



**30th Annual
National Championship
One Hour Postal Swim
2007 United States Masters
Swimming Long Distance
National Championship**
Sanctioned by the Florida LMSC
for USMS, Inc.
Sanction Number: 147-003P

DATE: All swims must take place during January, 2007.

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 2007 with USMS or a similar body in the swimmer's country. A COPY OF YOUR 2007 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!

INDIVIDUAL EVENTS: Men and women will compete separately as individuals in the following age groups: 18-24, 25-29, ..., 100+. Age is determined on the day the event is swum. Swimmers who change age groups during January may enter twice, but must swim the event twice, once in each age group. Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.

RELAY EVENTS: Three relay events will be contested: Women (3), the Youngest, and Mixed Gender (2 women & 2 men). The age of the youngest member determines the age group of the relay: 18+, 25+, 35+..., 95+. Each relay member MUST also have entered the individual event for his/her age group and must be registered with the same club. Unattached swimmers are not permitted on relays. The relay with the greatest total yardage will be declared the winner.

CLUB EVENTS: Each club will be automatically entered in the club event. At least three divisions will be recognized, based on the number of individual entries from each club, as determined by the

event host and Long Distance Committee chair. Relay yards will not be included.

AWARDS: USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 relay teams in each relay age group. First place finishers in individual and relay events also receive USMS Champion patches, no more than one per participant. Distinctive awards will be given to the top 3 or 4 clubs in each division of the Club event.

FUN AWARDS: Awarded to each relay of four, same club, who completes a One Hour Medley Relay, swimming all four strokes. Each of the swimmers must complete his/her entire hour swim in a different stroke, free, back, breast or fly. We are open to similar relay suggestions (all back; breast; fly; kicking, no board; etc).

USMS LONG DISTANCE RULES: Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Only two swimmers may share a lane, and they shall each swim on one side of the lane during the entire race (i.e. no "circle" swimming). A person acting as a starter/referee must be present during the swim. Each swimmer must have a verifier to time the event with a stopwatch and record cumulative 50 splits, to the nearest second, tenth (or hundredth). A split sheet must be kept for each swimmer and a copy included with the entry form, signed by the verifier. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). See Venue section for conversion from meters to yards. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

T-SHIRTS: 2007 USMS One Hour Postal National Championship T-shirts are available. The cost for USMS members is US\$ 17 OR, for other FINA Masters, US\$ 22.

FEES: Individual entry fees are US\$ 6, USMS OR, US\$ 10 for other FINA Masters. ALL Relay team fees are US\$ 18 per entry. All fees are non-refundable. International entrants please submit US funds via International money order or bank check drawn on a bank with a US affiliate.

QUESTIONS? COMMENTS?

**Margie Hutinger - Phone: 727-521-1172 (10AM-9PM EST)
Internet: phut@usms.org AND www.maverickswim.org
Results posted at www.maverickswim.org by March 5, 2007.**

Relay Entry Form

Circle Event: Women - (3) Men - (3) Mixed - (2 Women & 2 Men) Age Group: _____

Club Name: _____ Club Abbreviation: _____

Contact Person: _____ Phone # or e-mail: _____

Please note: It is NOT necessary to send duplicate individual forms with this relay entry form. Relay awards will be mailed to individual swimmers.

	<u>Swimmer</u>	<u>Gender, circle</u>	<u>Age</u>	<u>Yards Swum</u>
#1:	_____	W or M	_____	_____
	Name as it appears on Registration Card			
#2:	_____	W or M	_____	_____
	Name as it appears on Registration Card			
#3:	_____	W or M	_____	_____
	Name as it appears on Registration Card			
#4:	_____	W or M	_____	_____
	Name as it appears on Registration Card			

Total Yards: _____

Relay Entry Fees: US\$ 18 (Payment in US\$ or International Money Order ONLY.)

Send Entries to: One Hour Postal Meet
1755 Georgia Ave NE
St Petersburg, FL 33703-4320

Make checks payable to: Florida Maverick Masters, Inc

Deadline: RECEIVED by February 12, 2007.

2007 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP

Individual Entry Form

NAME: _____ GENDER: M or F AGE: _____ BIRTHDATE: ____/____/____
Name as it appears on Registration Card - Last, First Circle one Day of swim MM DD YY

ADDRESS: _____ PHONE: _____ - _____ - _____

CITY: _____ STATE: _____ ZIP: _____ COUNTRY _____

CLUB: _____ CLUB ABBR: _____ REGISTRATION NUMBER: _____ - _____

E-Mail Address: _____ SEND RESULTS: (Check ONE box.) E-Mail OR Mailed Hard Copy

Check if you don't want any medals you may earn. Results posted at: <http://www.usms.org/longdist/ldnats07> by March 5, 2007.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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 competition and that on January _____, 2007, I swam _____ yards OR _____ meters at

Pool name/City _____
 Verifier's Name, printed _____

Swimmer's Signature _____
 Verifier's Phone Number OR e-mail address _____

Entry Fee: US\$ 6, USMS _____ OR US\$ 10, other FINA Masters _____ = US\$ _____

T-shirts: Indicate Quantity Ordered

Small ___ Medium ___ Large ___ X-Large ___ XX-Large ___

US\$ 17 each, USMS _____ OR US\$ 22 each, other FINA Masters _____ = US\$ _____

TOTAL US\$ _____

Include: 2007 MASTERS REGISTRATION CARD
 Entry form and split sheet
 Check payable to: Florida Maverick
 Masters, Inc.
Send to: One Hour Postal Meet
 1755 Georgia Ave NE
 St Petersburg, FL 33703-4320
Must be RECEIVED by February 12, 2007.

Record Split Entries using CUMULATIVE 50 split times to the nearest second, 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 Meters _____ x 1.0936 = _____)

Total Yards: _____