



# 2007 USMS POSTAL 3000-6000 YARD NATIONAL CHAMPIONSHIPS

Sponsored by YMCA Sawtooth Masters Swim Club

Sanction #597-001

**DATE:** All swims must take place between September 15, 2007 and November 15, 2007.

**OBJECTIVE:** To swim 3,000 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.

**LOCATION:** Any 25 yard pool.

**ELIGIBILITY:** Each participant must be registered for 2007 with USMS (or the equivalent organization for non-U.S. swimmers). **A copy of your 2007 USMS registration card must accompany your entry.**

**INDIVIDUAL ENTRIES:** Men and women compete separately in age groups of five-year increments: 18-24, 25-29, 30-34,...100+. The swimmer's age group will be determined on the day he or she actually completes his/her swim. Swimmers who change age groups during the meet may enter twice, but must swim the event twice (once in each age group).

**TEAM ENTRIES:** Team events will be contested in three categories: 3 men, 3 women, 4 mixed (2 men, 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. Age groups are 18+, 25+, 35+, 45+, . . . 95+. The cumulative time for individual swims will be the team time.

**FEES:** \$10 for each individual entry (\$15 for non-US swimmers) and \$18 for all team entries. Fees are non-refundable and are payable by check or money order only – no cash. Foreign entrants must submit fees in U.S. Funds via internal money order or bank check drawn on a bank with a U.S. affiliate. **Entries must be received by November 25<sup>th</sup>, 2007.**

**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:** The top six finishers in each age group in the individual and top three in the team events will receive USMS Long Distance National Championship medals. First place finishers in each individual and relay age group will also receive a USMS championship patch. Only one patch per event will be awarded. Awards will be presented to top three teams in each division.

**RULES:** The 2007 USMS Rules govern these events. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, 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). An adult acting as a start/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps, record cumulative splits and time the event with a stop watch. Times must be recorded to the nearest hundredth of a second. The verifier must sign the official entry form. One person may serve as a counter for no more than two swimmers per heat. **Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.**

**T-SHIRTS/CAPS:** A 2007 USMS 3000/6000 Postal National Championship T-shirt is available at a cost of \$17 and a cap for \$6. (International orders please add U.S. \$5 postage for each shirt).

**RESULTS:** Complete results will be available by mail or via the internet. Awards will be mailed by December 25, 2007.

**QUESTIONS:** Contact event director, Jeff Erwin, 4361 N. Cartwright Rd., Boise, ID, 83714 at 208-389-9847 before 9:00pm MST or email: rudderboy@aol.com.

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## Relay Entry Form – Use only for relay entries (please print clearly)

**Relay Type:** Age Group \_\_\_\_\_ F M Mixed

(↑circle one↑)

Club Name: \_\_\_\_\_ Club Abbr. \_\_\_\_\_

Contact Person: \_\_\_\_\_ Mail results/awards to: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ County: \_\_\_\_\_

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. \$18 Payable in U.S. \$ check or International Money Order ONLY

# 2007 USMS Postal 3/6000 Yard National Championship Individual Entry Form – PLEASE PRINT

**Please Note:** Only entries accompanied by a 2007 USMS card will be treated as official and be eligible for awards and results. All other entries will be considered "unofficial."

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: (\_\_\_\_) \_\_\_\_\_

**USMS 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 LOS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OR THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC.; THE LOCAL MASTERS SWIMMING COMMITTEE; THE CLUB; THE 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 \_\_\_\_/\_\_\_\_/2007, I swam \_\_\_3000/\_\_\_6000 yards  
in the time of: \_\_\_\_:\_\_\_\_:\_\_\_\_. at (pool location/address) \_\_\_\_\_

Signature of Swimmer: \_\_\_\_\_ Timer \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/07

Check which USMS Postal Events you have entered this year? 1 Hour \_\_\_\_ 5K \_\_\_\_ 10K \_\_\_\_ 3000 \_\_\_\_ 6000 \_\_\_\_

**Results:**  
 Electronic results via email **OR**  
 Paper results via US Postal  
**Awards:** check if you **do not** wish to receive your  
 Championship Medal  
 Patch

**Be sure to include:**

1. Photocopy of 2007 USMS registration card  
**TAPE OR STAPLE HERE!**
2. Complete form and split sheet
3. Check payable to SAWS

**Send to:** Sawtooth Masters 3000/6000  
 4361 N. Cartwright Rd.  
 Boise, ID 83714 USA

**ALL ENTRIES MUST BE RECEIVED BY  
 November 25, 2007**

\_\_\_\_ = \$10 individual entry fee U.S. (\$15 international)  
 \_\_\_\_ = \$18 team entry fee per team  
 \_\_\_\_ = \$17 for each t-shirt (\$22 foreign) Size M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_  
 \_\_\_\_ = \$6 for each cap  
 \_\_\_\_\_ = **TOTAL** enclosed with entry

SPLIT SHEET: Record CUMULATIVE (not split) time for each 50 yards (to 10ths) and final time (to 100ths).										
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		9003		4900		5900
950		1950		2950		3950		4950		5950
1000		2000		3000		4000		4000		6000