



2008 United States Masters Swimming 3000-yd & 6000-yd Postal National Championships

Sponsored by Swim Louisville Masters
Sanction 418-LD-0001

September 15, 2008 – November 15, 2008

DATE: All swims must be completed on or between September 15 and November 15, 2008. **All entries must be received by November 25, 2008.**

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.

LOCATION: Any 25 yard pool, no exceptions.

ELIGIBILITY: Each participant must be registered for 2008 with USMS (or the equivalent organization for non-U.S. Swimmers). Foreign swimmers are not eligible for USMS records or All-American selection. **A copy of your current 2008 registration card must accompany your entry.**

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

RELAY EVENTS: Relay events will be contested in three categories: 3 men, 3 women, or 4 mixed (2 men, 2 women). Each relay member **must** also enter the individual event and be registered with the same USMS club. Unattached swimmers are not permitted on relays. The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+, . . . 95+. The cumulative time for the individual swims will be the relay time. Relay entry forms are located at: www.usms.org/longdist/.

CLUB EVENT: Each Club will be entered automatically in the Club event. 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!

FEES: \$10.00 for each individual entry (\$12.00 for non-US swimmers) and \$18.00 for all relay 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 international money order or bank check drawn on a bank with a U.S. affiliate.

AWARDS: The top 10 finishers in each age group in the individual event and the top 3 clubs in relay 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/participant will be awarded.

RULES: The 2008 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 starter/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 or electronic timing device. Cumulative split times must be recorded to the nearest second and tenth (or hundredth) of a second. A split sheet must be kept for each swimmer and a copy included with the entry form, signed by the verifier. 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.

RECORDS: **Should you break a record, your entry must be received no later than October 15, 2008 to be printed in the 2009 Rule Book.** Please be sure to indicate on the envelope that the entry contains a USMS record.

T-SHIRTS: A 2008 USMS 3000/6000 Postal National Championship T-shirt is available at a cost of \$15. (International orders cost \$20 for each shirt).

RESULTS: Complete results will be available by mail, e-mail or via the internet (see the USMS web site after January 5, 2009).

QUESTIONS: Contact event director: Mark Gill at (480) 784-7112 between 9:00am and 9:00pm EST or mark.gill@usms.org

RELAY ENTRY FORMS ARE LOCATED AT:

<http://www.usms.org/longdist/ldnats08/3-6000relayentry.pdf>

Staple a copy of your USMS (or equivalent) Registration Card here.

2008 USMS 3000/6000 POSTAL SWIM NATIONAL CHAMPIONSHIPS INDIVIDUAL ENTRY FORM

NAME: _____ GENDER: M or W 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: _____ - _____
2008 USMS or FINA

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

Check which USMS Postal Events you have entered this year: 1 Hour _____ 5K _____ 10K _____ 3000 _____ 6000 _____

Check if you want to decline any awards you may earn. _____ Results posted at: www.usms.org by 1/5/2009

USMS LIABILITY RELEASE: 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.

SWIMMER'S SIGNATURE _____ **DATE** _____

In addition, I certify that I have read the rules of this competition and that on ____/____, 2008, I swam ____3000 yds ____6000 yds in a time of ____:____:____ at:

Pool name/City _____ Swimmer's Signature _____
 Verifier's/Timer's Name, PRINTED _____ Verifier's Phone Number or Email Address _____

Entry Fee: US\$10, USMS, or
 US\$12, other FINA Masters = US \$ _____

T-Shirts: Indicate Quantity Ordered
 Small ____ Medium ____ Large ____ X-Large ____ XX-Large ____
 US\$15 each, USMS ____
 US\$20 each, other FINA Masters ____ = US \$ _____
TOTAL US \$ _____

Include: Copy of **2008 USMS or FINA REGISTRATION CARD**, Entry form and split sheet
Check Payable to: Louisville Masters
Send to: Mark Gill
2922 Riedling Drive
Louisville, KY 40206

Must be RECEIVED by November 25, 2008.

Record Split Entries using CUMULATIVE 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