

**USMS Postal 3000-6000 yard
National Championship**



Sanctioned by South Carolina LMSC,
Sanction Number: 555-002

DATE: All swims must take place between September 15 and November 15, 2005.

OBJECTIVE: To swim 3,000 yards or 6,000 yards. The recorded time determines the order of finish. If two or more swimmers report the same time, a tie will be declared.

VENUE: Any 25 or 50 yard pool.

ELIGIBILITY: Each participant must be registered for 2005 with USMS (or the equivalent organization for non-U.S. swimmers). *A copy of your 2005 USMS registration card must accompany your entry.*

INDIVIDUAL EVENT: Men and women will compete separately as individuals in the following age groups: 18-24, 25-29, ... 100+. The swimmer's age on the day the event is swum determines the entrant's age for the Postal 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 and 2 women). The team with the fastest total time will be declared the winner. The age of the youngest member determines the age group of the team: 18+, 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 with the highest point total in each division will receive an award. Three divisions will be recognized based on the number of swimmers from each club, as determined by the event host and USMS Long Distance Committee chairman. Relays will not contribute to the overall point total of each club.

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 will also receive USMS Champion patches. 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, wetsuits, etc.) are not permitted. No more than two swimmers may share a lane, with each swimming on one side of the lane during the entire race (i.e., no circle swimming). There shall be an adult acting as starter/head timer/referee present at all times with no other responsibilities during the swim. Each swimmer must have a verifier to count laps, record cumulative splits and time the event with a stop watch. The verifier must sign the official entry form. Swimmers who change age groups during the meet may enter twice, but must swim the event twice (once in each age group).

FEES: Individual entry fees are U.S. \$10 per swimmer for U.S. (\$15 for non-U.S. swimmers). Team entry fees are U.S. \$15 per relay (\$20 for non-U.S. entries). All fees are non-refundable. Make checks payable to Clemson Aquatic Team (CAT) and mail entries to the address below. International entrants please submit U.S. funds via international money order or bank check drawn on a bank with a U.S. affiliate.

Entries must be received by November 25th, 2005. Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.

T-SHIRTS: A 2005 USMS 3/6000 Postal National Championship T-shirt is available at a cost of \$15. (International orders please add U.S. \$5 postage for each shirt.)

MORE INFO: Address questions and entries to:
Riley Stevens, Event Director
200 Indian Trail
Anderson, SC 29625 USA
Phone: 864 287-0956 E-mail: Rileyrst@aol.com



Relay Entry Form Use Only for Relay Entries **Relay Type:** Age Group _____ F M Mixed (circle one)

Club Name: _____ Club Abbreviation: _____

Contact Person: _____ Mail results/awards to: _____

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

Swimmer #1: _____ M or F (circle one) Age _____ Time: ____:____.____

Swimmer #2: _____ M or F (circle one) Age _____ Time: ____:____.____

Swimmer #3: _____ M or F (circle one) Age _____ Time: ____:____.____

Swimmer #4: _____ M or F (circle one) Age _____ Time: ____:____.____

Total Team time: ____:____.____

Team Entry Fees: U.S. \$15 (\$20 for non-U.S. entries) Payable in U.S. \$ or International Money Order ONLY

2005 USMS Postal 3/6000 Yard National Championship Individual Entry Form

Name: _____ M F (circle one) Age: _____ Birth date: ____/____/____
 Address: _____ Club: _____ Abbr: _____
 City: _____ State: ____ Zip: _____ Country: _____ USMS #: _____
 Phone: (____) _____ - _____ E-mail address _____

Name of your timer/counter: _____ Phone: (____) _____ - _____

I would like to receive the official results via E-mail mailed paper copy (please check only one box)

Please check if you do not wish to receive your Championship Medal

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.

I certify that I have read the rules of this event and on ____/____/2005, I swam (___ 3000) (___ 6000) yards

in ____:____.____ at (pool location/address) _____.

Swimmer signature _____ Timer signature _____ Date ____/____/05

_____ = \$10 individual entry fee U.S. (\$15 international)

_____ = \$15 team entry fee per team (\$20 international)

_____ = \$15 for each t-shirt (\$20 for foreign)

Size M ___ L ___ XL ___ XXL ___

_____ = **TOTAL** enclosed with entry

Be sure to include:

Photocopy of 2005 USMS registration card

Complete form and split sheet

Check payable to **CAT**

Send to: Riley Stevens, Event Director
 200 Indian Trail Anderson, SC 29625 USA



Entries must be received by the director by November 25th, 2005.

SPLIT SHEET: Record **CUMULATIVE** (not split) time for each 50 yards (to 10th's) and final time (to 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
Total Yards:					_____