



2000 United States Masters Swimming National Short Course Championships

**Indiana University Natatorium
Indianapolis, Indiana April 27-30, 2000**

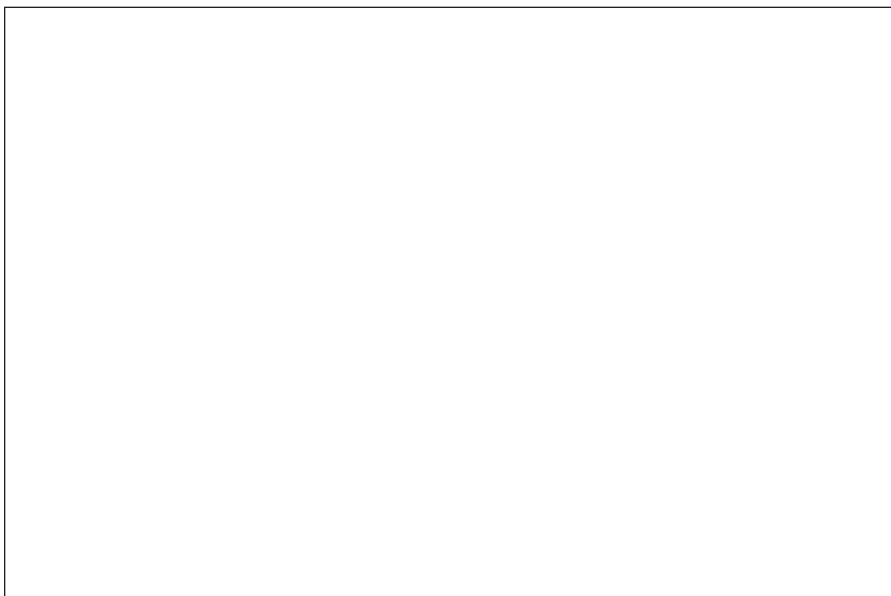


Photo by Peter H. Bick

The I.U.P.U.I. Natatorium in Indianapolis is the site of the 2000 United States Olympic Trials

MEET INFORMATION

Greater Indiana Masters (GRIN) and YMCA Indy SwimFit are proud to host the 2000 USMS Short Course National Championships. Participants are asked to read the following information carefully and refer to the checklist on the entry form to avoid any problems or misunderstandings regarding the conduct of the meet. All times listed are Eastern Standard Time.

Location

Indiana University Natatorium, 901 West New York Street, Indianapolis, IN 46202 (on the campus of I.U.P.U.I.)

Facilities

The Natatorium is an indoor facility with spectator seating for 4,700 and a 50 meter championship pool set up as two 25 yard courses, each with eight nine foot lanes and a water depth of nine to ten feet. The Natatorium includes an eight lane, 25 yard diving tank and a 25 yard instructional pool, available for continuous warm-up during the meet. The I.U. Natatorium will be the site of the 2000 US Olympic Trials.

Hotels

Courtyard at Capitol Ave - \$104 (S/D)

(3/4 mile from pool)
320 N. Senate Ave.
Indianapolis, IN 46204
800-321-2211
317-684-7733

Embassy Suites - \$129 (S/D)

(1 mile from pool)
110 W. Washington St.
Indianapolis, IN 46204
317-236-1800

Radisson Hotel City Centre - \$114 (S/D/T)

(1-1/2 miles from pool)
31 West Ohio St.
Indianapolis, IN 46204
800-333-3333

Hampton Inn Downtown - \$109 (S/D/T/Q)

(1-1/2 miles from pool)
105 South Meridian St.
Indianapolis, IN 46205
317-261-1200

IMPORTANT, rooms at the above hotels have been blocked for the 2000 USMS SC Championships until **January 31, 2000**, at which time all rooms will be released. Make your reservations early!

Airlines

United Airlines is the official airline of the 2000 USMS SC Championships. United Airlines is offering discounted airfare to Indianapolis. Call 800-521-4041 and refer to our meet **ID # 583BP** for your discount.

Meet Shuttle Service

Complimentary shuttle service will be available from the listed hotels to the Natatorium. A schedule for the shuttle service will be available at registration.

Parking

Parking is available in the garage adjacent to the Natatorium. Five-day parking passes (\$15) will be available for purchase at the meet registration desk. RV/trailer parking is not permitted.

Ground Transportation

Transportation from the airport to the downtown hotels (15 minutes) is available by taxi or by hotel shuttles.

Meet Officials

Meet Referee: Lucy Duncan
Admin. Referees: Walt & Anneliese Eggert
Meet Directors: George Quigley,
Mel Goldstein and Doug Church

General Meeting

All swimmers, coaches and officials should be represented at the general meeting at the Natatorium on Wednesday, April 26, at 7 p.m. Matters pertinent to the operation and conduct of the meet will be discussed.

Coaches Meeting/Coaches School

A MACA coaches school will be held April 26, from 1 to 5 p.m. For more information, contact Brian Stack, phone: (510) 235-6842, E-mail: StackB@aol.com

EMERGENCY TELEPHONE
(317)274-3518 - Emergencies only
DO NOT USE FOR CHECK-IN!

MEET INFORMATION

Registration

All participants must register prior to competing in order to sign an emergency card and safety information statement and receive a meet program and other meet information. Registration will be held at the Natatorium on the upper level on Wednesday, April 26, from 1 p.m. to 7 p.m. and on Thursday through Sunday from 6:30 a.m. until the end of the day's events. Check-in for distance events and relays will be available in the same area.

Check-in (General)

CHECK-IN IS REQUIRED FOR 400 IM, 500 FREE, 1000 FREE AND 1650 FREE -- NO EXCEPTIONS! and may be done in person at registration area. Coaches and teammates may check in for those swimmers whose travel plans do not permit check-in by deadlines. **There will be NO telephone or internet check-in on any day either preceding or during the meet.** Failure to check-in will result in a swimmer being scratched from the event.

Check-in Deadlines

The following times are the check-in deadlines for each deck seeded event.

1000 Free Women	Thurs.	4/27	6:45 AM
1000 Free Men	Thurs.	4/27	8:00 AM
1650 Free Women	Thurs.	4/27	9:00 AM
1650 Free Men	Thurs.	4/27	11:00 AM
400 IM W & M	Friday	4/28	12:00 PM
500 Free Women	Sat.	4/29	6:45 AM
500 Free Men	Sun.	4/30	6:45 AM

Eligibility

The National Championships are open to any swimmer at least 19 years of age as of March 24, 2000. 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 "unattached." Foreign entries must include a copy of swimmer's International Travel Permit and fees in U.S. dollars.

Age Groups

Individual events: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49...100-104. Relay events: 19+, 25+, 35+, 45+ ... (ten year increments as high as necessary). Age for the meet is determined as of the last day of the meet (April 30, 2000).

Scoring

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

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

Team Scoring

Team scoring will be divided into three divisions: Division I (large team), Division II (medium team), and Division III (small team), each containing three categories—men, women, and combined. Mixed relays are scored only in the combined category.

The USMS Championship Committee will determine divisions after the entry deadline based on number of entrants from each club.

Awards

Customized medals will be awarded for first through tenth places 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 for each additional event won. Unclaimed awards will not be mailed unless arrangements are made in advance at the meet. Awards will be presented to the top three teams in each category of each division.

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 of one sponsorship will be \$50. Order sponsorships on meet entry form.

Final Results

Complete final results, to be mailed after the meet, may be ordered for \$15. Complete final results for an individual, including splits, will be available at the meet for \$5 each.

Seeding

Individual events 200 yards or less will be pre-seeded and swum slowest to fastest within each age group, oldest to youngest. Partial heats may be combined. **Women's heats will precede men's heats for each event.** The 1000 and 1650 freestyles will be deck seeded slowest to fastest by time only for each sex. The 500 Free will be deck seeded first by age group, then by time. The 400 IM may be deck seeded slowest to fastest by time, or by age group and time, at the discretion of the Meet Director.

Warm-up Times

The competition pool will be open for warm-up from 6:30 a.m. to 7:45 a.m. on each day of competition. On Wednesday, April 26, warm-up is from 1 p.m. until 8 p.m. at the Natatorium. On competition days, all warm-up pools will be open from the start of the first event until the conclusion of the day's event.

Warm-up Procedures

Swimmers must enter the pool feet first in a cautious manner. No diving is allowed except in designated sprint lanes, and no

diving is allowed in the warm-up pools. Racing starts, including backstroke starts, are allowed only in designated sprint lanes during the pre-meet warm-up sessions, where one or two lanes shall be designated as "One-Way Sprint Lanes." No sprint lanes will be designated in the warm-up pools.

ANY SWIMMER WHO ACTS IN AN UNSPORTSMANLIKE OR UNSAFE MANNER WITHIN THE SWIMMING VENUE MAY BE CONSIDERED FOR APPROPRIATE ACTION OR PENALTY AT THE DISCRETION OF THE REFEREE (USMS Rule 102.15.2).

Sixth Event Rule

If, in the opinion of the USMS Championship Committee, the meet is deemed too large to be run in an efficient manner, a swimmer's sixth event will be dropped. Each swimmer entering six events must indicate the sixth event as directed on the entry form. The sixth event cannot be changed after the entry is submitted.

Scratches

Any swimmer who fails to report to the proper lane in the correct heat of his/her event will be considered scratched from that event and will not be permitted to swim that event at another time.

Official Verification Card (OVC)

For an OVC, contact the following official **prior to the meet:** Lucy Duncan, 235 Poplar Grove Dr., Danville, IN 46122. Phone (317) 745-6817.

Attractions

The **Children's Museum** is the largest of its kind. **Circle Center Mall**, located downtown, offers both shopping and entertainment. Also located downtown are the **Indianapolis Zoo** and **Victory Field**, home of the **Indianapolis Indians AAA Baseball**.

Concessions, Vendors, Souvenir Items

A full-service snack bar is available in the lobby of the Natatorium. Vendors will offer souvenirs, swimming apparel and other merchandise. Commemorative clothing items with meet logo will be sold.

Temperature and Climate

Daytime temperatures average in the 60s.

Early Entry Raffle

Entries arriving postmarked or via the internet prior to February 29, 2000, will be entered into one of two lotteries (male and female). Prizes will be awarded to the lottery winners during the meet.

Meet Logo

The meet logo is a trademark graphic which cannot be duplicated. Anyone duplicating meet logo will be subject to Indiana Law as it pertains to trademark infringement.

Coaches Hospitality

Coaches hospitality is available to only MACA/ASCA members.

LOGO

WOMEN'S QUALIFYING TIMES

	Women 19-24	Women 25-29	Women 30-34	Women 35-39	Women 40-44	Women 45-49	Women 50-54	Women 55-59	Women 60-64	Women 65-69	Women 70-74	Women 75-79	Women 80-84	Women 85-89
50 FREE	28.58	27.59	28.27	28.25	29.35	29.75	32.71	35.06	36.38	40.32	43.88	48.80	58.77	1:36.92
100 FREE	1:02.29	1:01.17	1:02.05	1:01.50	1:04.35	1:06.64	1:14.39	1:19.93	1:23.12	1:31.70	1:38.13	1:53.63	2:14.46	3:32.41
200 FREE	2:17.85	2:13.31	2:13.87	2:14.93	2:21.15	2:28.16	2:39.23	3:00.87	3:07.00	3:22.26	3:42.11	4:10.52	5:41.83	No Time
500 FREE	6:17.18	5:57.15	6:06.92	5:59.60	6:16.68	6:36.73	7:08.47	8:09.09	8:17.52	9:10.69	9:58.77	11:05.64	14:48.80	No Time
1000 FREE	13:51.26	12:54.00	13:04.81	12:18.18	13:13.84	14:02.18	15:22.09	17:24.23	17:28.57	19:35.07	21:01.79	28:13.05	No Time	No Time
1650 FREE	23:10.08	21:26.92	21:06.32	21:00.94	22:35.42	23:47.80	26:41.36	29:16.96	33:19.03	34:21.26	36:21.42	No Time	No Time	No Time
50 BACK	33.09	31.99	32.44	32.58	35.06	35.88	40.63	43.24	44.70	50.60	53.28	55.85	1:07.27	1:35.50
100 BACK	1:11.41	1:08.96	1:09.82	1:10.00	1:15.23	1:18.03	1:27.64	1:36.44	1:40.63	1:50.79	1:56.42	2:06.10	2:40.48	3:41.08
200 BACK	2:35.02	2:30.25	2:31.90	2:38.96	2:44.31	2:51.03	3:09.50	3:32.04	3:38.39	4:01.27	4:07.05	4:48.88	5:37.10	No Time
50 BREAST	37.73	36.07	36.49	37.15	39.23	40.59	42.34	45.75	49.68	54.85	59.93	1:04.23	1:25.90	No Time
100 BREAST	1:20.75	1:18.14	1:19.61	1:21.04	1:23.52	1:29.94	1:34.09	1:40.47	1:49.42	1:59.88	2:10.28	2:32.29	4:01.14	No Time
200 BREAST	2:58.56	2:50.18	2:54.42	2:55.53	3:05.68	3:12.26	3:27.70	3:45.36	3:58.75	4:24.63	4:43.45	5:40.44	9:21.48	No Time
50 FLY	31.13	30.72	30.68	31.15	31.92	33.31	37.19	38.90	43.99	49.72	56.46	1:08.30	1:33.45	No Time
100 FLY	1:10.31	1:08.78	1:08.54	1:09.77	1:12.46	1:18.12	1:29.44	1:45.49	1:47.55	2:04.71	2:18.63	2:59.08	No Time	No Time
200 FLY	2:44.29	2:34.02	2:41.02	2:34.79	2:49.15	3:05.69	3:30.78	3:51.43	4:16.83	4:46.37	6:35.77	No Time	No Time	No Time
100 LM.	1:11.40	1:09.09	1:10.05	1:11.51	1:14.58	1:17.28	1:24.44	1:31.14	1:37.68	1:48.56	1:58.61	2:10.63	3:06.11	No Time
200 LM.	2:33.01	2:31.05	2:31.21	2:34.00	2:45.46	2:54.72	3:08.67	3:29.01	3:32.73	4:04.33	4:30.63	5:26.36	No Time	No Time
400 LM.	5:37.70	5:26.81	5:26.38	5:25.33	5:54.25	6:24.05	6:59.11	7:30.81	8:14.10	8:43.49	10:03.24	13:34.53	No Time	No Time

MEN'S QUALIFYING TIMES

	Men 19-24	Men 25-29	Men 30-34	Men 35-39	Men 40-44	Men 45-49	Men 50-54	Men 55-59	Men 60-64	Men 65-69	Men 70-74	Men 75-79	Men 80-84	Men 85-89
50 FREE	24.29	24.09	24.09	24.29	24.88	25.73	26.42	27.60	29.54	31.04	33.16	36.90	41.53	1:10.31
100 FREE	53.48	52.58	53.15	53.27	55.07	57.24	58.21	1:01.98	1:05.72	1:10.88	1:18.19	1:26.99	1:39.37	2:37.52
200 FREE	2:01.85	1:58.06	1:58.02	1:58.93	2:02.89	2:06.59	2:12.18	2:23.94	2:33.86	2:42.11	2:59.53	3:21.98	3:48.43	No Time
500 FREE	5:39.67	5:25.62	5:29.31	5:32.51	5:35.13	5:47.78	6:05.62	6:38.77	7:03.43	7:37.98	8:11.89	9:14.70	11:17.28	No Time
1000 FREE	12:44.28	12:01.26	12:05.13	11:56.95	11:52.20	12:33.40	12:55.52	14:15.44	14:58.38	15:50.03	18:18.44	21:22.07	33:20.10	No Time
1650 FREE	21:35.42	20:18.76	19:29.77	20:01.86	20:30.43	21:08.19	21:43.39	24:10.36	25:22.36	27:02.83	30:45.18	35:41.62	No Time	No Time
50 BACK	29.46	28.43	28.93	28.30	29.40	30.95	31.27	34.88	36.48	39.17	42.61	46.84	55.35	1:24.29
100 BACK	1:01.14	1:00.49	1:01.38	1:02.35	1:03.27	1:06.11	1:10.16	1:17.02	1:20.70	1:26.82	1:33.67	1:50.69	1:58.81	4:23.19
200 BACK	2:19.26	2:15.42	2:13.55	2:18.01	2:17.58	2:25.43	2:36.42	2:52.56	3:02.10	3:23.58	3:34.76	3:57.40	5:08.00	No Time
50 BREAST	31.42	30.61	31.31	31.88	31.74	33.90	33.88	36.04	39.08	40.81	44.68	51.16	59.85	1:27.38
100 BREAST	1:08.83	1:07.87	1:07.83	1:10.26	1:09.97	1:13.69	1:15.03	1:19.12	1:26.90	1:33.31	1:42.29	1:58.49	2:29.03	No Time
200 BREAST	2:30.07	2:33.99	2:33.66	2:35.19	2:36.87	2:42.00	2:50.04	2:57.91	3:13.83	3:35.23	3:49.93	4:26.48	6:32.08	No Time
50 FLY	26.67	26.30	26.22	26.81	27.55	28.74	29.01	30.50	33.86	37.05	39.85	49.97	1:38.93	No Time
100 FLY	58.52	57.97	58.09	58.94	1:00.98	1:03.71	1:06.12	1:12.36	1:25.13	1:36.21	1:42.83	2:50.71	No Time	No Time
200 FLY	2:22.42	2:16.40	2:12.76	2:15.98	2:23.44	2:31.35	2:40.04	3:12.58	3:27.65	3:58.50	4:14.52	No Time	No Time	No Time
100 LM.	1:01.50	1:00.54	1:00.45	1:01.45	1:03.74	1:05.89	1:07.95	1:12.29	1:17.65	1:24.28	1:29.10	1:47.73	2:30.51	No Time
200 LM.	2:18.62	2:13.33	2:12.79	2:15.85	2:19.13	2:24.89	2:30.93	2:43.70	3:04.16	3:11.19	3:35.96	4:14.62	No Time	No Time
400 LM.	5:19.07	4:50.98	4:54.54	5:00.27	5:06.53	5:16.43	5:37.21	6:03.64	6:45.14	7:25.93	8:36.81	12:14.26	No Time	No Time

NQTs are 10 percent higher than the 10th time in the previous year's Top Ten listing for that age group and event.

MEET INFORMATION

Entry Procedures

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

National Qualifying Times

Swimmers may enter a maximum of three individual events without meeting the National Qualifying Time (NQT) 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 NQT in the past 2 years. The NQTs for all events are listed above. Designate the events in which 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 be entered with a time. "NT" entries will be rejected. There is a limit of three (3) individual events per day.

Sixth Event

If six events are entered, indicate with the number "6" your least-desired event in the column designated with the number "6." If not indicated, your last event on the entry form may be dropped. No changes of designated 6th event will be allowed. No refunds given for the dropped event.

1000/1650 Yard Freestyle

A swimmer may enter either the 1000 or 1650 freestyle, but not both.

Fees

\$4 per individual event plus \$30 surcharge per swimmer. Fees must accompany entry form and must be paid in U.S. dollars by check or money order. Entry is not complete until 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 received in writing by March 24, 2000. No refunds 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 March 24, 2000 deadline. **ALL FEES ARE PAYABLE TO "YMCA INDY SWIMFIT."**

Relay Entry Form

Relay entry forms will be sent to USMS clubs, or send SASE to address below. Relays cost \$12 and each relay may be entered until 6:00 p.m. on the day prior to the relay event. Forms are available on the USMS website at www.usms.org

Mail Entry and Fees

Judy Goldstein

5735 Carrollton Ave.
Indianapolis, IN 46220

(317) 253-8289 before 9 pm EST only

Entry Deadline

All U.S. entries must be postmarked with official U.S. postmark (no business meters) by March 17, 2000, OR received by March 24, 2000. Entries received after this date will be returned to sender. No FAX, wire or telephone entries will be accepted. Mail entries early. Include SASE with entry for proof of receipt. Allow sufficient time for mail delivery. Photocopy completed entry forms and personal checks for your records.

Mail entry and fees to:

Judy Goldstein
5735 Carrollton Ave.
Indianapolis, IN 46220
Phone: (317) 253-8289

**2000 USMS National Short Course Championships
Official Entry Form**

**Indiana University Natatorium
Indianapolis, Indiana April 27-30, 2000**

logo

Sanctioned by the Indiana LMSC for USMS, Inc. Sanction number: 160S0002

Name* _____ USMS Reg. # _____
Last First Middle Initial (Foreign entries include Masters registration card)
 Address _____
Street City State ZIP Country
 E-mail _____ Day Phone _____ Eve. Phone _____
A/C
 Emergency _____ Age _____ Birthdate _____ Sex _____
Name Phone No. (on 4/30/00) (Month/Day/Year) M/F
 Club Name _____ Club Abbreviation _____

***Print name as it appears on USMS registration card.**

BEFORE COMPLETING, READ "MEET INFORMATION" ON PREVIOUS PAGES.
Entries must be U.S. postmarked by March 17, 2000 or received by March 24, 2000.

Event No.	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6
Warm-Up 6:30 - 7:45 a.m.				THURSDAY, APRIL 27, 2000	Start 8:00 a.m.			
1				1000 FREESTYLE**	2			
3				1650 FREESTYLE**	4			
Warm-Up 6:30 - 7:45 a.m.				FRIDAY, APRIL 28, 2000	Start 8:00 a.m.			
5				50 BACKSTROKE	6			
7				100 BREASTSTROKE	8			
9				200 FREESTYLE	10			
11				100 BUTTERFLY	12			
13/14	SEE RELAY FORM			200 MIXED MEDLEY RELAY	13/14	SEE RELAY FORM		
15	SEE RELAY FORM			200 FREESTYLE RELAY	16	SEE RELAY FORM		
17				400 INDIVIDUAL MEDLEY**	18			
Warm-Up 6:30 - 7:45 a.m.				SATURDAY, APRIL 29, 2000	Start 8:00 a.m.			
19				500 FREESTYLE (WOMEN)**	N/A	MEN'S 500 SUN.		
21				100 BACKSTROKE	22			
23				50 BREASTSTROKE	24			
25				200 INDIVIDUAL MEDLEY	26			
27				50 FREESTYLE	28			
29				200 BUTTERFLY	30			
31/32	SEE RELAY FORM			200 MIXED FREE RELAY	31/32	SEE RELAY FORM		
Warm-Up 6:30 - 7:45 a.m.				SUNDAY, APRIL 30, 2000	Start 8:00 a.m.			
N/A	WOMEN'S 500 SAT.			500 FREESTYLE (MEN) **	34			
35				100 FREESTYLE	36			
37				200 BREASTSTROKE	38			
39				50 BUTTERFLY	40			
41				200 BACKSTROKE	42			
43				100 INDIVIDUAL MEDLEY	44			
45	SEE RELAY FORM			200 MEDLEY RELAY	46	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 "YMCA Indy SwimFit" enclosed?

International permit attached?

SASE enclosed? (Indicate purpose on envelope.)

Entry postmarked by March 17, 2000, or received by March 24, 2000 deadline?

QUESTIONS? Call (317)253-8289 before 9 p.m. EST.

****Check-in required: See Meet Information. You may enter either the 1000 Free or the 1650 Free, not both.**

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)	_____	\$30
Number of Individual Events	_____ x \$ 4 =	_____
Final Result	_____ x \$15 =	_____
Individual Results	_____ x \$ 5 =	_____
Gold Medal Sponsorship	_____ x \$50 =	_____
TOTAL FEES ENCLOSED	_____ =	_____

Check or money order payable to: "YMCA Indy SwimFit"