

long course nationals



YMCA Indy SwimFit Hosts Long Course Nationals

by Melissa Kerker

>Masters swimmers throughout the country are packing their racing suits and getting ready to start their engines for the U.S. Masters Swimming Long Course National Championships, scheduled for August 6-10 in Indianapolis's IU Natatorium.

Named the "Fastest Pool in the USA," the IU Natatorium has hosted 11 Olympic Trials (in three sports), dozens of NCAA National Championships in swimming, diving and water polo, three U.S. Open meets, and countless U.S. Masters Swimming meets.

"The best of the best have swum here, and continue to break records here," says Matt Reiswerg, sports marketing manager for the sport complex. This year, in addition

to the USMS LC Championships in August, the natatorium will host the Conoco Phillips National Championships and World Championship Trials July 7-11. "We're expecting all the stars from the Beijing Olympic Games to compete," Reiswerg adds.

The five-day USMS meet promises to be an event to remember with lots of exciting action and one whole day, August 8, dedicated to relays only.

But any Masters swimmer knows there's more to national swim meets than just swimming. With more than 6,000 hotel rooms in downtown Indianapolis, a host of museums and a multitude of restaurants within walking distance, participants won't have to go far to find fun.

Each year Indianapolis hosts three

huge races – the Indianapolis 500, the Brickyard 400 and the Red Bull Indianapolis MotoGP motorcycle races. Plus, Indianapolis offers a full menu of professional

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the big splash



“The best of the best have swum here, and continue to break records here,” says Matt Reiswerg, sports marketing manager for the IUPUI Sport Complex. This year, in addition to the USMS LC Championships in August, the natatorium will host the Conoco Phillips National Championships and World Championship Trials July 7-11. “We’re expecting all the stars from the Beijing Olympic Games to compete,” Reiswerg adds.

USMS WOMEN’S LCN 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	:34.25	:32.96	:33.42	:33.10	:33.20	:33.58	:34.93	:37.31	:40.77	:42.64	:47.16	:55.28	1:02.26
100 Free	1:15.96	1:11.33	1:13.39	1:13.06	1:12.85	1:14.28	1:17.69	1:23.33	1:32.26	1:40.01	1:50.11	2:10.69	2:23.06
200 Free	2:47.19	2:38.44	2:40.21	2:39.69	2:39.47	2:41.75	2:52.87	3:04.54	3:23.15	3:45.63	3:55.15	4:49.36	5:03.92
400 Free	6:04.67	5:42.20	5:40.41	5:37.88	5:42.24	5:40.78	6:03.26	6:26.37	7:12.47	8:10.41	8:28.08	9:58.15	11:21.60
800 Free	12:48.55	11:53.56	11:52.63	12:08.52	11:51.00	11:47.05	12:37.45	13:16.24	15:06.10	16:27.72	18:10.44	23:22.93	24:03.00
1500 Free	24:23.98	23:58.11	25:19.61	24:22.86	23:23.09	23:23.90	25:31.16	27:32.93	29:54.18	33:13.26	35:50.35	45:33.66	45:18.71
50 Back	:40.20	:38.80	:40.47	:39.66	:39.79	:40.06	:42.85	:45.29	:51.18	:54.34	:59.23	1:08.87	1:17.60
100 Back	1:29.83	1:24.50	1:27.27	1:25.84	1:25.64	1:26.61	1:34.26	1:39.44	1:50.86	2:01.49	2:13.50	2:25.76	2:43.26
200 Back	3:09.22	3:05.90	3:15.26	3:06.47	3:07.33	3:09.79	3:24.57	3:36.37	4:01.23	4:26.34	4:53.12	5:27.25	6:10.77
50 Breast	:44.09	:43.80	:44.56	:44.16	:45.54	:45.00	:46.84	:49.81	:53.25	:58.30	1:08.06	1:09.64	1:39.91
100 Breast	1:35.89	1:35.14	1:38.20	1:38.13	1:40.62	1:39.74	1:43.94	1:52.37	2:01.00	2:10.28	2:27.31	2:39.80	4:18.75
200 Breast	3:31.28	3:37.35	3:37.91	3:34.00	3:42.83	3:44.18	3:48.69	4:05.68	4:25.26	4:52.35	5:14.23	5:58.58	7:44.16
50 Fly	:37.26	:36.06	:36.04	:36.22	:36.13	:36.44	:38.53	:41.42	:46.67	:51.77	1:00.31	1:13.29	2:01.20
100 Fly	1:25.76	1:23.15	1:22.10	1:21.85	1:24.11	1:24.00	1:31.81	1:44.30	1:57.37	2:18.85	2:29.25	2:57.30	3:37.40
200 Fly	3:45.37	3:18.33	3:23.04	3:15.73	3:18.57	3:17.80	3:35.60	4:11.26	4:36.74	5:37.62	6:56.44	No Time	11:05.06
200 IM	3:07.04	3:02.32	3:04.58	3:05.22	3:06.84	3:12.28	3:21.73	3:36.76	4:02.39	4:34.06	4:53.80	5:41.76	8:32.21
400 IM	6:53.85	6:38.00	6:46.16	6:33.32	6:57.30	6:55.49	7:11.32	8:05.65	8:40.39	10:14.10	11:22.11	13:02.28	15:59.08

Formula: Three year average of Top 10 5th place time + conversion factor. Conversion factor: 1.15

USMS MEN’S LCN 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	:29.16	:28.36	:28.56	:28.87	:29.38	:29.84	:29.56	:31.64	:32.53	:34.18	:35.86	:39.30	:46.38
100 Free	1:05.34	1:03.55	1:04.60	1:03.83	1:04.09	1:06.32	1:06.62	1:10.82	1:14.06	1:18.65	1:22.64	1:31.02	1:53.12
200 Free	2:31.97	2:23.18	2:25.70	2:23.26	2:22.01	2:25.18	2:29.97	2:40.09	2:45.50	2:59.04	3:12.15	3:35.45	4:22.01
400 Free	6:12.67	5:25.17	5:26.76	5:12.75	5:03.84	5:12.21	5:20.92	5:40.12	6:01.83	6:40.96	6:55.13	8:02.14	9:27.95
800 Free	NoTime	11:38.77	11:17.82	11:20.77	10:50.26	11:03.71	11:15.15	11:49.63	12:43.85	14:14.06	14:37.85	16:53.20	21:20.25
1500 Free	27:02.47	26:40.42	22:41.33	21:41.40	21:37.81	21:52.41	22:39.05	23:28.78	25:41.99	27:34.00	30:19.83	35:21.21	42:09.44
50 Back	:35.88	:34.49	:34.97	:34.85	:35.16	:34.87	:36.45	:38.52	:39.94	:44.29	:47.55	:50.59	:59.23
100 Back	1:19.54	1:17.34	1:18.02	1:16.48	1:14.80	1:15.48	1:19.43	1:24.02	1:32.07	1:38.90	1:47.89	1:58.66	2:18.36
200 Back	3:09.82	2:50.76	2:55.50	2:48.33	2:44.12	2:47.62	2:56.44	3:08.03	3:23.08	3:38.21	4:00.88	4:26.06	4:56.18
50 Breast	:38.33	:36.80	:36.70	:37.21	:37.83	:38.48	:39.52	:41.19	:42.40	:45.72	:50.30	:52.09	1:07.59
100 Breast	1:31.39	1:24.23	1:22.53	1:26.03	1:25.51	1:26.45	1:27.93	1:32.61	1:37.83	1:45.12	1:55.68	2:01.87	2:34.31
200 Breast	3:44.39	3:14.85	3:07.30	3:13.21	3:12.58	3:13.36	3:13.91	3:27.07	3:40.37	3:54.72	4:25.20	4:40.53	6:07.59
50 Fly	:31.53	:30.22	:30.98	:30.51	:30.94	:31.69	:32.12	:33.97	:35.13	:38.30	:41.96	:51.46	1:07.20
100 Fly	1:12.36	1:10.05	1:10.28	1:09.56	1:08.75	1:10.76	1:14.16	1:19.44	1:24.88	1:41.34	1:58.29	2:29.17	3:42.95
200 Fly	2:57.28	3:01.65	2:52.68	2:52.96	2:48.67	2:56.90	2:56.85	3:25.07	3:50.10	4:17.71	5:33.32	7:53.47	NoTime
200 IM	2:50.53	2:48.42	2:47.00	2:43.96	2:45.55	2:47.01	2:52.55	3:04.52	3:14.69	3:41.52	3:59.59	4:17.35	6:00.95
400 IM	7:10.14	6:26.96	6:06.11	6:01.20	5:56.80	6:00.85	6:19.22	6:53.76	7:17.28	8:15.47	9:18.09	10:20.32	NoTime

Formula: Three year average of Top 10 5th place time + conversion factor. Conversion factor: 1.15

2009 UNITED STATES MASTERS SWIMMING NATIONAL LONG COURSE CHAMPIONSHIPS

Indianapolis, Ind.
August 6-10, 2009

LOCATION

IU Natatorium on IUPUI Campus
901 W. New York Street
Indianapolis, IN 46202
317-274-3518

FACILITIES

The main competition pool of the IU Natatorium is 50 meters, with eight racing lanes. Two moveable bulkheads allow for long or short course events, as well as hosting water polo and synchronized swimming. The seating capacity of the natatorium is 4,700, making it the largest indoor pool in the United States. There is also room for additional seating of 1,500 on deck. The depth of the pool is nine feet at the ends and 10 feet at center of pool. Water temperature is kept at 79° F. The main pool contains six underwater windows for television and coaching analysis. There have been more than 90 National records and 12 World records set in the pool to date.

WEB SITE

Official meet information, entry forms, and on-line registration are available at www.usms.org.

GROUND TRANSPORTATION

Indianapolis International Airport is located approximately 10 miles or 20 minutes from the listed hotels and the IU Natatorium. Transportation from the airport is available by taxi or hotel shuttle. For additional directions to the IU Natatorium on the IUPUI campus, go to www.iunat.iupui.edu/directions.html.

PARKING

All parking on IUPUI campus is for pay. Additional information will be available upon check-in. Swimmers driving to the meet can estimate approximately \$9 a day for parking at the venue site.

ELIGIBILITY

The Championships are open to any registered Masters swimmer at least 18 years of age as of August 5, 2009. Eighteen-year-olds must enter the meet by the entry deadline and only 18-year-olds may register with USMS on August 5 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, 2009, except that 18 year olds must be 18 by August 5, 2009.

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 the IU Natatorium on IUPUI campus on Wednesday, August 5, from 3 p.m. to 8 p.m. and on Thursday, August 6 through Monday, August 10 from 6:30 a.m. until the end of each day's competition.

SEEDING

All 50 meter events will be pre-seeded. All other events may be deck seeded by gender, time and age group. Men's heats will precede women'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. Men and women may be seeded together for the 400 Free, and would 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

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.

CHECK-IN FOR EVENTS 100 METERS AND LONGER

Positive check-in is required separately for all individual events 100 meters and longer. If the meet timeline allows, the host will pre-seed the 100 and/or 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. The decision on whether to pre-seed an event will be listed on the Internet at www.usms.org by July 24, 2009.

HEAT AND PSYCH SHEETS

Psych sheets for all individual events will be available on the www.usms.org website on or about July 18, 2009. Heat sheets for pre-seeded events will be available online around July 25, 2009. Heat sheets for deck-seeded events will be posted at various places around the pool

for swimmers after the check-in deadlines.

WARM-UP TIMES

The competition pool will be open for warm-ups on Wednesday, August 5 from 3 p.m. 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, Friday and 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.

WARM-UP PROCEDURES

Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. No diving or backstroke starts will be allowed in the dedicated warm-up lanes. One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pool only. Any swimmer, who acts in an unsportsmanlike or unsafe manner within the swimming venue, may be considered for appropriate action or penalty by the referee (rule 102.15.3). Pull-buoys, kick boards, fins and hand paddles are not allowed in the competition or warm-up pools.

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 IU Natatorium on Wednesday, August 5 at 6 p.m. Matters pertinent to the operation and conduct of the meet will be discussed.

GOLD MEDAL PARTNERS

Gold Medal Partners will be recognized in the official program as supporters of Masters swimming. All Partners will receive a commemorative gift and will be entitled to V.I.P. hospitality. The entire proceeds from the Gold Medal Partners will go towards funding a "Splash Pad" for kids at the Arthur Jordan YMCA (501(c)3 Corporation). The Gold Medal Partnership will be tax deductible and each partner will receive a letter from the YMCA designating the contribution for tax purposes. Cost of one Partnership will be \$80. Order partnerships on the meet entry form.

SPECIAL EVENTS

The Indianapolis Indians, Triple A

minor league baseball team will be playing the Charlotte Knights at Victory Field on August 7. We are planning a special event at the game in the Coors Light Picnic Area in Right Field. YMCA Indy SwimFit will host a buffet (5:30 p.m. to 7 p.m.), reserved seats for the game, and fireworks after the game for only \$20 a ticket. Victory Field is within walking distance of the IU Natatorium and our headquarter hotels. Victory Field is rated the best minor league ballpark in the country – a great setting for catching up with your friends even if you do not like baseball.

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 5). A legible copy of the swimmer's Masters registration card must accompany the entry form for international entrants. Failure to include a copy of the 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.

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. No refunds will be given for the dropped event. 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 3, 2009. 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:**
Entry Postmarked by: June 16, or **Entry Received by:** June 23
Amount: \$40

SURCHARGE:

Entry Postmarked by: June 23, or **Entry Received by:** July 3
Amount: \$50

Entries received after July 3 will be returned to sender. Online entries are encouraged and will be accepted until midnight EDT on July 3. 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
U.S. Masters Swimming
8 Rockwood Lane
Londonderry, NH 03053.

RELAY DAY INFORMATION

This year, ALL relays will be swum on Saturday, August 8, 2009. All relay entries are due by 4 p.m. on Thursday, August 6, 2009. Each competitor will be allowed to swim up to four relay events, but may participate in one age group only in each event. 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 will be available for download at www.usms.org.

QUESTIONS?

Contact Kris Houchens at 317-430-4854, or by email at krishouchens@hotmail.com; or Mel Goldstein at 317-253-8289, or at goldsteinmel@sbcglobal.org.

2009 U.S. MASTERS SWIMMING NATIONAL LONG COURSE CHAMPIONSHIPS ENTRY FORM

I.U. Natatorium on IUPUI Campus, August 6-10, 2009 >>> Sanctioned by the Indiana LMSC for USMS, Inc. - Sanction number 169-S-06

Last name:* _____ First: _____ MI: _____
 Street Address: _____ City: _____ State: _____ ZIP: _____ Country: _____
 E-Mail: _____ Day Phone: _____ Eve.Phone: _____
 Emergency contact: _____ Phone: _____ Age: _____ (on 12/31/09)** 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 8/5/09

Before completing, read meet information on previous page. Check-in required for all events 400 meters and longer and MAY BE REQUIRED FOR 100 and 200 METER EVENTS if they are deck seeded. All 50 meter events will be pre-seeded. Onsite check-in for all events 400 meters (and possibly 100 and 200 meters) and longer starts on Wednesday, August 6, 2009 at 3:00 p.m. and ends at 7 a.m. (400 meter and longer) and 9 a.m. (200 meter and shorter) on the day of the event. Check-in for the 1500 Free ends at 7 a.m. and the 800 Free ends at 10:00 a.m. on Monday, August 10, 2009.

Event #	Entry Time Women	Date	6	Event	Event #	Entry Time Men	Date	6
Thursday, Aug 6, 2009				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
2				400 IM	1			
4				50 Fly	3			
6				200 Backstroke	5			
8				100 Breaststroke	7			
10				200 Freestyle	9			
Friday, Aug 7, 2009				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
12				400 Freestyle (women)				
14				200 Butterfly	13			
16				50 Breaststroke	15			
18				100 Backstroke	17			
20				100 Freestyle	19			
Saturday, Aug 8, 2009				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
Relays: 800 Free - 21M, 22W; 400 Medley - 23M, 24W; 200 Free - 25M, 26W; Mixed 800 Free - 27/28; Mixed 200 Medley - 29/30; 400 Free - 31M, 32W; Mixed 200 Free - 33/34; Mixed 400 Free - 35/36; 200 Medley - 37M, 38W; Mixed 400 Medley - 39/40. See Relay Entry Form at USMS.org to enter.								
Sunday, Aug 9, 2009				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
				400 Free (men)	41			
44				200 Breaststroke	43			
46				50 Freestyle	45			
48				100 Butterfly	47			
50				50 Backstroke	49			
52				200 IM	51			
Monday, Aug 10, 2009				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
54				1500 Freestyle**	53			
56				800 Freestyle**	55			

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

••• MAIL ENTRIES TO:

Long Course Nationals
 U.S. Masters Swimming
 8 Rockwood Lane
 Londonderry, NH 03053

••• ENTRIES MUST BE U.S. POSTMARKED BY JUNE 23, 2009 OR RECEIVED BY JULY 3, 2009 AT THE LATEST.

ENTRY CHECKLIST

- Entry form filled out completely?
 - "Date" and "6" events clearly marked?
(Date is for NQTs that have been met. 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 23, 2009, or received by July 3, 2009 deadline.
- Questions?** Call 317-430-4854 or 317-253-8289 (before 9 p.m. EDT)



••• FEES:

Meet Surcharge (required for all events)

- If postmarked by June 16 \$40 _____
- If postmarked by June 23 \$50 _____
- Number of Individual Events x \$4 _____
- Final Results x \$15 _____
- Buffet/Baseball Game x \$20 _____
- Gold Medal Partner x \$80 _____

TOTAL FEES ENCLOSED _____

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

Internet entries will be accepted starting May 1, 2009. 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: _____

Make a Splash for the Kids

Swimming changes lives for the better. On July 9, 2008, YMCA Indy SwimFit embarked on one of the most exciting projects in its 12-year history, the construction of the Arthur Jordan YMCA Splash Pad in Indianapolis. The Splash Pad is an aquatic park intended to introduce young children to the water, to encourage them to want to be around the water, and eventually to instill a desire to learn how to swim. All proceeds from the 2009 USMS Long Course National Championship Gold Medal Partners will go towards this endeavor, and contributors can receive a tax deduction for their support. All participants in the meet will help fund this aquatic playground. The YMCA Indy SwimFit Big Splash Organizing Committee thanks you for your support of the 2009 USMS Long Course National Championships and the Arthur Jordan YMCA Splash Pad.

Additional Meet Info

www.usms.org
 USMS National Office:
 1-800 550-SWIM (7946)
 Kris Houchens (317) 430-4854 before
 9pm EDT (krisouchens@hotmail.com)
 Mel Goldstein (317) 253-8289
 (goldsteinmel@sbcglobal.net)



Check-in Times

For each of the following events, online check-in (at the USMS website, www.usms.org) opens Tuesday, Aug. 4 at noon EDT* and closes at the same time as on-site deadlines. On-site check-in for all events will open Wednesday, Aug. 5 at 3 p.m. EDT and will close according to the following schedule:

Date	Event	In-Person/Online Check-In Deadline*
Thurs, Aug. 6	400 IM All 200s and 100s	7 a.m. 9 a.m.
Fri., Aug. 7	400 Free (women) All 200s and 100s	7 a.m. 9 a.m.
Sat., Aug. 8	Relay Day	All Relay Entries Due Thurs., Aug. 6, by 4 p.m.
Sun., Aug. 9	400 Free (men) All 200s and 100s	7 a.m. 9 a.m.
Mon., Aug. 10	1500 Free 800 Free	7 a.m. 10 a.m.

*All times are Eastern Daylight Time (EDT).

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and amateur sports. Indianapolis also is scheduled to host the Super Bowl in 2012.

There's more to Indianapolis than just sports, however. According to a May 2008 article in the *Washington Post*, "While the city lays claim to 10 world-class sports venues, that is just a fraction of its cultural institution tally: 14 museums, 21 galleries, and 25 performing arts centers and theaters."

Many believe Indianapolis is a must-visit destination. The city's vibrant downtown includes the Eiteljorg Museum, Indiana State Museum, The Indianapolis Zoo, The NCAA Hall of Champions, and The Historical Society Museum, all within a short distance of the natatorium. What's more, the downtown Canal Walk is a great way to wile away an hour or two in the afternoon. Circle Center Mall downtown is one of the area's premier shopping venues.

This year's Nationals schedule includes a meet social at a relaxing minor league baseball game on Friday. The Indianapolis Indians, a Milwaukee Brewers affiliate, will take on the Charlotte Knights in Victory Stadium, which has been called one

of the best minor league venues in America. A \$20 ticket buys food and drinks in the Coors Light picnic area (right field), a reserved seat for the game and a fireworks show after the game.

Those who wish to venture away from the pool can find culture and entertainment in Indianapolis districts overflowing with character and locally owned

Be a Gold Medal Partner

Gold Medal Partners will be recognized in the official program as supporters of U.S. Masters Swimming. All such partners will receive a commemorative gift and be entitled to VIP hospitality for the five-day event. Because the proceeds from this event help fund the Splash Pad at the Arthur Jordan YMCA, (a 501(c)3 Corporation), the Gold Medal Partnership is tax deductible. Each partner will receive a letter from the YMCA designating the contribution for tax purposes. A Gold Medal Partnership is \$80. Order partnerships on the meet entry form.

Awards

Medals will be awarded for first through tenth place in each age group. A USMS Championship Patch will be given to each individual and relay team member for the first event won. Swimmers winning more than one event may purchase additional patches. Unclaimed awards will not be mailed unless arrangements are made at the meet. There will be a charge for mailing awards. Awards will be presented to the top 10 combined clubs in the Regional and Local club categories.

Meet Management

Meet Director: Kris Houchens

Meet Organizing Committee Chair: Mel Goldstein

USMS Championship Committee

Liaison: Barb Protzman

USMS Officials Liaison: Fred Pigott

Head Referee: Lucy Duncan

Scoring

Individual Events: 11-9-8-7-6-5-4-3-2-1

Relays: 22-18-16-14-12-10-8-6-4-2

Club Scoring

Club scoring will be tabulated in two categories: Regional, a club made up of those swimmers who represent a club at nationals, but at competitions within their LMSC, they compete for an entity or subgroup (such as a workout group) that is different than the one they compete with at nationals, and Local, a club that does not qualify as a Regional club.

Final Results

Complete final results may be ordered in advance or at the Awards table during the meet. Cost will be \$15 per copy. The USMS website will post results.

shops and restaurants. Check out Massachusetts Avenue, The Canal and White River State Park, the Wholesale District, Indiana Avenue, Broad Ripple and the Monon Trail, and Fountain Square. <<<

Hotel Information

Make your reservations early. Provide the group code to ensure the best price on blocked rooms. Prices subject to change on non-blocked rooms. You must provide your own transportation to the pool. Only two hotels are within walking distance.

Hotels within walking distance of the IU Natatorium on the IUPUI campus:

••• University Place (within two blocks of pool)

1- 800-627-2700

805 W. Michigan Street

Indianapolis, IN 46202

200 Rooms

Price: \$149

Group Code: 0908USMFNA

For reservations, please use the following link to their web site: www.universityplace.iupui.edu/redirect/synxis.aspx

••• Marriot Courtyard at the Capitol (within four blocks of pool)

(888) 816-4091

320 North Senate Avenue

Indianapolis, IN 46204

100 Rooms

Price: \$149

Group Code – King Sofa: YISYISA

Group Code – Dbl.Dbl.: YISYISB

www.marriott.com/indcc

Other Hotels (not within walking distance of pool)

••• Indianapolis Marriott Downtown

877-640-7666

350 W. Maryland St.

Indianapolis, IN 46225

35 Rooms

Price: \$179

Group Code: USMUSMA

www.marriott.com/INDCC

••• Embassy Suites Downtown

317-236-1800

110 West Washington St.

Indianapolis, IN 46204

35 Rooms

Price: \$164

Group Code: USMS Nationals

www.embassysuites.com/es/indy-downtown

••• Hilton Garden Inn Downtown

317- 955-9700

10 E Market Street

Indianapolis, IN 46204

35 Rooms

Price: \$179

Group Code: USMS

www.hiltongardenindianapolis.com