



2009 United States Masters Swimming 5K and 10K Postal National Championships

Hosted by Minuteman Masters
Swim Club

Sanctioned by New England Masters
for USMS, Inc. # 040-011-SLCY

DATE: The 5K Postal and/or the 10K Postal must be swum in its entirety on or between May 15 and September 15, 2009. **All individual entries must be received by September 25, 2009. All relay entries must be received by October 5, 2009.**

OBJECTIVE: To swim 5K (5000 meters) and/or 10K (10,000 meters) in its entirety in any 50-meter pool you choose. Event results are sent in electronically or by mail so you can compare yourself to other swimmers doing the same event. Some people do the 5K Postal and/or the 10K Postal event for competition, while others do it for fitness; all who wish to participate are welcome. The recorded time you submit determines the order of finish. If two or more swimmers report the same time, a tie will be declared.

LOCATION: You may swim the 5K Postal and/or the 10K Postal in any 50-meter length pool. The 5K equals 100 lengths and the 10K equals 200 lengths.

ELIGIBILITY: This is a USMS-sanctioned event and all participants 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 status. **A copy of your current 2009 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, once 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.

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: \$14.00 for each individual entry (\$17.00 for non-US swimmers) and \$21.00 for each relay entry. 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 6 relay teams 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 per participant will be awarded.

RULES: The 2009 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. If a lane is shared, each swimmer must stay on his or her 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 and record cumulative splits every 100 meters. The timing of the event may be done with a stopwatch or electronic timing device. Cumulative split times must be recorded to the nearest second (final times for national records to the nearest 100th). A split sheet must be kept for each swimmer and a copy included with the entry form. 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.

SPLIT SHEETS: Please use the official split sheet for this event: http://www.usms.org/longdist/5k_10k_splits.pdf

T-SHIRTS/CAPS: Fabulous T-shirts celebrating your participation in the USMS 5K and 10K Postal National Championships are available for you to order. This is NOT a T-shirt you will see at every meet!

RESULTS: Complete results will be available by mail or via the internet. Preliminary results will be posted on the USMS website at www.usms.org by October 25, 2009, for two weeks. All corrections must be sent to the event director during those two weeks. Final results will be posted approximately one week later.

RELAY ENTRY FORMS: Please visit www.usms.org/longdist or www.minutemanmasters.com to download forms or send a SASE to: 2009 5K/10K Postal National Championships
105 Lincoln Woods Road
Waltham, MA 02451

QUESTIONS: Contact event director:
Sue Sotir at sue@minutemanmasters.co

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

2009 USMS 5K & 10K POSTAL SWIM NATIONAL CHAMPIONSHIPS INDIVIDUAL ENTRY FORM

NAME: _____ GENDER: ___ AGE: _____ BIRTHDATE: ___/___/___
Name as it appears on Registration Card - Last, First M/W 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 if you want to decline any awards you may earn. _____ Preliminary Results posted at www.usms.org by 10/25/2009

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 ___/___, 2009,

I swam ___ 5K ___ 10K 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\$14, USMS per event
 US\$17, FINA Masters per event = US \$ _____

T-Shirts: Indicate Quantity Ordered
Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____
US\$16 each USMS _____
US\$ 21 each, international FINA Masters _____ = US \$ _____
TOTAL Enclosed US \$ _____

Include: Copy of 2009 **USMS or FINA REGISTRATION CARD**, Entry form and split sheet
Check Payable to: *Minuteman Masters Swim Club*
Send to: 5K/10K Postal National Championships
105 Lincoln Woods Road
Waltham, MA 02451
Must be RECEIVED by September 25, 2009.

FOR OFFICIAL SPLIT SHEET SEE: http://www.usms.org/longdist/5k_10k_splits.pdf