



2006 UNITED STATES MASTERS SWIMMING 5K & 10K Postal National Championships

May 15, 2006 through September 15, 2006

Sanctioned by the Lawrence River City Sharks for USMS, Inc.
Sanction #: 2806-02

EVENTS: National Championships 5 Kilometer (5,000 meters) and 10 Kilometer (10,000 meters) timed swims. Submit official splits and entry form by mail.

LOCATION: Swim in any 50-meter pool. The 5K equals 100 lengths and the 10K equals 200 lengths.

DATE: The swim must be completed on or between May 15 and September 15. Entries must be post marked by October 1, 2006..

ELIGIBILITY: Open to all USMS members with a valid 2006 registration card. A photocopy of your 2006 USMS card must be sent with your entry. Foreign swimmers 18 years or older are invited to participate. Proof of membership in your nation's recognized Masters swimming organization is required. Foreign swimmers are not eligible for USMS records or All-American selection.

INDIVIDUAL ENTRIES: Men and women compete separately in five year age groups: 18-24, 25-29, 30-34...100+. The swimmer's actual age on the day of their swim determines his or her age group.

DUAL ENTRY: Individuals who change age groups during the time of the event may enter twice but must swim the event twice, one time in each age group.

TEAM EVENTS: Team events will be contested in three categories: 3 men, 3 women, and 4 mixed (2 men and 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 youngest age group for which they are eligible. Age groups are 18+, 25+...95+. The cumulative time for the individual swims will be the team time.

CLUB SCORING: Club scoring will be tabulated based on "Quality Points", which are ratios of each individual time to the corresponding USMS Record for the gender and age group. The faster the swim, the more Quality Points a swimmer earns and club totals will be the sum of the quality points for its swimmers.

AWARDS: The top ten finishers in each age group in the individual, and top three in team events will receive USMS Long Distance National Championship medals. The first place finisher in each age group will also receive a USMS Championship patch.

RULES: The 2006 USMS Rules govern these events. Drafting, floatation 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 (100 meters). 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.

FEES: \$12 for each individual entry and \$12 for each team entry. Fees are non-refundable. Do not send cash. Foreign entrants must submit fees in USA funds via international money order, or bank check drawn on a bank with a USA affiliate.

RESULTS: Complete results will be available by mail, via e-mail and on the Internet (see the USMS web site after November 1, 2006). Awards will be mailed by November 15, 2006.

T-Shirts: A special event designed T-shirt can be purchased for \$15 with your entry.

Questions: Contact event director Neil Salkind at njs@sunflower.com and (785) 841-0947 before 8PM CDST.

TEAM ENTRY FORM Circle Event: 3 X 5K 3 X 10K 4 X 5K 4 X 10K

Club Name: _____ Club Abbr. _____ M F Mixed Age Group: _____

Swimmer's Name	Sex	Age	Time		
#1 _____	M F	_____	_____ hr _____ m _____ s _____		
#2 _____	M F	_____	_____ hr _____ m _____ s _____		
#3 _____	M F	_____	_____ hr _____ m _____ s _____		
#4 _____	M F	_____	_____ hr _____ m _____ s _____		

Team Contact: _____ Phone/E-Mail: _____ TOTAL TIME: _____ hr _____ m _____ s _____

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Individual Entry Form

Name: _____ Gender: M F Age: ____ Birth Date: ____/____/____
 Address: _____ Club: _____ Abbr. _____
 City: _____ State: _____ ZIP: _____ Country: _____ USMS# _____ - _____
 Phone: (____) ____-____ E-Mail Address: _____
 Name of Timer / Counter: _____ Timer's Phone: (____) ____-____

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 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.

SIGNATURE: _____ DATE: ____/____/____

Final Time must be recorded to the nearest one-hundredth of a second.

I certify that I have read the rules of this event on ____/____/____ 2006, and that I swam the 5K ____ 10K ____ (check one) in the time of: ____ h ____ m ____ s ____ at (pool name and location) _____

Signature of Swimmer: _____

Signature of Timer: _____

\$12 Individual Entry Fee	_____
\$15 Entry Fee per team	_____
\$12 T-Shirt [Circle Size: S, M, L, XL, XXL]	_____
\$3 Postage (Non-US Mailing Address)	_____
TOTAL	_____

Make checks payable to:
Lawrence Sharks

Mail to:
USMS 5K/10K Swim
PO Box 32
Lawrence, KS 66044

- Be sure to include:
- Photocopy of 2006 registration card
 - A check for total fees
 - Completed form and split sheet

Entries must be postmarked October 1, 2006
 Timers!!! Record **cumulative** (not split) time for each 100 meter (to 10ths) and final time (to 100ths)

100	2,100	4,100	6,100	8,100
200	2,200	4,200	6,200	8,200
300	2,300	4,300	6,300	8,300
400	2,400	4,400	6,400	8,400
500	2,500	4,500	6,500	8,500
600	2,600	4,600	6,600	8,600
700	2,700	4,700	6,700	8,700
800	2,800	4,800	6,800	8,800
900	2,900	4,900	6,900	8,900
1,000	3,000	5,000	7,000	9,000
1,100	3,100	5,100	7,100	9,100
1,200	3,200	5,200	7,200	9,200
1,300	3,300	5,300	7,300	9,300
1,400	3,400	5,400	7,400	9,400
1,500	3,500	5,500	7,500	9,500
1,600	3,600	5,600	7,600	9,600
1,700	3,700	5,700	7,700	9,700
1,800	3,800	5,800	7,800	9,800
1,900	3,900	5,900	7,900	9,900
2,000	4,000	6,000	8,000	10,000