

**2006 USMS Postal 3000/6000 yards
National Swimming Championships**



Sanctioned by Border LMSC Sanction Number: 536-001

DATE: All swims must take place between September 15 and November 15, 2006.

OBJECTIVE: To swim 3000 yards or 6000 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. Conversions from metric pools are not permitted.

ELIGIBILITY: Each participant must be registered for 2006 with USMS (or the equivalent organization for non-U.S. swimmers). A copy of your 2006 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: There are two relays that 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 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 registered club. Unattached teams are not permitted.

CLUB SCORING: Each Club will be entered automatically in the Club scoring. Club point scoring will be calculated based on Quality Points, which are ratios of each individual time to the corresponding USMS Record for the gender & age group. The faster the swim the more Quality Points a swimmer earns. Club totals will be the sum of the Quality Points of its swimmers. Since every swimmer will receive Quality Points, every swimmer counts!

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. (An individual shall receive only one patch per meet.) Awards will be given to the top 3 clubs in each category of the club event, Women's, Men's, and Combined.

RULES: 2006 USMS Rules will govern these events. 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. 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. 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 \$10 per swimmer for US Residents (US\$15 for non-US residents.) Team entry fees are \$15 per relay (US\$20 for non-US residents.) All fees are non-refundable. Make checks payable to: **Border Masters Swimming** and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a US affiliate. Entries must be received by November 25th, 2006. Swimmers submitting incomplete entries will be contacted by email or collect phone call.

T-SHIRTS: A 2006 USMS 3000/6000 Postal National Championship T-shirt is available at a cost of \$15. (International orders please add US\$5 postage for each shirt.)

MORE INFO: Address questions and entries to:
Max Veltman, Event Director
4006 Roadside Court
El Paso, Texas 79922 USA
Phone: 915-584-0227 E-mail: max_veltman@yahoo.com
www.bordermastersswimming.com

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

Club Name: _____ Club Abbreviation: _____

Contact Person to Mail Results/Awards to: _____

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

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

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

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

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

Total Team time: _____:_____.

Team Entry Fees: US\$15 (US\$20 for non-US residents) Payable in US\$ or International Money Orders ONLY

2006 USMS Postal 3000/6000 Yard National Championship Individual Entry Form

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

I would like to receive the official results via: (please check only one line) E-mail _____ Mailed Paper Copy _____

Please check here 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 ____/____/2006, I swam (____ 3000) (____ 6000) yards in a time of _____: _____: _____ at (pool location/address) _____."

Swimmer's signature _____ Timer's signature _____ Date _____

____ X \$10 individual entry (US\$15 international) = _____

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

____ X \$15 for each t-shirt (US\$20 international) = _____

Size M _____ L _____ XL _____ XXL _____

TOTAL enclosed = _____

Your entry **MUST** include:

Photocopy of 2006 USMS registration card

Complete form and split sheet

Check payable to: ***Border Masters Swimming***

Send to: Max Veltman, Event Director
 4006 Roadside Court
 El Paso, Texas 79922 USA

ENTRIES MUST BE RECEIVED BY THE DIRECTOR BY NOVEMBER 25th, 2006

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:											