



# 2010 United States Masters Swimming 5K and 10K Postal National Championships

Hosted by North Carolina Masters Swimming  
Sanctioned by North Carolina LMSC for USMS, Inc. #130-001p



**DATE:** The 5K Postal and/or the 10K Postal must be swum in its entirety on or between May 15 and September 15, 2010.

**DEADLINES:** All *online individual entry submissions* must be completed by **11:59 PM HST on September 25, 2010**. Mailed *paper individual entries* must be received by **September 25, 2010**. All *online relay entry submissions* must be completed by **11:59 PM HST on October 5, 2010**. Mailed *paper relay entries* must be received by **October 5, 2010**. **Complete split sheets** must be received by the event director by **September 25, 2010** (see **SPLIT SHEETS** below).

**OBJECTIVE:** To swim 5K (5,000 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 2010 with USMS (or the equivalent organization for non-U.S. swimmers). Foreign swimmers are not eligible for USMS records or All-American status. Entries submitted by mail must include a copy of your current 2010 registration card. Online entries will be verified automatically.

**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 will 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 \$18.00 for each relay entry. Fees are non-refundable. Online entries must be paid by credit card (Visa or MasterCard). Mailed in entries must be paid by check or money order only – no cash. Foreign entrants may enter online with a credit card, or enter by mail submitting 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 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 swim (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 100<sup>th</sup>). A split sheet must be kept for each swimmer. One person may serve as a counter for no more than two swimmers per heat. A 5K split in the 10K postal event may be submitted for a record if requested in writing. It will not be accepted as an entry for the 5K postal event; the events must be swum separately. No adjustment may be made for swims completed at altitude.

**SPLIT SHEETS:** Use the official split sheet for this event available at [http://www.usms.org/longdist/5k\\_10k\\_splits.pdf](http://www.usms.org/longdist/5k_10k_splits.pdf)  
**Both online entrants and mail-in entrants MUST mail or scan/email their official split sheets to the event director for the entry to be deemed complete.**

**T-SHIRTS/CAPS:** The 2010 USMS 5k/10k T-shirt is available for \$16.00. International orders cost \$21.00 per shirt. Please CTRL+ Click <http://www.ncmasters.org/postal-shirt.pdf> to view the design. Caps will not be available.

**RESULTS:** Complete results will be available via the internet or by mail if indicated below. Preliminary results will be posted on the USMS website at [www.usms.org](http://www.usms.org) by October 25, 2010, 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 ENTRIES:** Online relay entries will open on September 26, 2010. All online individual entries and all currently processed mailed individual entries will be displayed by USMS Club and will include the entrant's time for the Club Relay Coordinator/Builder's reference. You will only be able to view a listing of YOUR USMS Club's entries. For paper entries, please visit: [http://www.usms.org/longdist/ldnats10/5k\\_10krelay.pdf](http://www.usms.org/longdist/ldnats10/5k_10krelay.pdf) to download forms or send a SASE to: 2010 5K/10K Postal National Championships, 312 Avenue A, New Bern, NC 28560

**QUESTIONS:** Contact event director: Bob Husson at [5k10k2010@gmail.com](mailto:5k10k2010@gmail.com) or at (252) 638-8425 between 4:00 pm and 7:00 pm.

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

## 2010 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: \_\_\_\_\_ - \_\_\_\_\_  
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](http://www.usms.org) by 10/25/2010

**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 \_\_\_\_ 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\$14.00, USMS per event  
 US\$17.00, FINA Masters per event = US \$ \_\_\_\_\_

**T-Shirts:** Indicate Quantity Ordered

Small \_\_\_\_ Medium \_\_\_\_ Large \_\_\_\_ X-Large \_\_\_\_ XX-Large \_\_\_\_

US \$16.00 each USMS \_\_\_\_\_

US \$21.00 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: NCMS**

**Send to:** Bob Husson  
5K/10K Postal National Championships  
312 Avenue A  
New Bern, NC 28560

**Must be RECEIVED by September 25, 2010.**

### ONLINE ENTRIES:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1246&smid=2016](https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=2016)

**FOR OFFICIAL SPLIT SHEET SEE:** [http://www.usms.org/longdist/5k\\_10k\\_splits.pdf](http://www.usms.org/longdist/5k_10k_splits.pdf)