



33rd Annual
2010 United States Masters Swimming
One Hour Postal National Championship
Hosted by Tamalpais Aquatic Masters
Sanctioned by Pacific Masters Swimming LMSC for USMS, Inc. #38-10-02



HOSTED BY TAMALPAIS AQUATIC MASTERS

DATE: The One Hour Postal must be swum in its entirety during January 2010. **All individual entries must be received by February 10, 2010. All relay entries must be received by February 20, 2010.**

OBJECTIVE: To swim as far as possible in one hour in any pool you choose that is 25 yards or longer. 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 One Hour Postal for competition, while others do it for fitness; all who wish to participate are welcome. The recorded distance (total yards swum) that you submit determines the order of finish. If two or more swimmers report the same distance, a tie will be declared.

LOCATION: You may swim the One Hour Postal in 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: 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 yardage for the individual swims will be the relay yardage.

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.

FEES: \$7.00 for each individual entry (\$10.00 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, or by credit card if entering online. 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. **Online entries are preferred.**

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 a USMS championship patch. Only one patch per event per participant will be awarded. Awards will be presented to the top 3 clubs in each division of the club event.

RULES: The 2010 USMS Rules govern these events, including swimsuits. 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 or 50 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. Distances are to be **rounded down** to the nearest completed five yard increment (i.e., round 2764 yards to 2760 yards). See Location section for conversion from meters to yards. 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/1hr_3000_6000_splits.pdf

T-SHIRTS/CAPS: The 2010 USMS One Hour Postal National Championship T-shirt is available in both women's and men's sizes at a cost of \$17 for USMS (\$20 XXL) or \$20 for FINA Masters. Caps will be available for \$6. Please go to www.tammasters.org/HourSwimEntry to view the design.

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 by March 12, 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 ENTRY FORMS: Please visit http://www.usms.org/longdist/ldnats10/1hrentry_relay.pdf to download forms or send a SASE to: Tamalpais Aquatic Masters, Relay Entries, P.O. Box 150516, San Rafael CA 94915-0516

QUESTIONS: Contact event director: Jessica Jakobi, 415-454-2302 (9AM-9PM PST), HourSwim@tammasters.org. For online entry questions, please contact Jon Haveman at jonhs@tammasters.org.

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

2010 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP 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 by March 12, 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 January _____, 2010,

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\$7, USMS per event
 US\$10, FINA Masters per event = US \$ _____

T-Shirts: Women's _____ **Men's** _____

Indicate Quantity Ordered

Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____

US\$17 each USMS _____ US\$20 for XXL _____

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

Caps: _____ at US\$6 each = US \$ _____

TOTAL Enclosed US \$ _____

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

Send to: Jessica Jakobi c/o Tamalpais Aquatic Masters
P.O. Box 150516
San Rafael CA 94915-0516

Must be RECEIVED by February 10, 2010.

ONLINE ENTRIES:

https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=1761

FOR OFFICIAL SPLIT SHEET SEE:

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