



2010 United States Masters Swimming
3000- & 6000-Yard Postal National Championships
Hosted by Masters of South Texas
Sanctioned by South Texas for USMS, Inc. # 4310-78231-01H



DATE: The 3000-Yard Postal and/or the 6000-Yard Postal must be swum in its entirety on or between September 15 and November 15, 2010. **All individual entries must be received by November 25, 2010.** (See **Records** below.) **All relay entries must be received by December 5, 2010.**

OBJECTIVE: To swim 3000 yards and/or 6000 yards in its entirety in any 25-yard 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 3000-yard Postal and/or the 6000-yard 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: Swimmers shall swim the 3000-yard Postal and/or the 6000-yard Postal in any 25-yard pool, no exceptions.

ELIGIBILITY: This is a USMS-sanctioned event and all participants must be registered for 2010 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 2010 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: \$12.00 for each individual entry (\$14.00 for non-US swimmers) and \$18.00 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 10 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 2010 USMS Rules govern these events. Tech suits **MAY NOT** be worn for this event per [USMS Rule 102.14.3 regarding swimwear](#) issued on 1/19/10. 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 50 yards. 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. A 3000 yard split in the 6000 yard postal event may be submitted for a record if requested in writing. It will not be accepted as an entry for the 3000 yard postal event; the events must be swum separately. No adjustment may be made for swims completed at altitude.

RECORDS: If you break a national age group record and would like the time to be included in the next year's USMS Rule Book, your entry must be received no later than October 26. Indicate on the envelope that the entry is a potential USMS record.

SPLIT SHEETS: Please use the official split sheet for this event: www.usms.org/longdist/1hr_3000_6000_splits.pdf

T-SHIRTS/CAPS: The 2010 USMS 3000/6000 yards T-shirt is available for \$15. International orders cost \$ 20 per shirt.

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 12/26/09 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/ldnats10/ to download forms or send a SASE to: Susan Ingraham, 302 Happy Trail, San Antonio, Texas 78231

QUESTIONS: Contact event director: Susan Ingraham at 210.493.0388 or email to Aquatex101@aol.com

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

2010 USMS 3000-YARD & 6000-YARD POSTAL SWIM NATIONAL CHAMPIONSHIPS INDIVIDUAL ENTRY FORM

NAME: _____ GENDER: _____ AGE: _____ BIRTHDATE: ____/____/____
Name as it appears on Registration Card M/W Day of swim MM DD YY

ADDRESS: _____ PHONE: _____ - _____ - _____

CITY: _____ STATE: _____ ZIP: _____ COUNTRY: _____

CLUB: _____ CLUB ABBR: _____ REGISTRATION NUMBER: _____ - _____
2010 USMS or FINA

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

Check if you want to decline any awards you may earn. _____

Preliminary Results posted at www.usms.org by 1/5/2011

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 ____/____, 2010,

I swam ____ 3000 yards ____ 6000 yards 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\$12, USMS per event
 US\$14, FINA Masters per event = US \$ _____

T-Shirts: Indicate Quantity Ordered

Small ____ Medium ____ Large ____ X-Large ____ XX-Large ____

US \$15 each USMS _____ = US \$ _____

US \$20 each, international FINA Masters _____ = US \$ _____

TOTAL Enclosed US \$ _____

Include: Copy of 2010 **USMS or FINA REGISTRATION CARD**, Entry form and split sheet
Check Payable to: AQUATEX

Send to: Susan Ingraham
302 Happy Trail
San Antonio, Texas 78231

Must be RECEIVED by November 25, 2010.

ONLINE ENTRIES:

http://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=2250

FOR OFFICIAL SPLIT SHEET SEE:

http://www.usms.org/longdist/1hr_3000_6000_splits.pdf