FEES: Individual entry fees are US \$6 per swimmer for (US \$10 for non-US Swimmers). Team entry fees are US \$18 per relay (US \$18 for non-US entries). All fees are non refundable. Make checks payable to YMCA Indy SwimFit 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, 2005.** Swimmers submitting incomplete entries will be contacted by collect phone call or email.

T-Shirts: A 2005 USMS One Hour Postal National Championship t-shirt is available at a cost of \$17. (International orders please add US \$5 postage for each shirt).

MORE INFO: Address questions to:
Mel Goldstein, Event Director
5735 Carrollton Ave
Indianapolis, IN 46220 USA
317-253-8289
Email: goldstein@mindspring.com

Relay Entry Form- Use Only for Relay Entries

Relay Type: Age Group _____ F M Mixed
(Circle One)

Club Name _____ Contact Person _____

Mail Results/Awards to
Contact Address: _____ City: _____

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

Swimmer # 1: _____	Gender	Age	Yards Swum
Swimmer # 2: _____	Gender	Age	Yards Swum
Swimmer # 3: _____	Gender	Age	Yards Swum
Swimmer # 4: _____	Gender	Age	Yards Swum

Total Team Yards: _____

Please Note:
Team Entries must include the original or copies of Individual entry form or the relay will be disqualified.

Team Entry Fees: US \$15 (\$18 for non US entries). Payment in US\$ from US Bank or international Money Order Only.

2005 USMS One Hour Postal Swim National Championship Individual Entry Form

Name _____ USMS Reg. Number _____
(As it appears on registration card) (Include copy of 2005 USMS card)

Address _____ Phone _____

City _____ State _____ Zip _____ Gender M F
(Circle One)

E Mail Address _____ Age _____ Birth Date _____
(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 the 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 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.

I swam this event in a 25 yd _____, 25m _____, 50m _____ 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 _____
(Date) (Distance Swum) (Pool name / City)

 Swimmer's Signature Verifier's Signature

Entry Fee \$6.00 (US Only) \$10.00 (International/Non US) = \$ _____
 T-shirt order: Indicate T-shirt Quantity Ordered: \$15/Shirt = \$ _____
 International @\$20/shirt: (includes shipping) = \$ _____
 Small ___ Medium ___ Large ___ X-Large ___ XX Large ___
TOTAL (US\$) = \$ _____

Include: Masters 2005 Registration Card
 Official Entry form and split sheet
 Make Checks Payable To: YMCA Indy SwimFit
 Send Entries To: One-Hour Postal Swim c/o Mel Goldstein, 5735 Carrollton Ave., Indianapolis, IN 46220 USA

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

Awards: Please Check if you **DO NOT** wish to receive your Championship Medal and or 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 Yards: _____