



# 2005 United States Masters Swimming National Short Course Championships

Fort Lauderdale Aquatic Complex  
Fort Lauderdale, Florida  
May 19-22, 2005



## Meet Information

*The City of Fort Lauderdale welcomes you to the World Famous Fort Lauderdale Aquatic Complex- home of 10 FINA World Records and host to a record 8 USMS National Championships. The sun, sand and fast times are ready for you to enjoy. 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

Fort Lauderdale Aquatic Complex  
501 Seabreeze Boulevard  
Fort Lauderdale, FL 33316

### Facilities

The Fort Lauderdale Aquatic Complex is an outdoor facility with 2 x 50 meter pools, a diving well, spa and instructional pool. The stadium pool (50m x 25yd) will feature 2 x 8 lane courses separated by an officials runway. The scoreboard pool (50m x 25 yd) will have 20 lanes open continuously for warm up, except during the 1650, 1000 and 500 freestyle events where 10 lanes will be used for competition. There is seating for 2000 and numerous tents will be erected around the facility. NOTE: there will be no shade provided over the grandstands.

### Website

Meet information, entry forms, on-line registration and hotel and car rental information are available at [www.usms.org/comp/scnats05](http://www.usms.org/comp/scnats05) and will link to the Aquatic Complex at [www.fortlauderdale.gov/flac](http://www.fortlauderdale.gov/flac) for additional facility information.

### Hotels

For a complete listing of hotels who have offered rates for the Championships, visit the Aquatic Complex website at [www.fortlauderdale.gov/flac](http://www.fortlauderdale.gov/flac). Click on the Hotel/Lodging button.

#### **Sheraton Yankee Clipper 954-524-5551**

Two blocks south of Aquatic Complex. Mention USMS National Championships. \$129.00

#### **Sheraton Yankee Trader 954-467-1111**

Six blocks north of Aquatic Complex. Mention USMS National Championships. \$129.00

#### **Days Inn Bahia Cabana 1-800-323-2244**

Two blocks south of Aquatic Complex. Mention Masters Swim. \$70 / room - \$85 / efficiency

#### **Radisson Bahia Mar 954-764-2233**

One block south of Aquatic Complex. Mention US Masters Swimming. \$139.00

### Meet Shuttle Service & Parking

There will be NO hotel shuttle service provided for the Championships. There are over 2,000 hotel rooms available within walking distance of the Aquatic Complex. On-site parking will be limited to officials, volunteers and meet operations staff. There are numerous parking lots available within a short walk from the facility. Those with special needs will also be taken care of on a case by case basis. RV or trailer parking is not permitted.

### Travel

Fort Lauderdale is serviced by all the major air carriers, including numerous discount carriers.

### Ground Transportation

The airport is located only 10 minutes from the Aquatic Complex and is serviced by taxi or by selected hotel shuttle services.

### Temperature and Climate

Fort Lauderdale in May enjoys a tropical climate with temperatures warm and humid. Competitors should plan on drinking plenty of fluids, wear hats and use ample sunblock.

### Concessions, Vendors & Souvenir Items

A vendors village offering food concessions, refreshments, souvenirs and swimming apparel will be available throughout the meet.

### 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 and other meet information. Registration will be held at the Aquatic Complex on Wednesday, May 18, from noon to 8 pm and on Thursday, May 19 through Sunday, May 22 from 7:00 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 18 years of age as of April 14, 2005. 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". 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 5/22/05.

Individual Events: 18-24, 25-29, 30-34, 35-39, ...100-104.

Relay Events: 18+, 25+, 35+, 45+, etc (in 10-year increments as high as necessary as determined by the age of the youngest relay member).

### Final Results

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

### Seeding

All events, with the exception of the 1650, 1000, 500 and 400 IM, will be pre-seeded unless meet management determines that the meet cannot be completed in a timely manner. Three courses (a total of 26 lanes) will be used for the 1650, 1000, and 500 free and possibly the 400 IM. Men's heats will precede women's heats for each event. The 1650, 1000 Free and 400 IM will be seeded slowest to fastest by entry time 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 Deck Seeded Events

For all deck-seeded events, check-in is required for each event and may be done in person at registration or via the Internet at [www.usms.org](http://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. A heat sheet booklet will be given to each participant and coach at check in. Heat sheets for the deck seeded events will be available each morning and posted around the facility.

### Check-in Times

For all deck seeded events on Friday, Saturday, and Sunday, you must check-in the day before between 7:00 am and 6 pm. For Thursday's events, you must check in by 7:00 am that day for the women's and men's 1000 free and approximately one hour prior to the estimated time the other events will start that day. You may also check in for Thursday's events on Wednesday between noon and 8 pm in person. Internet check-in is available with a one-day earlier start time to accommodate swimmers travel plans.

### Warm-up Times

The competition pool will be open for warm-up on Wednesday, May 18 from 12:00 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 pools will be available from 6:30 am until conclusion of the final event. The competition pool will reopen for 30 minutes of warm-up on Friday and Saturday, following the completion of the 500 Free. The competition pool will be open for warm-up 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/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 Complex on Wednesday, May 18 at 7 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 SWIMS Database (for entry into USA-S national meets) should complete a form at the meet and prior to the swim. Contact the Administrative Referee at the meet.

### Social

There will no formal social planned during this event. Should teams wish to organize their own social activities, the Host Committee will assist with making arrangements.

## 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	:28.09	:27.41	:28.20	:28.16	:28.02	:29.46	:31.02	:34.30	:36.73	:38.89	:43.16	:48.32	:55.02	1:11.20
100 Free	1:01.95	1:00.18	1:01.75	1:00.92	1:02.01	1:05.22	1:08.68	1:17.99	1:23.51	1:26.27	1:38.23	1:51.81	2:13.55	2:44.34
200 Free	2:14.26	2:13.71	2:16.01	2:12.89	2:16.28	2:24.75	2:32.58	2:52.63	3:08.42	3:15.11	3:34.76	4:10.65	4:50.80	9:05.81
500 Free	6:05.36	6:03.90	6:04.53	6:00.18	6:06.44	6:28.61	6:52.98	7:43.74	8:22.76	8:51.97	9:50.22	11:21.08	14:03.85	No Time
1000 Free	13:17.60	12:57.17	12:45.18	12:44.20	13:00.96	13:26.78	14:23.53	15:58.46	18:29.22	19:10.66	21:28.07	24:28.01	29:11.55	No Time
1650 Free	22:53.85	21:51.32	21:36.77	21:34.21	22:15.81	22:47.97	24:54.86	27:54.14	30:23.16	34:22.86	37:28.56	45:47.50	No Time	No Time
50 Back	:32.63	:32.33	:32.70	:32.55	:33.66	:35.34	:37.02	:41.98	:45.48	:48.25	:54.00	:58.74	1:06.44	1:57.32
100 Back	1:10.71	1:09.30	1:10.08	1:10.39	1:12.04	1:16.39	1:21.89	1:32.01	1:38.98	1:47.25	1:59.82	2:09.84	2:29.72	3:52.94
200 Back	2:35.83	2:32.79	2:34.96	2:32.63	2:39.90	2:46.82	2:57.62	3:20.21	3:40.55	3:55.07	4:21.80	4:53.52	5:31.89	6:15.03
50 Breast	:36.82	:36.56	:36.86	:37.17	:37.06	:39.37	:41.79	:45.16	:49.32	:52.31	:56.92	1:04.58	1:25.80	1:54.33
100 Breast	1:18.93	1:19.31	1:18.66	1:20.70	1:20.49	1:24.66	1:32.57	1:38.86	1:49.62	1:55.30	2:11.03	2:26.09	2:54.53	No Time
200 Breast	2:55.03	2:53.78	2:55.64	2:56.83	2:58.16	3:08.93	3:24.85	3:41.35	3:56.06	4:23.17	4:48.54	5:35.28	6:26.94	No Time
50 Fly	:30.76	:30.24	:30.73	:30.59	:30.82	:32.45	:34.55	:39.91	:43.08	:48.15	:57.86	1:10.25	1:43.20	No Time
100 Fly	1:08.07	1:07.40	1:08.27	1:08.75	1:09.83	1:13.92	1:22.93	1:38.04	1:50.18	2:05.99	2:23.86	3:34.46	3:26.07	No Time
200 Fly	2:37.85	2:40.34	2:38.81	2:40.17	2:49.27	2:54.58	3:25.06	3:49.19	4:24.71	5:43.81	5:10.36	7:17.51	No Time	No Time
100 IM	1:10.02	1:09.55	1:11.05	1:10.26	1:11.83	1:16.08	1:20.49	1:28.29	1:38.41	1:44.99	2:02.46	2:21.70	2:59.29	4:12.58
200 IM	2:32.82	2:31.79	2:33.42	2:32.28	2:38.58	2:45.34	3:08.32	3:17.56	3:45.29	4:06.41	4:35.48	5:59.64	6:39.19	No Time
400 IM	5:32.36	5:29.38	5:31.76	5:32.85	5:45.64	5:59.01	6:46.97	7:15.09	8:13.39	9:35.45	11:10.95	12:01.66	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	:24.49	:23.54	:23.95	:24.45	:24.44	:25.05	:25.85	:26.89	:28.83	:30.36	:32.34	:36.65	:40.85	:56.97
100 Free	:54.05	:52.42	:52.77	:53.21	:54.03	:55.11	:57.41	:59.98	1:04.37	1:09.21	1:13.29	1:28.52	1:44.58	2:42.00
200 Free	2:01.21	1:58.12	1:58.88	1:58.18	2:00.30	2:04.23	2:07.36	2:14.26	2:27.30	2:37.55	2:51.88	3:18.20	4:10.03	6:13.48
500 Free	5:41.73	5:29.89	5:29.56	5:27.21	5:31.10	5:44.67	5:55.77	6:15.18	6:49.36	7:16.94	8:05.31	9:19.82	12:05.71	13:10.21
1000 Free	13:14.82	12:17.69	11:47.52	11:34.80	11:41.65	12:02.84	12:31.19	13:16.68	14:40.94	15:50.44	17:06.81	20:15.52	29:30.27	No Time
1650 Free	21:48.18	20:52.84	20:33.28	19:42.80	19:50.19	20:24.40	21:07.49	22:28.83	24:51.59	26:53.63	30:52.13	35:34.35	40:00.92	No Time
50 Back	:29.26	:28.31	:28.46	:29.00	:28.93	:30.13	:31.03	:33.40	:36.08	:38.09	:41.09	:47.16	:53.75	1:07.18
100 Back	1:02.89	1:00.81	1:00.52	1:02.49	1:03.10	1:04.56	1:07.20	1:13.52	1:18.98	1:24.77	1:33.48	1:46.78	2:11.37	2:39.38
200 Back	2:18.17	2:16.82	2:15.48	2:17.11	2:19.04	2:22.13	2:29.74	2:44.63	2:56.07	3:08.18	3:33.68	3:55.84	4:59.45	6:23.89
50 Breast	:31.61	:30.84	:31.38	:31.34	:31.57	:32.70	:33.93	:34.97	:37.79	:40.44	:42.70	:48.21	:56.15	1:27.02
100 Breast	1:09.62	1:07.79	1:08.62	1:07.96	1:09.12	1:11.95	1:15.23	1:17.59	1:24.35	1:31.86	1:37.04	1:51.31	2:17.62	3:04.18
200 Breast	2:39.42	2:33.67	2:35.05	2:32.52	2:33.98	2:41.73	2:46.41	2:54.78	3:08.08	3:28.50	3:46.39	4:30.50	6:23.04	7:16.38
50 Fly	:27.05	:25.87	:26.35	:26.78	:26.85	:27.62	:28.41	:29.86	:32.16	:35.59	:39.06	:47.56	1:08.79	No Time
100 Fly	1:00.13	:58.37	:58.51	:59.16	:59.62	1:01.36	1:03.85	1:08.65	1:16.98	1:30.50	1:41.63	2:10.30	2:47.77	No Time
200 Fly	2:30.49	2:17.66	2:17.62	2:16.46	2:18.86	2:24.46	2:36.02	2:53.82	3:14.96	3:59.63	4:15.78	6:54.49	8:19.64	No Time
100 IM	1:02.68	1:00.16	1:01.50	1:02.23	1:01.91	1:04.64	1:06.43	1:10.28	1:15.67	1:22.56	1:28.13	1:45.75	2:18.39	3:29.94
200 IM	2:20.51	2:12.51	2:14.46	2:15.36	2:17.27	2:23.77	2:27.54	2:38.93	2:52.10	3:07.53	3:28.49	4:07.36	6:07.52	No Time
400 IM	5:13.81	4:51.10	4:58.46	4:54.92	5:03.06	5:12.81	5:22.17	5:47.27	6:26.52	7:03.86	7:47.66	11:04.58	12:13.39	No Time

Please see the USMS web site ([www.usms.org](http://www.usms.org)) for the National Qualifying Times formulas

### Gold Medal Sponsorship

Gold Medal Sponsors will be recognized in the official program as supporters of Masters swimming, entitled to hospitality on deck, and receive a commemorative gift. Cost of one sponsorship will be \$50. Order sponsorships on the meet entry form.

### Meet Management

**Meet Directors:** Stu Marvin & Laura Voet

**Meet Referee:** Bob Brown

### 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/comp/scnats05](http://www.usms.org/comp/scnats05).

### 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 date in the "Date" 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 both the 1000 or 1650 freestyle only if they meet the NQT in at least one of these events.

### 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. 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 April 14, 2005. 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 April 14, 2005. 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](http://www.usms.org)

### Mail Entry and Fees

Postmarked by April 7, 2005 or received by April 14, 2005. Mail to:

Short Course Nationals, USMS National Office  
9 Wiley Hill Rd  
Londonderry, NH 03053-3109

### Questions?

Call the Aquatic Complex at 954-828-4579  
Email: [lvoet@fortlauderdale.gov](mailto:lvoet@fortlauderdale.gov)  
or [marvingardens840@comcast.net](mailto:marvingardens840@comcast.net)

### Entry Deadline

All U.S. entries must be postmarked with an official US postmark (no business meters) by April 7, 2005 OR received by April 14, 2005. Entries received after this date will be returned to sender. Online entries are encouraged and will be accepted until midnight EDT on April 14, 2005. 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:  
 Short Course Nationals  
 USMS National Office  
 9 Wiley Hill Rd  
 Londonderry, NH 03053-3109

## 2005 USMS National Short Course Championships Official Entry Form



**Fort Lauderdale Aquatic Complex  
 Fort Lauderdale, Florida May 19-22, 2005**

*Sanctioned by the Florida Gold Coast LMSC for USMS, Inc. - Sanction number 505-001*

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 5/22/05) (Month/Day/Year) MF

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

**BEFORE COMPLETING, READ MEET INFORMATION ON PREVIOUS PAGES.**  
**Check in for all deck seeded events. Check in ends at 6 pm EDT the day before event is swum for all Friday-Sunday events. For Thursday, check in will start THE DAY BEFORE and end 7 am Thursday for the 1000 and one hour before the start of the 1650.**  
*Entries must be U.S. postmarked by April 7, 2005 or received by April 14, 2005*

Event No.	Entry Time Women	Date	6	Event	Event No.	Entry Time Men	Date	6
<b>Warm-Up 6:30-7:50am</b>				<b>THURSDAY, MAY 19, 2005</b>	<b>Start 8:00 a.m.</b>			
2				1000 FREESTYLE**	1			
4				1650 FREESTYLE**	3			
<b>Warm-Up 6:30-7:50am</b>				<b>FRIDAY, MAY 20, 2005</b>	<b>Start 8:00 a.m.</b>			
****	Women's 500 Sat.	***	**	500 FREESTYLE (MEN)	5			
8				50 BREASTSTROKE	7			
10				100 BUTTERFLY	9			
12				200 BACKSTROKE	11			
14				50 FREESTYLE	13			
16				200 INDIVIDUAL MEDLEY	15			
17/18	See Relay Form			200 MIXED FREE RELAY	17/18	See Relay Form		
<b>Warm-Up 6:30-7:50am</b>				<b>SATURDAY, MAY 21, 2005</b>	<b>Start 8:00 a.m.</b>			
20				500 FREESTYLE (WOMEN)	****	Men's 500 Friday	***	**
22				100 INDIVIDUAL MEDLEY	21			
24				200 BREASTSTROKE	23			
26				100 FREESTYLE	25			
28				50 BACKSTROKE	27			
30				200 BUTTERFLY	29			
32	See Relay Form			200 MEDLEY RELAY	31	See Relay Form		
<b>Warm-Up 6:30-7:50am</b>				<b>SUNDAY, MAY 22, 2005</b>	<b>Start 8:00 a.m.</b>			
34				100 BACKSTROKE	33			
36				50 BUTTERFLY	35			
38				200 FREESTYLE	37			
40				100 BREASTSTROKE	39			
41/42	See Relay Form			200 MIXED MEDLEY RELAY	41/42	See Relay Form		
44	See Relay Form			200 FREE RELAY	43	See Relay Form		
46				400 INDIVIDUAL MEDLEY	45			

**Entry Checklist**

Entry form filled out completely?

"Date" and "6" events clearly marked? (Date 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?

International registration card attached?

SASE enclosed? (Indicate purpose on envelope.)

Entry postmarked by April 7, 2005, or received by April 14, 2005, deadline?

**QUESTIONS? Call 954-828-4579 before 9 pm EST**

**\*\*You may enter both the 1000 and 1650 Free only if you meet the NQT in at least one of these events.**

**Internet Entries will be accepted starting 2/01/04. 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 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 \_\_\_\_\_

<b>FEES:</b>	
Meet Surcharge (required for all events)	\$30
Number of Individual Events _____ x \$4	_____
Final Results _____ x \$15	_____
Social Event _____ x \$25	_____
Gold Medal Sponsor _____ x \$50	_____
<b>TOTAL FEES ENCLOSED</b> _____	
Check or money order payable to <b>United States Masters Swimming</b>	