



2004 United States Masters Swimming National Long Course Championships



Chatham County Aquatic Center
Savannah, Georgia August 12-15, 2004

Meet Information

Savannah Masters welcomes you to the Low Country! While in Savannah, make sure you take in the unique sights and spots in what has been called "America's Most Beautiful City." Please read the following information carefully and refer to the checklist on the entry form to avoid misunderstandings or problems regarding the conduct of the meet. All times listed are Eastern Daylight Savings Time.

Location

Chatham County Aquatic Center, 7240 Sallie Mood Drive, Savannah, Georgia

Facilities

Indoor, climate-controlled 50-meter x 25-yard competition pool with eight lanes, each 9' wide. Competition pool depth is 7' to 9'. Adjacent 25-yard warmup pool has six lanes. Colorado timing system with 8-lane Colorado scoreboard. Bleacher seating for 1,500 spectators.

Website

Meet information, entry forms, on-line registration and current hotel and car rental information are available at www.usms.org.

Hotels

When making reservations at the following Savannah hotels, refer to "USMS Nationals" for quoted rate. Rates do not include tax. All hotels are 2-3 miles from the pool, unless otherwise indicated. Reservations should be made by 7/1/04, or rooms may be released for general use. For slightly added cost, meet participants may be interested in staying at Bed and Breakfast accommodations in the Historic District or a higher class hotel on the Savannah River, both approximately a 15-20 minute drive from the Aquatic Center.

Hotels on Shuttle Route

Best Western (912) 355-1000

(five-minute walk to shuttle stop) \$72.95, double

Clubhouse Inn of Savannah (912) 356-1234

\$79, standard double, \$99, king suite

Comfort Inn (912) 352-9884

\$69.95, king or double

\$79.95, king or double suite

Courtyard by Marriott (912) 354-7878

(800) 321-2211, \$86, king or double

Hampton Inn (912) 355-4100

\$71, king or double (offers airport shuttle)

Holiday Inn (912) 352-7100, (800) 255-8268

\$62.50, king or double

Hotels not on Shuttle Route

Baymont Inn & Suites (912) 927-7660

\$69, double

Country Inn and Suites (912) 692-0404

(800) 456-4000

\$79, standard king or double

\$89, king suite; \$98, double suite

Masters Inn Suites (912) 354-8560

\$71.95, king or queen suite

SpringHill Suites by Marriott (912) 920-3787

(5 miles to pool) \$89, double suite

Meet Shuttle Service & Parking

A free shuttle service will be offered between designated hotels and the Aquatic Center. A shuttle schedule will be available at meet registration and at the participating hotels. Free parking is available at the Aquatic Center.

Travel

Delta Air Lines is the official airline for the meet. The airport servicing Savannah is the Savannah/Hilton Head International Airport. To receive a 5-10% discount off of applicable Delta fares into Savannah, contact Delta at (800) 241-6760 and press prompt #1. The meet code is 199671A. Participants may wish to fly to Jacksonville International Airport, which is approximately 120 miles from Savannah.

Ground Transportation

The Savannah/Hilton Head International Airport is located approximately 12 miles from the listed hotels and 15 miles from the Aquatic Center. One-way cab fare to the hotels and Aquatic Center is in the \$25-\$30 range. One-way shuttle service is provided by Private Cars at a cost of \$19 per person. Call toll free (866) 428-9380 or (912) 238-0101 for reservations and mention you are with "USMS Nationals." Various rental car agencies are available as well.

Temperature and Climate

During August, the average outdoor high temperature is 90^o, with an average low of 71^o.

Registration

All participants must register prior to competing to sign an emergency card, safety information statement, and liability release. Registered swimmers will receive a meet program, optional social tickets and other meet information. Registration will be held at the Aquatic Center on Wednesday, August 11, from noon to 8 pm and on Thursday, August 12, through Sunday, August 15, from 6:30 am until the end of each day's last event. Check-in for all events and relays will be available in the same area.

Eligibility

The Championships are open to any registered Masters swimmer at least 19 years of age as of December 31, 2004. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swim Committee (LMSC). If there are questions about affiliation, you shall be entered as "unattached". Foreign entries must include a copy of the swimmer's Masters Swimming registration card and fees in U.S. dollars.

Age Groups

Age for the meet is determined as of 12/31/04. Individual Events: 19-24, 25-29, 30-34, 35-39, ...100-104. Relay Events: (aggregate age of relay members): 76-99, 100-119, 120-159, 160-199, ... (40-year increments as high as is necessary).

Final Results

Complete final results may be ordered in advance or at the Awards Table during the meet. Cost will be \$15.00 per copy. The USMS website will post results.

Seeding

All events will be deck seeded unless meet management determines that the meet can be completed in a timely fashion by pre-seeded individual events of 200 yards or less. Women's heats will precede men's heats for each event except for the 800 and 1500 Free. Odd heats will start from one end of the pool and even heats will start from the other end unless the meet can be run in a timely manner without using the Chase Start

format. Women and men will be seeded together for the 800 and 1500 Free. In all other events, all women's heats will be completed before the men's heats start. The 800 and 1500 Free will be seeded slowest to fastest by entry time regardless of age or gender. The 400 IM will be seeded slowest to fastest by entry time for each sex regardless of age. All other events will be seeded by age group with the oldest age groups first, slowest to fastest within each age group.

Check-in Deadline for All Events

This is a deck-seeded meet. **Check-in is required for all events and may be done in person in the registration area or via the Internet at www.usms.org.** Coaches or teammates may check in for those swimmers whose travel plans do not permit check-in by the deadlines. Failure to check in will result in the swimmer being scratched from the event. Heat sheets will be available on each morning for the day's events.

Check-in Times

For Friday, Saturday, and Sunday's events, you must check in the day before between 7:00 am and 6:00 pm for the events you plan to swim the next day. For Thursday's events, 800 freestyle swimmers must check in by 7:00 am on Thursday, and 1500 freestyle swimmers must check in no later than one hour prior to the estimated start time of the 1500 freestyle. You may also check in for Thursday's events on Wednesday between 12:00 pm and 8:00 pm. The check-in deadlines for Thursday's events will be posted by August 6, 2004 on the USMS website (www.usms.org).

Warm-up Times

The competition pool will be open for warm-up on Wednesday, August 11 from noon until 8 pm. On competition days, the competition pool will be open for warm-up from 6:30 am until 7:50 am and the warm-up pool will be available from 7:50 am until conclusion of the final event. On Friday through Sunday, the competition pool will also be open for warm-up for 30 minutes following the last heat of the first event, the 400 IM, Women's 400 Free, and Men's 400 Free. The competition pool will be open for 30 minutes following the last event each day.

Scratches

Any swimmer failing to report to the proper lane in the correct heat of their event shall be scratched from that event and shall not be permitted to swim that event at another time.

General Meeting

All swimmers, coaches, and officials should be represented at the general meeting at the Aquatic Center on Wednesday, August 11, at 6:00 pm. Matters pertinent to the operation and conduct of the meet will be discussed.

Time Verifications (formerly OVCs)

Swimmers needing verification of time(s) or wish their times to be entered into the USA Swimming Database (for entry into USA-S national meets) should complete a form at the meet and prior to the swim. Contact the Administration Referee: Bob Brown at rlhlbrown@mobile.att.net or 503-806-0738.

Social

The meet will feature a Saturday evening

WOMEN'S QUALIFYING TIMES														
EVENT	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	:33.31	:33.27	:33.00	:32.61	:33.04	:34.48	:36.45	:40.77	:43.15	:47.81	:51.23	1:03.22	1:08.12	1:18.82
100 Free	1:13.80	1:13.06	1:12.48	1:11.87	1:12.96	1:16.70	1:21.75	1:31.98	1:40.33	1:45.63	2:01.17	2:17.83	2:52.77	3:04.20
200 Free	2:43.84	2:42.11	2:39.40	2:39.62	2:39.77	2:49.54	2:56.26	3:23.74	3:41.25	3:58.35	4:25.05	4:58.57	6:18.46	6:42.08
400 Free	5:55.88	5:51.86	5:46.07	5:39.88	5:37.93	6:01.95	6:20.44	7:08.68	7:53.11	8:40.02	9:38.00	10:39.41	11:00.36	13:28.86
800 Free	13:31.05	13:05.32	12:20.26	12:14.99	11:45.85	12:38.07	13:27.97	15:07.86	16:53.02	22:04.85	19:35.33	23:39.16	29:38.24	No Time
1500 Free	26:57.10	24:55.49	24:26.93	24:56.51	23:36.51	24:43.97	26:44.56	29:38.34	36:52.99	42:19.06	39:31.48	43:56.70	No Time	No Time
50 Back	:40.37	:39.77	:40.04	:39.64	:40.08	:41.70	:44.31	:50.42	:53.96	:59.34	1:06.32	1:10.94	1:20.75	1:29.22
100 Back	1:28.07	1:28.10	1:28.38	1:24.44	1:27.85	1:31.48	1:37.56	1:51.19	2:00.75	2:12.66	2:22.23	2:40.93	3:32.86	3:15.00
200 Back	3:16.61	3:10.98	3:14.46	3:09.27	3:17.28	3:18.20	3:32.43	4:14.76	4:19.85	4:53.73	5:11.65	5:54.77	8:19.66	8:15.42
50 Breast	:44.54	:43.84	:44.85	:44.80	:45.04	:46.81	:49.44	:53.41	:58.25	1:06.69	1:08.61	1:21.41	2:07.37	2:11.24
100 Breast	1:39.05	1:36.20	1:39.71	1:38.89	1:40.40	1:42.43	1:51.24	1:59.46	2:07.11	2:29.22	2:37.45	3:02.44	3:20.75	No Time
200 Breast	3:52.99	3:40.77	3:42.54	3:39.03	3:40.97	3:45.73	4:02.57	4:25.24	4:41.48	6:06.59	5:53.51	7:01.72	7:42.74	13:49.35
50 Fly	:36.78	:35.76	:36.05	:35.80	:35.93	:38.01	:42.49	:47.08	:54.03	1:03.99	1:18.42	1:29.75	1:53.67	No Time
100 Fly	1:28.31	1:21.63	1:23.52	1:22.80	1:24.34	1:31.56	1:55.12	2:05.32	2:21.60	2:53.48	2:50.49	3:11.85	No Time	No Time
200 Fly	3:39.27	4:16.54	3:46.14	3:28.31	3:40.57	3:41.10	4:12.63	5:59.63	4:58.47	6:41.32	6:06.16	7:26.66	No Time	No Time
200 IM	3:08.99	2:59.16	3:07.26	3:05.88	3:10.21	3:16.05	3:42.72	3:59.32	4:27.75	5:01.68	5:37.38	8:01.13	7:25.54	No Time
400 IM	7:19.76	6:58.33	7:24.72	6:57.66	7:01.14	7:08.59	8:07.46	8:50.32	10:25.64	10:48.50	12:43.61	No Time	No Time	No Time

MEN'S QUALIFYING TIMES														
EVENT	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	:29.22	:28.53	:28.31	:28.56	:28.77	:29.22	:30.25	:31.38	:33.70	:35.34	:36.63	:42.48	:51.24	1:08.06
100 Free	1:05.47	1:03.58	1:03.13	1:03.40	1:03.80	1:04.76	1:07.57	1:10.76	1:17.36	1:22.32	1:25.45	1:41.95	2:10.24	2:22.55
200 Free	2:31.65	2:27.36	2:24.53	2:20.03	2:23.54	2:24.82	2:31.98	2:42.21	2:56.97	3:12.56	3:22.21	3:54.50	5:48.56	5:35.09
400 Free	6:40.83	5:21.45	5:10.98	5:04.28	5:09.84	5:12.72	5:31.09	5:52.58	6:30.54	6:58.87	7:26.13	8:46.97	12:16.16	11:58.97
800 Free	13:46.07	11:50.11	11:18.73	11:03.73	10:56.08	11:11.38	11:50.50	12:27.48	13:49.17	14:40.62	15:55.48	19:01.21	25:53.12	28:55.91
1500 Free	No Time	25:48.70	21:34.05	21:23.67	21:11.22	21:50.45	22:29.45	25:24.47	26:15.67	29:08.91	32:18.26	35:55.27	53:25.78	No Time
50 Back	:36.91	:34.73	:34.68	:34.89	:34.63	:35.88	:37.15	:39.22	:42.13	:45.72	:49.39	:56.46	1:04.37	2:04.27
100 Back	1:22.37	1:16.45	1:16.83	1:16.31	1:17.09	1:18.59	1:22.64	1:29.39	1:36.81	1:43.08	1:55.50	2:06.71	2:55.26	3:00.29
200 Back	3:01.26	2:57.36	2:53.77	2:48.72	2:52.37	2:52.16	3:00.52	3:19.19	3:33.92	3:54.55	4:21.50	4:33.24	5:40.39	8:32.72
50 Breast	:40.69	:38.14	:37.47	:37.73	:37.86	:38.58	:39.46	:41.63	:44.20	:48.22	:50.10	1:01.17	1:18.84	1:28.96
100 Breast	1:34.55	1:27.14	1:24.07	1:25.06	1:24.84	1:26.43	1:29.36	1:35.14	1:40.91	1:52.22	1:59.17	2:20.76	2:49.99	3:08.55
200 Breast	3:26.81	3:30.43	3:09.32	3:11.14	3:12.92	3:13.49	3:18.69	3:35.08	3:49.23	4:10.01	4:32.50	5:39.03	5:47.18	No Time
50 Fly	:31.89	:31.13	:30.48	:30.83	:31.08	:31.73	:32.82	:33.90	:37.48	:42.10	:48.29	1:04.19	1:48.38	No Time
100 Fly	1:16.52	1:11.71	1:09.27	1:09.92	1:11.07	1:13.86	1:17.21	1:26.20	1:38.96	1:50.85	2:39.87	2:53.31	No Time	No Time
200 Fly	No Time	2:56.72	3:30.27	2:51.89	3:02.51	3:08.64	3:22.36	4:03.43	4:13.53	4:53.69	5:05.45	6:53.51	No Time	No Time
200 IM	3:00.59	2:48.45	2:41.63	2:40.90	2:46.07	2:47.72	2:57.22	3:06.56	3:26.82	3:46.76	4:21.42	5:10.78	7:09.80	No Time
400 IM	7:17.43	6:26.73	6:05.33	6:05.42	6:12.63	6:15.27	6:29.81	7:14.30	7:50.42	9:20.64	12:03.92	12:19.57	No Time	No Time

Riverboat Cruise along the Historic Savannah River. The menu, "River Queen Buffet," will feature some of the finest in Low Country foods, including salads, delectable entrees, side dishes and desserts. The two-hour cruise features live entertainment. A cash bar will be available. Cost is \$40.00 per person. Shuttle transportation to the social is provided from the pool and the hotels on the meet shuttle route. Cruise departure time is scheduled for 7:00 pm.

Gold Medal Sponsorship

Gold Medal Sponsors will be recognized in the official program as supporters of Masters swimming, entitled to V.I.P. hospitality on deck, and receive a commemorative gift. Cost is \$50. Gold Medal Sponsorships may be ordered on the meet entry form.

Meet Management

Meet Director: Scott Rabalais
Meet Referee: Dottie Daniels

Entry Procedures

Use **official entry form** or a photocopy of the entire form. Read all instructions and fill out the form completely. **Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected. A legible copy of the swimmer's Masters registration card (foreign swimmers) must accompany the entry form.** Failure to include a Masters registration card may result in the swimmer being charged a fee before being allowed to compete. A USMS swimmer changing club affiliation prior to the meet must send either a USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

On-line Entries

On-line entries are encouraged. This method provides immediate confirmation that the entry has been received. To enter on-line visit www.usms.org.

National Qualifying Times

Competitors may enter a maximum of three (3) individual events without meeting the **National Qualifying Times (NQTs)** established for those events. Competitors may enter up to three additional events in which they have swum a time equal to or better than the NQTs in the past two years. The NQTs for all events are listed above. Designate the events in which the NQTs have been met with a "T" in the designated column. There are no NQTs for the 90 and over age groups.

Entry Times

All events must include an entry time. "NT" entries will be rejected.

Number of Events

If the swimmer qualifies, they may enter up to three individual events per day with a maximum of six events during the meet. A swimmer may enter either the 800 or 1500 freestyle, but not both.

Sixth Event Rule

If, in the opinion of the USMS Championship Committee, the meet is deemed too large to be run efficiently, every swimmer's sixth event will be dropped. If six events are entered, indicate with the number "6" your least desired event in the designated column. If no indication is given, the last event entered on the entry form will be dropped. No changes of the designated 6th event will be allowed after July 8. No refunds will be given for the dropped event.

Fees

Fees are \$4 per individual event plus \$30 surcharge per swimmer. Fees must accompany the entry form and must be paid in US dollars by check or money order. Do Not Send Cash. The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in US dollars will be

required before the entrant is allowed to swim. Refund requests must be in writing and received by July 8, 2004. No refunds will be given for events not swum. The \$30 surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers must submit an entry form with payment by the entry deadline. All fees should be payable to "United States Masters Swimming."

Relay Events

Relays may be entered at any time until 4:00 pm the day before the relay is scheduled to be swum. After that time, only the swimmers on the relay may be changed. Such changes must not affect the age group of the relay. The relay entry fee is \$12 per relay. Forms are available for downloading at www.usms.org.

Mail Entry and Fees

Postmarked by July 1, 2004 or received by July 8, 2004. Mail to: Long Course Nationals, USMS National Office, 9 Wiley Hill Rd, Londonderry, NH 03053-3109

Questions

Contact Scott Rabalais at (912) 234-0679 or vicepresident@usms.org.

Entry Deadline

All U.S. entries must be postmarked with an official US postmark (no business meters) by July 1, 2004 OR received by July 8, 2004. Entries received after this date will be returned to sender. Online entries are encouraged and will be accepted until 11:59 pm EDT on July 8, 2004. No telephone or email entries will be accepted. Mail entries early. Include a SASE (Self Addressed Stamped Envelope) with entry for proof of receipt. Do not send certified or overnight mail requiring signature. Allow sufficient time for mail delivery. Photocopy completed entry form and personal checks for your records and verification.

Mail entry and fees to:
 Long Course Nationals
 USMS National Office
 9 Wiley Hill Rd.
 Londonderry, NH 03053-3109

2004 USMS National Long Course Championships Official Entry Form



**Chatham County Aquatic Center
 Savannah, Georgia August 12-15, 2004**

Sanctioned by the Georgia LMSC for USMS, Inc. - Sanction number 454-L01

Name* _____ *Print name as it appears on USMS registration card.
Last First Middle Initial

Address _____
Street City State ZIP Country

E-Mail _____ Day Phone _____ Eve. Phone _____
A/C A/C

Emergency _____ Age _____ Birthdate _____ Sex _____
Name Phone No. (on 12/31/04) (Month/Day/Year) M/F

Club Name or Unattached _____ USMS or International Reg. # _____

BEFORE COMPLETING, READ MEET INFORMATION ON PREVIOUS PAGES.

Check-in is required for all events. For all Friday-Sunday events, check-in ends at 6 pm EDT the day before event is swum . For Thursday events, check-in will start THE DAY BEFORE and end 7 am Thursday for the 800 and one hour before the start of the 1500.

Entries must be U.S. postmarked by July 1, 2004 or received by July 8, 2004

Event No	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6
Warm-Up 6:30-7:50 a.m.		THURSDAY, AUGUST 12, 2004			Start 8:00 a.m.			
1				800 FREESTYLE**	2			
3				1500 FREESTYLE**	4			
Warm-Up 6:30-7:50 a.m.		FRIDAY, AUGUST 13, 2004			Start 8:00 a.m.			
5				400 INDIVIDUAL MEDLEY	6			
7				50 BUTTERFLY	8			
9				200 FREESTYLE	10			
11				100 BACKSTROKE	12			
13				200 BREASTSTROKE	14			
15/16	SEE RELAY FORM			200 MIXED MEDLEY RELAY	15/16	SEE RELAY FORM		
17	SEE RELAY FORM			200 FREE RELAY	18	SEE RELAY FORM		
Warm-Up 6:30-7:50 a.m.		SATURDAY, AUGUST 14, 2004			Start 8:00 a.m.			
19				400 FREESTYLE (WOMEN)	****	Men's 400 Sunday	***	***
21				200 BACKSTROKE	22			
23				50 FREESTYLE	24			
25				100 BREASTSTROKE	26			
27				200 INDIVIDUAL MEDLEY	28			
29				100 BUTTERFLY	30			
31	SEE RELAY FORM			200 MEDLEY RELAY	32	SEE RELAY FORM		
Warm-Up 6:30-7:50 a.m.		SUNDAY, AUGUST 15, 2004			Start 8:00 a.m.			
****	Women's 400 Saturday	***	***	400 FREESTYLE (MEN)	34			
35				50 BREASTSTROKE	36			
37				200 BUTTERFLY	38			
39				100 FREESTYLE	40			
41				50 BACKSTROKE	42			
43/44	SEE RELAY FORM			200 MIXED FREE RELAY	43/44	SEE RELAY FORM		

Entry Checklist

Entry form filled out completely?

"T" and "6" events clearly marked? ("T" is for NQT's that have been met. Mark "6" only if entering 6 events.)

Seed times in proper columns?

No more than three events per day entered?

Liability release signed and dated?

Fees payable to "USMS" enclosed?

Foreign Masters swimming registration card attached?

SASE enclosed? (Indicate purpose on envelope.)

Entry postmarked by July 1, 2004, or received by July 8, 2004, deadline?

QUESTIONS? Call (912) 234-0679 before 9 p.m. EDT

**You may enter either the 800 Free or the 1500 Free, not both.

Internet Entries will be accepted starting 5/1/04. Please see www.usms.org for additional information.

Liability Release: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise 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."

Signature _____ Date _____

FEES:

Meet Surcharge (required for all events)	\$30
Number of Individual Events _____ x \$4	_____
Final Results _____ x \$15	_____
Social Event _____ x \$40	_____
Gold Medal Sponsor _____ x \$50	_____
TOTAL FEES ENCLOSED	_____

Check or money order payable to
United States Masters Swimming