

# long course nationals

by Kari Jones

## Nationals in Portland's Rural Wonders August 14-17



**>T**his year, USMS National Long Course Championship competitors will take a stab at victory in a one million-gallon tank. Called the fastest in the United States, the 50-meter Olympic pool at the Mt. Hood Community College Aquatic Center, in Gresham, Ore., a Portland suburb, was built more than 30 years ago with seating to hold 4,000 spectators. Now, after \$1.4 million in renovations during the fall of 2007, the pool is one of the deepest in the nation, which makes for faster racing times, and can be used year round thanks to an all-weather dome. "With the renovations, we

didn't want to lose the outdoor feel," says meet co-director Brandon Drawz, who is also assistant athletic director and director of aquatics and recreation at Mt. Hood Community College. "You're surrounded by trees. It's a destination spot."

There's also a 25-yard lap hydrotherapy pool indoors for competitors to enjoy, and, just in case the Long Course Championships are not challenging enough, Masters swimmers can test their endurance with the rock-climbing wall. Officials say the new pool actually uses one-third less energy to heat than conventional pools, thanks to the high efficiency covers.

Dennis Baker, the other meet co-director, and swimming coach for the Oregon Reign Masters and the David Douglas Swimming Club, says he thinks Masters swimmers will appreciate the new pool, remodeled with a state-of-the-art Daktronics scoreboard and system.

"I think they'll really like the setup of the meet, the indoor warm-up and warm-down pool and the setting—a rural area of Oregon," Baker says, adding, "The pool is really fast. We had a senior sectional meet there and the times were incredibly fast."

Drawz agrees that Masters swimmers will appreciate the facility's upgrades. "They're

going to feel like they're in a world-class tank," he says.

More than a thousand competitors are expected at the four-day meet that also will feature several social events, including a gathering at the historic Edgefield Manor, which was built in 1911 and originally served as the Multnomah County Poor Farm. After several decades of service, the manor was closed and reopened by brothers Mike and Brian McMenamin, who specialize in transforming old buildings into pub fun spots. The Edgefield now



resembles a European-style village, with lodging, a pub and movie theater, fine dining, a winery, a brewery, distillery, golf course, gardens, vineyards, artwork, meeting, wedding and banquet space, and special events year round.

Among other must-see attractions are the Columbia River Gorge, 80 miles of wilderness that forms the border between northern Oregon and southern Washington, and the Oregon Coast, which Drawz says is gorgeous in August.

Masters swimmers also will be only 46 miles from the popular ski area and national historic landmark ski lodge, Timberline Lodge. The lodge draws more than one million

continued on page 38



Travel Portland

### USMS NATIONAL WOMEN'S LCM QUALIFYING TIMES

| EVENT      | 18-24    | 25-29    | 30-34    | 35-39    | 40-44    | 45-49    | 50-54    | 55-59    | 60-64    | 65-69    | 70-74    | 75-79    | 80-84    |
|------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 50 Free    | :35.19   | :33.85   | :34.57   | :33.88   | :34.10   | :34.28   | :35.97   | :39.23   | :42.32   | :43.80   | :49.85   | :56.32   | 1:03.32  |
| 100 Free   | 1:17.75  | 1:12.57  | 1:15.48  | 1:14.49  | 1:15.18  | 1:15.66  | 1:20.18  | 1:25.22  | 1:37.68  | 1:41.27  | 1:57.04  | 2:13.62  | 2:20.42  |
| 200 Free   | 2:48.89  | 2:39.52  | 2:42.04  | 2:41.23  | 2:38.63  | 2:42.77  | 2:56.86  | 3:06.84  | 3:29.53  | 3:45.45  | 4:01.73  | 4:45.63  | 5:03.98  |
| 400 Free   | 5:58.61  | 5:38.19  | 5:37.67  | 5:35.59  | 5:33.19  | 5:36.82  | 6:02.52  | 6:27.69  | 7:18.23  | 8:02.13  | 8:29.10  | 9:51.64  | 11:28.48 |
| 800 Free   | 12:51.09 | 11:51.45 | 11:47.76 | 11:52.60 | 11:36.62 | 11:41.82 | 12:36.26 | 13:19.26 | 15:12.07 | 16:13.44 | 18:52.93 | 22:48.59 | 24:27.38 |
| 1500 Free  | 24:34.56 | 23:18.71 | 24:32.43 | 23:42.88 | 23:04.95 | 23:36.49 | 25:42.19 | 26:50.96 | 29:23.50 | 32:52.38 | 38:54.91 | 44:41.89 | No Time  |
| 50 Back    | :41.46   | :40.03   | :40.42   | :40.57   | :40.50   | :41.30   | :44.06   | :47.37   | :53.02   | :56.46   | 1:02.61  | 1:12.29  | 1:14.93  |
| 100 Back   | 1:29.66  | 1:26.23  | 1:27.63  | 1:28.35  | 1:28.25  | 1:29.24  | 1:37.95  | 1:43.70  | 1:55.12  | 2:04.03  | 2:21.05  | 2:32.30  | 2:44.14  |
| 200 Back   | 3:12.76  | 3:04.62  | 3:11.05  | 3:06.47  | 3:09.21  | 3:12.47  | 3:25.45  | 3:41.79  | 4:05.39  | 4:27.24  | 5:02.86  | 5:36.74  | 6:12.69  |
| 50 Breast  | :45.28   | :44.35   | :45.39   | :45.01   | :46.02   | :45.82   | :48.65   | :51.27   | :55.40   | :59.09   | 1:08.80  | 1:13.63  | 1:30.85  |
| 100 Breast | 1:38.27  | 1:37.54  | 1:39.27  | 1:40.45  | 1:41.47  | 1:42.06  | 1:48.62  | 1:56.38  | 2:04.47  | 2:11.58  | 2:31.52  | 2:45.03  | 3:31.38  |
| 200 Breast | 3:34.24  | 3:37.13  | 3:37.01  | 3:34.25  | 3:40.02  | 3:48.17  | 3:56.07  | 4:11.60  | 4:25.72  | 4:51.64  | 5:23.84  | 5:59.34  | 7:17.80  |
| 50 Fly     | :38.18   | :36.79   | :37.40   | :37.26   | :36.93   | :37.55   | :39.46   | :43.35   | :50.01   | :53.08   | 1:04.05  | 1:16.59  | 1:48.10  |
| 100 Fly    | 1:27.32  | 1:23.92  | 1:26.22  | 1:25.71  | 1:26.12  | 1:26.31  | 1:35.36  | 1:48.06  | 2:04.10  | 2:19.93  | 2:58.13  | 2:57.15  | 3:35.74  |
| 200 Fly    | 3:50.32  | 3:20.39  | 3:29.02  | 3:06.35  | 3:17.89  | 3:19.48  | 3:39.14  | 4:12.51  | 4:43.16  | 5:31.78  | 7:09.00  | No Time  | No Time  |
| 200 IM     | 3:06.54  | 3:02.19  | 3:06.52  | 3:07.30  | 3:06.75  | 3:13.57  | 3:25.19  | 3:42.75  | 4:14.30  | 4:33.20  | 5:17.79  | 5:39.66  | 8:03.56  |
| 400 IM     | 6:43.25  | 6:32.74  | 6:36.39  | 6:29.34  | 6:50.59  | 6:46.71  | 7:14.98  | 8:12.45  | 8:51.86  | 9:57.40  | 12:31.51 | 11:55.99 | 16:22.24 |

### USMS NATIONAL MEN'S LCM QUALIFYING TIMES

| EVENT      | 18-24    | 25-29    | 30-34    | 35-39    | 40-44    | 45-49    | 50-54    | 55-59    | 60-64    | 65-69    | 70-74    | 75-79    | 80-84    |
|------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 50 Free    | :29.94   | :29.07   | :29.16   | :29.61   | :30.18   | :30.45   | :30.28   | :32.85   | :33.10   | :36.02   | :36.83   | :40.45   | :47.94   |
| 100 Free   | 1:06.02  | 1:04.25  | 1:05.13  | 1:05.11  | 1:05.86  | 1:07.27  | 1:07.78  | 1:12.96  | 1:15.62  | 1:23.98  | 1:24.38  | 1:34.72  | 1:57.41  |
| 200 Free   | 2:30.10  | 2:23.65  | 2:23.71  | 2:22.97  | 2:23.53  | 2:26.25  | 2:29.91  | 2:41.47  | 2:46.98  | 3:03.81  | 3:12.70  | 3:37.97  | 4:19.38  |
| 400 Free   | 6:00.77  | 5:19.32  | 5:16.71  | 5:08.10  | 5:02.56  | 5:06.07  | 5:16.50  | 5:41.73  | 5:57.71  | 6:30.63  | 6:50.49  | 8:10.51  | 9:12.21  |
| 800 Free   | No Time  | 11:27.21 | 10:58.11 | 11:01.89 | 10:49.13 | 10:50.16 | 11:07.28 | 11:46.85 | 12:34.31 | 14:12.58 | 14:21.95 | 16:47.95 | 20:50.88 |
| 1500 Free  | 25:24.53 | 25:44.74 | 22:08.56 | 21:04.29 | 21:33.34 | 21:15.41 | 22:09.28 | 23:11.98 | 25:38.99 | 28:12.21 | 29:16.72 | 35:12.19 | 39:40.31 |
| 50 Back    | :36.59   | :35.12   | :35.01   | :35.35   | :35.98   | :36.05   | :37.32   | :40.25   | :40.51   | :46.29   | :48.12   | :52.75   | 1:04.37  |
| 100 Back   | 1:19.76  | 1:19.35  | 1:18.42  | 1:16.10  | 1:17.54  | 1:18.89  | 1:21.29  | 1:26.81  | 1:32.41  | 1:45.52  | 1:48.68  | 2:05.87  | 2:25.70  |
| 200 Back   | 3:07.01  | 2:50.16  | 2:52.75  | 2:45.82  | 2:47.00  | 2:48.31  | 2:57.12  | 3:09.70  | 3:24.42  | 3:51.75  | 3:59.39  | 4:38.69  | 5:05.90  |
| 50 Breast  | :39.66   | :38.23   | :38.36   | :37.90   | :38.40   | :39.14   | :40.56   | :42.03   | :43.32   | :47.71   | :51.15   | :53.53   | 1:12.39  |
| 100 Breast | 1:33.84  | 1:25.08  | 1:24.66  | 1:26.39  | 1:27.41  | 1:27.60  | 1:31.08  | 1:34.46  | 1:39.88  | 1:50.81  | 1:57.54  | 2:06.68  | 2:42.39  |
| 200 Breast | 3:49.98  | 3:11.10  | 3:08.22  | 3:08.40  | 3:13.38  | 3:12.39  | 3:17.39  | 3:28.43  | 3:43.24  | 3:58.29  | 4:24.30  | 4:42.82  | 6:21.52  |
| 50 Fly     | :32.45   | :30.96   | :31.20   | :31.39   | :31.78   | :32.51   | :32.80   | :34.87   | :35.83   | :39.68   | :43.74   | :52.72   | 1:20.50  |
| 100 Fly    | 1:14.12  | 1:11.78  | 1:11.34  | 1:10.10  | 1:10.93  | 1:12.86  | 1:16.44  | 1:22.42  | 1:29.02  | 1:44.88  | 2:00.70  | 2:30.86  | 3:53.95  |
| 200 Fly    | 3:00.76  | 2:56.39  | 2:51.78  | 2:51.98  | 2:50.90  | 2:54.00  | 3:01.27  | 3:24.60  | 3:53.47  | 4:22.04  | 5:26.11  | 8:21.79  | No Time  |
| 200 IM     | 2:49.56  | 2:47.07  | 2:46.70  | 2:42.37  | 2:46.76  | 2:47.93  | 2:54.85  | 3:03.75  | 3:16.86  | 3:45.24  | 3:59.85  | 4:18.90  | 6:41.74  |
| 400 IM     | 6:53.56  | 6:07.16  | 5:56.17  | 5:49.55  | 5:52.97  | 5:58.65  | 6:19.29  | 6:56.72  | 7:13.81  | 8:16.63  | 9:07.70  | 9:41.31  | 13:53.94 |

**2008 UNITED STATES  
MASTERS SWIMMING  
NATIONAL LONG  
COURSE CHAMPIONSHIP**  
Gresham, Ore.  
August 14-17, 2008



**LOCATION**

Mt. Hood Community College Aquatic Center  
26000 SE Stark Street  
Gresham, OR 97030  
503-491-7243

**FACILITIES**

Mt. Hood Community College Aquatic Center is home to the Mt. Hood Swim Team and the Oregon Reign Masters. The recently remodeled facility has an outdoor, 50-meter championship pool with eight 2.5-meter-wide lanes. Water depths range from six to 16 feet. A 25-yard indoor pool with six lanes will be available throughout the meet for warm-up and warm-down. Parking and seating is available for 4,000 participants and spectators. New features are state-of-the-art starting blocks and a matrix scoreboard. The center is at sea level to ensure fast swimming. Mt. Hood is a 45-minute drive away.

**WEB SITE**

Official meet information, entry forms, and on-line registration are available at [www.usms.org](http://www.usms.org). Additional meet details may be found at the meet host site [www.lcnationals2008.net](http://www.lcnationals2008.net).

**GROUND TRANSPORTATION**

Portland International Airport is located approximately six miles from the listed hotels and Mt. Hood Community College Aquatic Center. Transportation from the airport is available by taxi or hotel shuttle.

**MEET SHUTTLE  
SERVICE/PARKING/TENTS**

A free shuttle service will be offered between the three designated hotels and Mt. Hood Community College Aquatic Center. A shuttle schedule will be available at meet registration and at the participating hotels. Parking is free and unlimited at the aquatic center. Camper parking is available but without hook ups. No individual team tents will be permitted inside the aquatic center grounds, but shade will be provided on the grassy area as well as some of the stands.

**ELIGIBILITY**

The Championships are open to any registered Masters swimmer at least 18 years of age as of August 13, 2008. Eighteen-year-olds must enter the meet by the entry deadline and only 18-year-olds may register with USMS on August 13 at the venue. 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, the swimmer shall be entered as "unattached." **Please clear up affiliation questions early by contacting the meet director.** International 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 Dec. 31, 2008, except that 18 year olds must be 18 by August 13, 2008.

**REGISTRATION**

Prior to warm-ups or competition, all participants must register at the meet by signing an emergency card, safety information statement, and liability release. Registration will be held at Mt. Hood Community College Aquatic Center on Wednesday, August 13, from noon to 8 p.m. and on Thursday, August 14 through Sunday, August 17 from 6:30 a.m. until the end of each day's competition.

**SEEDING**

All events 100 meters or less will be pre-seeded. 200s will be pre-seeded if the meet timeline allows. Otherwise, they will be deck seeded by gender, time and age group. Women's heats will precede men's heats for each event except for the 400, 800 and 1500 Free. Men and women will be seeded together for the 800 and 1500 Free and 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 FOR EVENTS  
200 METERS AND LONGER**

Positive check-in is required separately for all individual events 400 meters and longer. If the 200s are deck seeded, positive check-in also will be required for the 200s. If the meet timeline allows, the host will pre-seed the 200 meter events and only require check-in

for the 400 IM, 400 Free, 800 Free, and 1500 Free, which may be done in person in the registration area, or via Internet at [www.usms.org](http://www.usms.org). The decision on whether to pre-seed the 200s will be listed on the Internet at [www.usms.org](http://www.usms.org) by July 31.

**HEAT AND PSYCH SHEETS**

Psych sheets for all individual events will be available on the [www.usms.org](http://www.usms.org) website on or about July 26, 2008. Heat sheets for pre-seeded events will be available online around August 2, 2008. Heat sheets for deck-seeded events will be posted at the pool deck approximately 30 minutes after the entry deadline.

**WARM-UP TIMES**

The competition pool will be open for warm-ups on Wednesday, August 13 from noon until 8 p.m. On competition days, the competition pool will be open for warm-ups from 6:30 a.m. until 7:50 a.m. The warm-up pool will be available from 7:50 a.m. until conclusion of the final event. On Thursday 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 and 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 his or her 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 13 at 6 p.m.. Matters pertinent to the operation and conduct of the meet will be discussed.

**GOLD MEDAL  
SPONSORSHIP**

Gold Medal Sponsors will be recognized in the official program as supporters of Masters swimming. They will receive a commemorative gift and will be entitled to V.I.P. hospitality, which will include breakfast, lunch, snacks and drinks, and a shade tent. Cost of one sponsorship will be \$65. Order sponsorships on the meet entry form.

**SOCIALS**

Two spectacular socials are planned. One will be Friday night at the historic Edgefield Inn by McMenamins. Buffet style dinner with no host bar featuring some of the most outstanding micro-brewed beer in the world. Cost

is \$20. The second social is Saturday night on site at the meet venue. This will be an 'Old Fashioned BBQ' with a blend of live music and will start approximately one hour prior to the end of the meet. Cost is \$15. The ticket price for both socials is \$30 (children: \$10 per event).

**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 (except for 18 year olds who must enter by the meet entry deadline but may register with USMS at the venue on August 13). A legible copy of the swimmer's Masters registration card must accompany the entry form for international entrants. Failure to include a copy of your Masters registration card may result in the swimmer being charged a fee before being allowed to compete. A USMS swimmer whose club affiliation differs from what is listed on his/her USMS registration card must send either a new USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

**ONLINE ENTRIES**

Online entries are encouraged. This method provides immediate confirmation that the entry has been received. To enter online, go to [www.usms.org](http://www.usms.org).

**NATIONAL QUALIFYING  
TIMES/NUMBER OF  
EVENTS/SIXTH EVENT**

Competitors may enter up to three events without meeting the national qualifying time (NQT), or a maximum of six events if they meet the NQTs (i.e. have swum a time equal to or better than the NQTs during the past two years). All swimmers are limited to three events per day. All events must include an entry time. If the meet is deemed too large, an athlete's sixth event will be dropped. On the entry form, indicate this event with a "6" in the designated column. Distance Events: Swimmers may enter only the 800 or 1500 Free but not both.

**FEES**

Fees are \$4 per individual event plus a surcharge per swimmer. The surcharge varies according to date of entry. (See Entry Deadline/Variable Surcharge/Mail Entry below.) Fees must accompany the entry form and must be paid in U.S. 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 U.S. dollars will be required before the entrant is allowed to swim. Refund requests must be in writing and received by July 11, 2008. No refunds will be given for events not swum. The surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers must submit an entry form with payment of the surcharge by the entry deadlines. All fees should be payable to "United States Masters Swimming."

**ENTRY DEADLINES/  
VARIABLE SURCHARGE/  
MAIL ENTRY**

All U.S. entries must be post-marked with an official US postmark (no business meters). Surcharge: \$40 if entry is post-marked by June 23 or received by June 30. \$50 if entry is postmarked by June 30 or received by July 11. Entries received after July 11 will be returned to sender. Online entries are encouraged and will be accepted until midnight PDT on each of the above dates. No telephone or email entries will be accepted. Mail entries early. Include a self-addressed stamped envelope (SASE) with entry for proof of receipt. Do not send certified or overnight mail requiring a signature. Photocopy completed entry forms and personal checks for your records and verification.

**MAIL ENTRY TO:**

Long Course Nationals  
USMS National Office  
8 Rockwood Lane  
Londonderry, NH 03053

**RELAY INFORMATION**

Swimmers may enter relays until 4 p.m. on the day before the relay is scheduled. Each competitor shall be allowed to swim only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay. The entry fee for each relay is \$12. Relay entries may be submitted at the relay desk in the registration area. Each of the four members of any relay team must be registered with the same Masters club. The relay entry fee is in addition to individual events. Relay entry forms are available for download at [www.usms.org](http://www.usms.org).

**QUESTIONS?**

Contact Dennis Baker at 503-679-4601, or by email at [dbakenats08@yahoo.com](mailto:dbakenats08@yahoo.com); or Brandon Drawz at 503-491-7244.

## Hotel & Shuttle Information

All shuttle hotels are less than four miles from the pool. Reservations should be made by July 13, or rooms may be released for general use. Make your reservations early. Prices subject to change on non-blocked rooms, and you must provide the code verbally for blocked rooms. **Refer to code USMS08.**

### ••• Days Inn

(Pool Shuttle Service)  
503-465-1515  
24124 SE Stark Street  
Gresham, OR 97030  
53 Rooms  
Prices: Double Queen \$77  
Single King \$69  
5 Minutes, 0.9 Miles  
40 Rooms Blocked

### ••• Holiday Inn Hotel

**Meet Headquarters**  
(Pool Shuttle Service)  
503-907-1777  
2752 NE Hogan Drive  
Gresham, OR 97030  
168 Rooms  
Prices: Double Queen \$129  
Single King \$119  
7 Minutes, 1 Mile  
75 Rooms Blocked

### ••• Best Western Cascade Inn & Suites

(Pool Shuttle Service)  
503-491-9700  
23525 NE Halsey Street  
Troutdale, OR 97060  
60 Rooms  
Prices: Double Queen \$99  
Single King \$99  
12 Minutes, 3.75 Miles  
30 Rooms Blocked

Hotel not on the Shuttle Route but with special event rates:

### ••• McMenamins Edgefield

(Friday Night Social)  
503-669-8610  
2126 SW Halsey Street  
Troutdale, OR 97060  
114 Rooms  
Prices: Double Queen \$55-\$95  
Single King \$55-\$95  
10 Minutes, 2.74 Miles  
13 Rooms Blocked

### ••• Holiday Inn Express

(Portland East)  
866-367-4667 (toll free)  
503-492-2900  
1000 NW Graham Road  
Troutdale, OR 97060  
77 Rooms  
Prices: Double Queen \$89  
Single King \$89  
10 Minutes, 2.38 Miles  
30 Rooms Blocked

For information on other spectacular downtown and riverside hotels (within 25 minutes from the pool), go to [www.lcnationals2008.net](http://www.lcnationals2008.net).



visitors annually with its vibrant museum filled with paintings, carvings, sculptures and more. It is one of the few ski areas in the world that is open year round. The breathtaking mountains surrounding the facility make the scene a picturesque one.

"It's just a great place to live

and an even better place to come visit, especially in August," Drawz says. "There's a ton of things to do in a really small area."

Portland was named one of the world's top-10 travel destinations by *Frommer's Travel Guides* in 2007, one of the best towns in the United States by *Outside*

*Magazine* (2005), one of the 10 best cities in the nation to live by *Cities Ranked & Rated, 2<sup>nd</sup> Edition* (2007) and one of the top five places to live in the nation by *AARP The Magazine* (2007). <<<

••• For more information on what to do in Portland, go to [www.travelportland.com](http://www.travelportland.com).

### Meet Shuttle Service/Parking/Tents

A free shuttle service will be offered between the three designated hotels and Mt Hood Community College Aquatic Center. A shuttle schedule will be available at meet registration and at the participating hotels. Parking is free and unlimited at the aquatic center. Camper parking is available but without hook ups. No individual team tents will be permitted inside the aquatic center grounds, but shade will be provided on the grassy area as well as some of the stands.

### Check-in Times

For each of the following events, online check-in (at the USMS website, [www.usms.org](http://www.usms.org)) opens Tuesday, Aug. 12 at noon PDT and closes at the same time as on-site deadlines. On-site check-in for all events will open Wednesday, Aug. 13 at noon PDT and will close according to the following schedule:

| Date            | Event                                     | In Person/Online Check-in Deadline* |
|-----------------|---|-------------------------------------|
| Thurs., Aug. 14 | 800 Free<br>1500 Free                     | 7 a.m.<br>9:30 a.m.                 |
| Fri., Aug. 15   | 400 IM<br>200 Free<br>200 Back            | 7 a.m. for all listed events        |
| Sat., Aug. 16   | 400 Free (men)<br>200 IM                  | 7 a.m. for all listed events        |
| Sun., Aug. 17   | 400 Free (women)<br>200 Fly<br>200 Breast | 7 a.m. for all listed events        |

\* All times are Pacific Daylight Time (PDT).

# 2008 USMS NATIONAL LONG COURSE CHAMPIONSHIPS OFFICIAL ENTRY FORM

Mt. Hood Community College Aquatic Center, Aug. 14-17, 2008 >>> Sanctioned by the Oregon LMSC for USMS, Inc. - Sanction number 378-08

Last name:\* \_\_\_\_\_ First: \_\_\_\_\_ MI: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Country: \_\_\_\_\_

E-mail: \_\_\_\_\_ Day Phone: \_\_\_\_\_ Eve. Phone: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_ (on 12/31/08)\*\* D.O.B.: \_\_\_\_\_ Sex: \_\_\_\_\_

Club Name or Unattached: \_\_\_\_\_ USMS or International Reg. #: \_\_\_\_\_

**\* Print name as it appears on USMS registration card. \*\* 18-year-olds must be 18 on 8/13/08.**

**Before completing, read meet information on previous page. Check-in required for all events 400 meters and longer and MAY BE REQUIRED FOR 200 METER EVENTS if they are deck seeded. Events 100 meters and shorter will be pre-seeded.** Check-in for 400 meter (and possibly 200 meter) events starts on Wednesday, August 13, 2008 at noon and ends at 7 a.m. on the day of the event. Check-in for the 800 and 1500 Free starts on Wednesday, August 13, 2008 at noon and ends at 7 a.m. for the 800 and at 9:30 a.m. for the 1500 on Thursday, August 14, 2008.

| Event #                          | Entry Time Women | 6 | Event                         | Event #                | Entry Time Men | 6 |
|----------------------------------|------------------|---|-------------------------------|------------------------|----------------|---|
| <b>Thursday, August 14, 2008</b> |                  |   | <b>Warm-Up 6:30-7:50 a.m.</b> | <b>Start 8:00 a.m.</b> |                |   |
| 1                                |                  |   | 800 Freestyle**               | 2                      |                |   |
| 3                                |                  |   | 1500 Freestyle**              | 4                      |                |   |
| <b>Friday, August 15, 2008</b>   |                  |   | <b>Warm-Up 6:30-7:50 a.m.</b> | <b>Start 8:00 a.m.</b> |                |   |
| 5                                |                  |   | 400 IM                        | 6                      |                |   |
| 7                                |                  |   | 200 Freestyle                 | 8                      |                |   |
| 9                                |                  |   | 50 Breaststroke               | 10                     |                |   |
| 11                               |                  |   | 200 Backstroke                | 12                     |                |   |
| 13                               |                  |   | 100 Butterfly                 | 14                     |                |   |
| 15/16                            | See Relay Form   |   | 200 Mixed Free Relay          | 15/16                  | See Relay Form |   |
| <b>Saturday, August 16, 2008</b> |                  |   | <b>Warm-Up 6:30-7:50 a.m.</b> | <b>Start 8:00 a.m.</b> |                |   |
|                                  |                  |   | 400 Free (Men)                | 18                     |                |   |
| 19/20                            | See Relay Form   |   | 200 Mixed Medley Relay        | 19/20                  | See Relay Form |   |
| 21                               |                  |   | 100 Breaststroke              | 22                     |                |   |
| 23                               |                  |   | 50 Butterfly                  | 24                     |                |   |
| 25                               |                  |   | 200 IM                        | 26                     |                |   |
| 27                               |                  |   | 100 Freestyle                 | 28                     |                |   |
| 29                               |                  |   | 50 Backstroke                 | 30                     |                |   |
| 31                               | See Relay Form   |   | 200 Free Relay                | 32                     | See Relay Form |   |
| <b>Sunday, August 17, 2008</b>   |                  |   | <b>Warm-Up 6:30-7:50 a.m.</b> | <b>Start 8:00 a.m.</b> |                |   |
| 33                               |                  |   | 400 Free (Women)              |                        |                |   |
| 35                               |                  |   | 200 Butterfly                 | 36                     |                |   |
| 37                               |                  |   | 100 Backstroke                | 38                     |                |   |
| 39                               |                  |   | 200 Breaststroke              | 40                     |                |   |
| 41                               |                  |   | 50 Freestyle                  | 42                     |                |   |
| 43                               | See Relay Form   |   | 200 Medley Relay              | 44                     | See Relay Form |   |

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

### MAIL ENTRIES TO:

Long Course Nationals  
 USMS National Office  
 8 Rockwood Lane  
 Londonderry, NH 03053

**Entries must be U.S. postmarked by June 30, 2008, or received by July 11, 2008 at the latest.**

### ENTRY CHECKLIST

- Entry form filled out completely?
- "6" events clearly marked?  
(Mark "6" only if entering six events.)
- Seed times in proper columns?
- No more than three events per day entered?
- Liability release signed and dated?
- Fees payable to "USMS" enclosed?
- International registration card attached?
- SASE enclosed? (Indicate purpose on envelope.)
- Entry postmarked by June 30, 2008, or received by July 11, 2008, deadline.

### Questions?

Call 503-679-4601 before 9 pm (PDT)



**Internet entries will be accepted starting May 1, 2008. Please see [www.usms.org](http://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 SUPERVISERS, 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)

\$40 if postmarked by June 23 or received by June 30 . . . . . \$40 \_\_\_\_\_

\$50 if postmarked by June 30 or received by July 11 . . . . . \$50 \_\_\_\_\_

Social @ Edgefield . . . . . x \$20 \_\_\_\_\_

Old-Fashioned BBQ . . . . . x \$15 \_\_\_\_\_

Both Socials . . . . . x \$30 \_\_\_\_\_

Children . . . . . x \$10 \_\_\_\_\_

Number of Individual Events . . . . . x \$4 \_\_\_\_\_

Final Results . . . . . x \$15 \_\_\_\_\_

Gold Medal Sponsor . . . . . x \$65 \_\_\_\_\_

**TOTAL FEES ENCLOSED . . . . . \$ \_\_\_\_\_**

Check or money order payable to **United States Masters Swimming**