



32nd Annual
2009 United States Masters Swimming
One Hour Postal
National Championship
Sanctioned by Pacific Northwest Association
For USMS, Inc
Sanction Number 369-01

DATE: All swims must take place during January 2009.
All individual entries must be received by February 10, 2009. **NEW Late entry for relays (see FEES).**

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 2009 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 2009 registration card must accompany your entry.***

INDIVIDUAL EVENTS: Men and women compete separately in age groups: 18-24, 25-29, 30-34...100+. The swimmer's age on the day he or she actually completes his/her swim will determine his or her age group. Swimmers who change age groups during January 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). The age of the youngest relay member determines the age group of the relay: 18+, 25+, 35+, 45+ ... 95+. Each relay member **MUST** also have entered the individual event. All members of a relay 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 EVENT: Each club will be entered automatically 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 the Long Distance Committee chair. Relay yards will not be included.

AWARDS: The top 10 finishers in each age group in the individual event and the top 6 relay teams in each relay age group will receive USMS Long Distance National Championship medals. First-place finishers in each individual and relay age group will also receive USMS championship patches, no more than one per event/participant. Awards

will be presented to top 3 clubs in each division of the club event.

RULES: The 2009 USMS Long Distance Rules govern these events. 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). An adult "Verifier," acting as a starter/head timer/counter/referee, must be present at all times during the swim. Each swimmer must have a verifier to time the event with a stop watch, count laps, and record cumulative (running) 50 splits. 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. 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/verifier for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

T-SHIRTS: Athletic Grey t-shirts with various stamp images from the States. See t-shirt design at swimpna.org. Cost \$17 for USMS and \$22 for other FINA masters. We also will have caps available: lime green with Ohana Turtle \$6.

FEES: Individual entry fee is US \$6 for each individual entry; US \$10 for other FINA Masters (non-USMS). Relay fees are US \$15 per entry if received by February 10. Late relay entries will be accepted at a fee of \$25 each but must be received by February 17. All fees are non-refundable and are payable by check or money order only—no cash. International entrants must submit US funds via international money order or bank check drawn on a bank with a U.S. affiliate.

RESULTS posted at www.usms.org by March 15, 2009.

RELAY ENTRY FORMS: To download forms, please visit <http://www.usms.org/longdist/ldnats09#postals> or send a SASE to: Ohana Swim Team, c/o Janae McCullough, 6204 43rd Ave. NW, Gig Harbor, WA 98335.

QUESTIONS: Contact event host: Ohana Swim Team 253-228-5947, ohanaswimteam@gmail.com.

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

2009 USMS ONE HOUR POSTAL NATIONAL CHAMPIONSHIP 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: _____ - _____
2009 USMS or FINA

E-Mail Address: _____ Check here if you want hard copy of results

Results posted at: www.usms.org by 3/15/09

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 January _____, 2009, I swam _____ yards
OR _____ meters at

Pool name/City _____ Swimmer's Signature _____
Verifier's/Timer's Name, PRINTED _____ Verifier's Phone Number or Email 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: Copy of **2009 USMS or FINA REGISTRATION CARD**, Entry form and split sheet
Check Payable to: Ohana Swim Team
Send to: Janae' McCullough
6204 43rd Ave NW
Gig Harbor, WA 98335
Must be RECEIVED by February 10, 2009.

FOR SPLIT SHEET SEE: http://www.usms.org/longdist/1hr_3k_6k_splits.pdf