

2009 USMS Long Course National Championships RELAYS

This year's Long Course Nationals will premiere a full day of relays including:

200 Free Relay
200 Medley Relay
400 Free Relay
400 Medley Relay
800 Free Relay

All relays will be contested as Men's, Women's or Mixed.

The relay information is provided in two parts.

PART ONE: RELAY ENTRIES (provided below)

Relay Entries/Relay Card Info will be due Thursday August 6th by 4:00pm at the Relay Desk.

Each relay will cost \$12.00.

Prepare to pay by CASH or Check.

Credit Cards will not be accepted.

If you would like to enter relays before Thursday, August 6th, contact:

Kris Houchens at krishouchens@hotmail.com (317) 430-4854

or Mel Goldstein at goldsteinmel@sbcglobal.net (317) 253-8289

NO RELAY ENTRIES WILL BE ACCEPTED AFTER THE DEADLINE.

PART TWO: The USMS 2009 Relay Worksheet Packet (separate downloadable file)

For your convenience we have provided some research and a worksheet to help you put together relays for your club. In this packet, the first page is the National Record (as of 2008) in each age group for each relay. The second page is the Tenth place time from the USMS Top Ten times from 2008. In some cases the last recorded time in a particular age group may not of have had ten relays submitted; in this case we used the last relay listed whether it be seventh place or whatever.

Long Course Relays use age group categories by a sum of ages. By adding together different people from different age groups and using the research as a guide, you can see where to put your swimmers to come up with the most competitive relay. See the Relay Worksheet, page three, in the USMS 2009 Relay Worksheet Packet for an example of how to mix up your ages to provide the most competitive relay.

It is our hope Relay Day will be an exciting day of fast swimming with many records broken across many different age groups and distances. Take the time to use these tools provided to come up with your own record-breaking relay.

See you in Indy!

Official Entry Form for the Relay Events
 2009 United States Masters Swimming National Long Course Championships
 IU Natatorium on IUPUI campus, Indianapolis, IN
 Saturday, August 8th, 2009

Sanctioned by GRIN LMSC
 for USMS, Inc.
 Sanction Number **169 S 06**

Club Name: _____	Club Abbreviation: _____
Name of Relay Representative: _____	
Telephone: _____	Email: _____
Address: _____	City: _____ State: _____ Zip: _____

Instructions: Please enter the age group, A/B/C designation, and an achieved time or a reasonable aggregate time for your relay teams under the correct event column. **IF YOU ENTER "NO TIME" YOUR ENTRY WILL BE REJECTED.**

Entry Deadline: Relay entry deadline is Thursday, August 6th by 4:00pm. Each relay costs \$12.00. Relay entries may be submitted prior to the meet by contacting krishouchens@hotmail.com (317) 430-4854 or at the relay desk in the registration area. **All relay swimmers must have entered the meet by July 3, 2009.**

Relay Eligibility: Each swimmer must be a registered USMS swimmer. Each of the four members of any relay team must be properly registered with the same Masters club. **Unattached swimmers may not swim on relay teams.** Relay entry is in addition to individual events. A swimmer may swim each relay event only once (limit 4 relay events per swimmer).

Awards: Customized medals will be awarded for first place through tenth place in each age group.

Age Groups: The aggregate age of the four relay team members shall determine the age group. Relay age groups are 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399. Ages are determined in whole years as of December 31, 2009. Designate A, B, C, etc. if you have more than one relay in the same age group.

Relay Scoring: Men, Women, Mixed – 22, 18, 16, 14, 12, 10, 8, 6, 4, 2. Points from Mixed relays shall count under combined score only.

World Records: Relays in any age group that includes swimmers between the ages of 18 and 24 are not eligible for world records; however, they will be considered for USMS National Records.

RELAYS for SATURDAY, AUGUST 8th, 2009.

Age Group	A/B/C	Men's 800 Free Event #21	Women's 800 Free Event #22	Men's 400 Medley Event #23	Women's 400 Medley Event #24

**Make Checks Payable to:
 YMCA Indy SwimFit**

Number of Relays Entered _____ X \$12 = _____ Total (page 1)
RELAY ONLY SWIMMERS: MUST ALREADY BE ENTERED IN THE MEET.
 Legible copies of this form are acceptable. Refer to Relay Procedure for more information.

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RELAYS for SATURDAY, AUGUST 8th, 2009.

Age Group	A/B/C	Men's 200 Free Event #25	Women's 200 Free Event #26	Mixed 800 Free Event #27/28

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Number of Relays Entered _____ X \$12 = _____ Total (page 2)

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Name of Relay Representative: _____	
Telephone: _____	Email: _____
Address: _____	City: _____ State: _____ Zip: _____

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RELAYS for SATURDAY, AUGUST 8th, 2009.

Age Group	A/B/C	Mixed 200 Medley Event # 29/30	Men's 400 Free Event #31	Women's 400 Free Event #32	Mixed 200 Free Event #33/34

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Number of Relays Entered _____ X \$12 = _____ Total (page 3)
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Telephone: _____	Email: _____
Address: _____	City: _____ State: _____ Zip: _____

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RELAYS for SATURDAY, AUGUST 8th, 2009.

Age Group	A/B/C	Mixed 400 Free Event #35/36	Men's 200 Medley Event #37	Women's 200 Medley Event #38	Mixed 400 Medley Event #39/40

**Make Checks Payable to:
 YMCA Indy SwimFit**

Number of Relays Entered _____	X \$12 = _____	Total (page 4)
Number of Relays Entered _____	X \$12 = _____	Total (page 3)
Number of Relays Entered _____	X \$12 = _____	Total (page 2)
Number of Relays Entered _____	X \$12 = _____	Total (page 1)
Number of Relays Entered _____		Grand Total

Legible copies of this form are acceptable. Refer to Relay Procedure for more information.

Relay Card Information - Due: Thursday, August 6th by 4:00pm.

If you know the names of the swimmers on your relays, you may submit the names now, and the names will be printed on the relay card generated by the computer. You may still change the name(s) at any time prior to the relay being swum by crossing out the name(s) on the card and replacing with the new name(s) and age. No changes in age group or seed-time are allowed. Any change of swimmers must therefore keep the relay team in the same age group or the relay will be disqualified.

Event No. _____ Event Distance _____ Relay Type (circle): Medley / Free

Club Name _____ A B C D E (circle)

Club Abbrev. _____ Sex (circle): MALE / FEMALE / MIXED

Age Group _____ Seed Time _____

Free Medley

1) (BK) Name: _____ Age: _____

2) (BR) Name: _____ Age: _____

3) (FL) Name: _____ Age: _____

4) (FR) Name: _____ Age: _____

:

USMS National Championship

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Club Abbrev. _____ Sex (circle): MALE / FEMALE / MIXED

Age Group _____ Seed Time _____

Free Medley

1) (BK) Name: _____ Age: _____

2) (BR) Name: _____ Age: _____

3) (FL) Name: _____ Age: _____

4) (FR) Name: _____ Age: _____