

GET SET FOR USMS NATIONALS

Coral Springs to Host SCY Competition
in True South Florida Style

by Raena Alexis Latina

Attention USMS members. It's time to commit. Yes, we're talking to you—no need to look over your shoulder. It may be winter now, but spring is

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just around the corner. Think fun in the sun, delectable

dining, amazing nightlife and national-class swimming at the USMS Short Course Yards National Championships in Coral Springs, Fla., coming up May 11-14.

There's no time like the present to complete the registration form (*see page 31* or www.usms.org) and start mapping out your training plan.

Hosted by Coral Springs Masters, the 2006 event takes place at the Coral Springs Aquatic Complex, which opened in 1989 and is a leading swimming and diving facility. It is home to the Coral Springs Masters Team, the Coral Springs Swim Club and is a training facility for international Olympic athletes. For the USMS cham-

pionships, swimmers will make a big splash in the main competition pool (50 meters by 25 yards), which is regulated by a geothermal heating and cooling system. The Aquatic Complex includes a springboard/platform diving well and an acclimation pool (25 yards by 50 feet), as well as a 25-meter by 25-yard pool and a 36-foot by 65-foot



teaching pool. The center also houses a 7,500-square-foot fitness center with circuit training, free weights and state-of-the-art cardiovascular machines, a gymnasium and classroom/meeting room.

About 2,000 Masters swimmers, age 18 to 90-plus, are expected to participate. "This is a premier event, and we are proud to be hosting it," says meet director Michael Lohberg. "We have an incredible team of staff and volunteers from the Coral Springs Aquatic Complex who are going to ensure that Nationals will be not only well-run but also extremely enjoyable."

Some of the best USMS swimmers in the country will be contending for top places and vying for record times in 18 individual events.

Even if you're not expecting to place in the medals, USMS Nationals is still a great way to participate in a high-caliber meet. Any member of USMS may enter up to three events without qualifying times (*below*). This option offers swimmers who have enjoyed local and regional competitions the chance to experience a larger meet.

And for those who enjoy traveling to a great location (which is not mutually exclusive of being a fierce—or not-so-

fierce—competitor), there's no better place to visit than South Florida in the spring. This meet offers a wonderful opportunity for swimmers to combine a passion for the sport with a vacation with family or friends.

Coral Springs, located in Broward County, is less than 30 minutes from Fort Lauderdale-Hollywood International Airport. It is also easily reached from the West Palm Beach and Miami airports. The 123,000 residents of Coral Springs enjoy a year-round semi-tropical climate and one of the highest standards of living and lowest crime rates in the state.

In addition to Coral Springs'

own array of local restaurants and shopping, visitors are within easy drive time of other colorful cities such as West Palm Beach, Boca Raton, Fort Lauderdale and Miami. An incredible selection of fine dining, beautiful beaches, hot nightclubs, museums, theaters and world-class shopping awaits swimmers between events. Here are just a few highlights.

Register Online

••• Visit www.usms.org/comp/scnats06.

••• You can swim three events without qualifying.

WOMEN'S 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	85-89
50 Free	:28.11	:27.54	:28.21	:28.23	:27.97	:29.40	:30.71	:33.78	:36.54	:38.80	:43.84	:47.65	:56.43	1:13.72
100 Free	1:01.83	1:00.33	1:01.61	1:01.38	1:01.57	1:04.76	1:08.05	1:15.82	1:23.61	1:26.70	1:39.59	1:50.17	2:19.28	2:51.75
200 Free	2:14.19	2:13.50	2:16.60	2:13.20	2:16.14	2:22.95	2:31.44	2:48.37	3:06.27	3:13.67	3:37.90	4:04.53	5:04.90	9:17.38
500 Free	6:03.65	6:02.80	6:06.15	6:01.34	6:04.87	6:25.22	6:48.43	7:26.91	8:20.79	8:44.09	10:08.75	10:59.60	14:29.65	No Time
1000 Free	13:26.55	12:51.45	12:55.28	12:41.93	12:53.65	13:21.27	14:21.19	15:26.23	18:03.29	19:02.83	21:48.55	24:37.23	28:35.18	No Time
1650 Free	22:24.38	21:46.55	21:29.59	21:26.22	22:03.04	22:49.03	24:57.58	27:00.26	29:50.05	31:42.53	37:09.53	44:18.65	No Time	No Time
50 Back	:32.68	:32.12	:32.68	:32.87	:33.66	:35.09	:37.04	:42.20	:45.29	:48.77	:54.48	:59.43	1:05.62	2:12.91
100 Back	1:10.95	1:09.08	1:10.50	1:10.18	1:12.61	1:15.39	1:21.21	1:32.85	1:38.36	1:46.72	2:00.78	2:09.14	2:31.12	3:10.91
200 Back	2:35.27	2:32.60	2:34.62	2:32.49	2:39.60	2:44.02	2:56.79	3:18.22	3:37.64	3:52.46	4:22.52	4:48.40	5:30.69	6:37.32
50 Breast	:36.76	:36.49	:37.28	:37.12	:37.12	:38.90	:41.49	:44.90	:49.68	:52.02	:57.35	1:04.68	1:17.56	1:49.74
100 Breast	1:19.51	1:18.99	1:19.89	1:20.59	1:20.68	1:24.05	1:31.55	1:37.49	1:48.51	1:55.54	2:12.46	2:27.22	2:55.02	No Time
200 Breast	2:55.33	2:53.60	2:56.72	2:54.86	2:59.01	3:04.81	3:19.62	3:43.16	3:58.04	4:24.97	4:46.04	5:35.58	6:28.72	No Time
50 Fly	:30.75	:30.17	:30.96	:30.76	:30.76	:32.41	:34.40	:39.11	:44.30	:48.50	:59.58	1:08.38	1:43.20	No Time
100 Fly	1:08.03	1:07.13	1:08.82	1:08.67	1:09.91	1:13.07	1:21.34	1:33.59	1:51.29	2:01.85	2:39.29	3:14.93	4:03.46	No Time
200 Fly	2:37.22	2:36.62	2:38.06	2:36.75	2:48.00	2:53.17	3:24.61	3:43.71	4:43.92	4:51.13	5:19.28	6:37.53	No Time	No Time
100 IM	1:10.13	1:09.28	1:11.11	1:10.35	1:11.46	1:15.24	1:20.03	1:27.01	1:37.65	1:45.16	2:01.35	2:19.18	2:42.81	4:25.78
200 IM	2:32.60	2:31.29	2:34.12	2:32.33	2:38.09	2:43.94	3:03.15	3:14.67	3:50.55	3:57.37	4:42.32	5:55.57	7:05.68	No Time
400 IM	5:31.83	5:30.00	5:35.68	5:31.29	5:43.72	5:56.91	6:38.23	7:10.03	8:19.61	9:05.57	9:22.22	11:30.51	No Time	No Time

MEN'S 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	85-89
50 Free	:24.41	:23.52	:24.08	:24.48	:24.53	:25.12	:25.73	:26.87	:28.49	:30.47	:32.23	:36.75	:41.45	:58.57
100 Free	:53.81	:52.26	:52.91	:53.26	:54.15	:55.28	:56.88	:59.70	1:04.37	1:09.11	1:12.84	1:27.16	1:44.19	2:36.46
200 Free	2:00.06	1:58.23	1:59.12	1:58.48	2:00.12	2:03.97	2:05.50	2:13.70	2:26.30	2:40.53	2:50.69	3:18.30	4:11.37	6:19.32
500 Free	5:37.70	5:33.55	5:31.92	5:29.09	5:30.70	5:41.76	5:49.55	6:14.44	6:46.29	7:25.57	7:53.36	9:26.19	11:52.06	13:06.57
1000 Free	13:05.31	12:23.23	11:57.94	11:41.79	11:40.54	11:56.84	12:18.01	13:19.18	14:49.67	15:37.48	16:47.90	20:47.61	26:22.80	No Time
1650 Free	22:07.19	20:48.92	20:31.33	19:54.77	19:44.61	20:13.27	20:40.22	22:21.24	24:19.23	26:38.52	29:32.68	35:58.60	44:57.82	No Time
50 Back	:28.94	:28.24	:28.42	:28.84	:29.17	:30.01	:31.06	:33.20	:35.51	:38.20	:40.82	:46.64	:52.32	1:19.76
100 Back	1:02.62	1:01.01	1:00.89	1:02.31	1:03.08	1:04.47	1:06.79	1:12.70	1:18.21	1:25.97	1:31.98	1:49.92	2:06.61	2:33.11
200 Back	2:18.40	2:15.67	2:16.06	2:17.14	2:19.32	2:21.79	2:29.48	2:43.55	2:54.21	3:11.94	3:30.68	3:59.86	4:37.59	5:59.63
50 Breast	:31.83	:30.86	:31.33	:31.35	:31.66	:32.62	:33.88	:34.86	:37.35	:40.59	:42.31	:47.75	:56.68	1:30.81
100 Breast	1:09.59	1:07.73	1:08.67	1:08.11	1:08.85	1:11.39	1:14.84	1:17.68	1:22.67	1:32.07	1:36.28	1:50.56	2:14.12	2:45.32
200 Breast	2:42.40	2:33.74	2:34.63	2:32.54	2:34.34	2:39.46	2:44.89	2:52.36	3:04.66	3:28.73	3:43.81	4:26.17	5:54.43	7:16.38
50 Fly	:26.83	:25.95	:26.28	:26.92	:26.92	:27.60	:28.42	:29.61	:31.50	:35.49	:38.88	:48.04	1:10.72	No Time
100 Fly	1:00.09	:58.08	:58.47	:59.26	:59.56	1:01.53	1:03.59	1:07.69	1:17.17	1:30.39	1:42.71	2:01.69	3:53.71	No Time
200 Fly	2:29.47	2:19.29	2:17.77	2:16.94	2:17.06	2:23.78	2:35.31	2:51.22	3:22.64	3:50.73	4:15.27	7:26.88	7:55.83	No Time
100 IM	1:02.47	1:00.40	1:01.17	1:02.24	1:02.33	1:04.20	1:06.30	1:09.83	1:14.85	1:22.71	1:28.10	1:43.88	2:16.54	3:16.01
200 IM	2:19.73	2:13.49	2:15.87	2:16.58	2:17.55	2:22.98	2:27.05	2:37.67	2:51.30	3:11.57	3:27.35	4:12.75	6:01.34	No Time
400 IM	5:12.14	4:59.92	4:59.64	4:55.42	5:00.25	5:11.09	5:22.08	5:45.55	6:26.13	7:06.82	7:51.22	11:26.10	12:19.25	No Time

>>> Please see the USMS web site (www.usms.org) for the National Qualifying Times formulas.

Beaches. They don't call Florida the "Sunshine State" for nothing! Coral Springs is just 30 minutes from the Atlantic Ocean beaches, all offering a fun day in the sun:

- Hollywood Beach is known for its casual atmosphere, ocean-side eateries and free entertainment along the 2.5-mile boardwalk.
- Equipped with playgrounds,

Pompano Beach's three-and-a-half mile stretch is a favorite spot for families.

- The charming, seaside village of Lauderdale-by-the-Sea offers a popular fishing pier and a three-tiered reef system just offshore that is perfect for snorkeling.
- To see and be seen, head to Miami's famous South Beach. With its large European and

South American population and clientele, don't be surprised to find topless sunbathers scattered across this broad expanse of beach. Sand volleyball areas from 11th to 14th streets are particularly friendly to gay and lesbian clientele.

- A 15-minute drive south of Miami Beach on I-95 will take visitors directly to Key Biscayne. The rocky beaches on the

Rickenbacker Causeway are great spots for windsurfing. Further inland, Crandon Park beach is a family-friendly area with wide sand bars and picnic facilities.

Shopping. If you're looking to spend a few dollars between races, a variety of venues will give your charge card a workout.

- The Las Olas Riverfront is a 260,000-square-foot entertain-

2006 USMS NATIONAL SHORT COURSE CHAMPIONSHIPS
Coral Springs, Fla.
May 11-14, 2006

Location
Coral Springs Aquatic Complex
12441 Royal Palm Blvd.
Coral Springs, FL 33065
954-345-2121

Facilities
The Coral Springs Aquatic Complex, an outdoor facility, houses three Myrtha pools, the competition pool (50 meter x 25 yard), an additional 25 meter x 25 yard pool and a 25-yard dive well. The competition pool will feature two eight-lane courses. The 25-yard pool (10 lanes) will be dedicated as a warm-up/warm-down pool, except during the 1650, 1000 and 500 freestyle when it will be used for competition. The six-lane dive well will be available for warm-up/warm-down at all times before and throughout the competition. Bleacher seating will be available on the north side of the 50-meter pool, and shade will be provided in many areas throughout the facility. Parking is plentiful and free.

Ground Transportation and Airports

- Fort Lauderdale Airport (FLL): 28 miles (30-minute drive) from the Aquatic Complex, serviced by taxi or selected hotel shuttle service.
- Miami Airport (MIA): 40 miles (50-minute drive) from the Aquatic Complex, serviced by taxi and Super Shuttle.
- West Palm Beach Airport (PBI): 44 miles (50-minute drive) from the Aquatic Complex, serviced by taxi and Super Shuttle.

Eligibility
Participants must be a registered Masters swimmer at least 18 years old as of April 6, 2006. International

athletes must include a copy of their Masters registration card.

Age Groups
Age for the meet is determined as of May 14, 2006.

Registration
All participants must register prior to competing and are required to sign an emergency card, safety information statement and liability release. Registration will be held at the Aquatic Complex on Wednesday, May 10, 2006, from 3 to 8 p.m., and on all other days from 7 a.m. through the end of competition.

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 (24 lanes total) will be used for the 1650, 1000, 500 and, perhaps, the 400 IM. Women's heats will precede men's heats for each event. The 1650, 1000, 500 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
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. Heat sheets for the deck-seeded events will be available each morning and posted around the facility.

Heat and Psych Sheets
Psych sheets will be available on the www.usms.org web site on or about April 20, 2006, for all individual events. The

heat sheets for pre-seeded events will be available online May 1, 2006, for Friday, Saturday and Sunday events. The heat sheets for the deck-seeded events will be available at the pool deck for swimmers after the check-in deadlines.

Warm-up Times
The competition pool will be open for warm-up on Wednesday, May 10, from 3 to 8 p.m., for at least 30 minutes following the last event each day and until at least 7 p.m. on Thursday, May 11. The pool also will reopen for 30 minutes of warm-up after the 500 Free and 400 IM.

Scratches
Any swimmer failing to report to the proper lane in the correct heat of an 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, May 10 at 7 p.m. There will be a discussion of matters pertaining to the operation and conduct of the meet.

Gold Medal Sponsorship
Gold Medal Sponsors will be recognized in the official program as supporters of Masters swimming, will be entitled to hospitality on deck and will receive a commemorative gift. Cost is \$65 and can be ordered on the meet entry form.

Meet Management
Meet Directors: Michael Lohberg, Mike McGoun, Al Vitro
Meet Referees: Bob Brown, Jay Thomas

Entry Procedures
Use official entry form or a

photocopy of the entire form. *Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected. International swimmers must include a legible copy of their Masters swimming registration card with the entry form.* A USMS swimmer changing club affiliation prior to the meet 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 registration is encouraged at www.usms.org/comp/scnats06. This method provides immediate entry confirmation. Online registration will open no later than Feb. 1.

Entry Times/Number of Events/Sixth Event
You may enter up to three events without meeting the National Qualifying Time (NQT), or a maximum of six events if you meet NQTs. 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.

Fees
Fees are \$4 per individual event plus a \$40 surcharge per swimmer. 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 received in writing by April 6, 2006. No refunds will be given for events not

swum. The \$40 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."

Entry Deadline/Mail Entry
Online entries are encouraged and will be accepted until midnight EDT on April 6, 2006. All mailed entries must be postmarked with an official U.S. postmark (no business meters) by March 30, 2006, or received by April 6, 2006. Entries received after this date will be returned to sender. No telephone or e-mail entries will be accepted. Mail entries early. Include a self-addressed stamped envelope 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 to:** Short Course Nationals, USMS National Office, 9 Wiley Hill Road, Londonderry, NH 03053-3109

Relay Information
Swimmers can enter relays up until 4 p.m. on the day before the relay is scheduled. 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. Relay entry is in addition to individual events. Relay entry forms are available for download at www.usms.org.

Questions?
Contact Michael Lohberg at 954-340-5032; lohberg@coralspringsswimclub.com, or call Mike McGoun at the Aquatic Center, 954-345-2121.

2006 USMS NATIONAL SHORT COURSE CHAMPIONSHIPS OFFICIAL ENTRY FORM

Sanctioned by the Florida Gold Coast LMSC for USMS, Inc. - Sanction number 505-009

Last name:* _____ First: _____ MI: _____
 Street Address: _____ City: _____ State: _____ ZIP: _____ Country: _____
 E-Mail: _____ Day Phone: _____ Eve.Phone: _____
 Emergency contact: _____ Phone: _____ Age: _____ (on 5/14/06) D.O.B: _____ Sex: _____
 Club Name or Unattached: _____ USMS or International Reg. #: _____
 * Print name as it appears on USMS registration card.

Before completing, read meet information on previous pages. Check in for all deck-seeded events.

Check-in ends at 6 p.m. EDT the day before event is swum for all Friday-Sunday events.
 For Thursday, check-in will start **THE DAY BEFORE** and end at 7 a.m. on Thursday for the 1000, and one hour before the start of the 1650.

Event #	Entry Time Women	Date	6	Event	Event #	Entry Time Men	Date	6
Thursday, May 11, 2006				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
1				1000 Freestyle**	2			
3				1650 Freestyle**	4			
Friday, May 12, 2006				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
5				400 Individual Medley	6			
7				50 Butterfly	8			
9				200 Freestyle	10			
11				100 Backstroke	12			
13				200 Breaststroke	14			
15/16	See Relay Form			200 Mixed Medley Relay	15/16	See Relay Form		
17	See Relay Form			200 Free Relay	18	See Relay Form		
Saturday, May 13, 2006				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
19				500 Freestyle (Women)				
21				200 Backstroke	22			
23				50 Freestyle	24			
25				100 Breaststroke	26			
27				200 Individual Medley	28			
29				100 Butterfly	30			
31	See Relay Form			200 Medley Relay	32	See Relay Form		
Sunday, May 14, 2006				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
				500 Freestyle (Men)	34			
35				50 Breaststroke	36			
37				100 Individual Medley	38			
39				200 Butterfly	40			
41				100 Freestyle	42			
43				50 Backstroke	44			
45/46	See Relay Form			200 Mixed Free Relay	45/46	See Relay Form		

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

... CORAL SPRINGS AQUATIC COMPLEX
 Coral Springs, Fla.
 May 11-14, 2006

... MAIL ENTRY AND FEES TO:
 Short Course Nationals
 USMS National Office
 9 Wiley Hill Rd
 Londonderry, NH 03053-3109

Entries must be U.S. postmarked by March 30, 2006, or received by April 6, 2006.

- 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 March 30, 2006, or received by April 6, 2006, deadline?
- Questions?** Call 954-340-5032 before 9 p.m. EST

... FEES:
 Meet Surcharge (required for all events) . . . \$40
 Number of Individual Events . . . x \$4 _____
 Final Results x \$15 _____
 Shuttle x \$20 _____
 Gold Medal Sponsor x \$65 _____
TOTAL FEES ENCLOSED _____
 Check or money order payable to
United States Masters Swimming

Internet entries will be accepted starting Feb. 1, 2006. 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: _____

Hotel Information

Here are four hotel options for your stay in Coral Springs, each seven minutes by car to the Aquatic Complex. Nine additional hotels are offering special rates, ranging from \$65 to \$149. For more information on accommodations, visit usms.org or contact Michael Lohberg at lohberg@coralspringsswimclub.com or 954-340-5032. *Hotels marked with an asterisk provide shuttle service for a nominal fee.*

••• La Quinta Inn*

3701 N University Drive
Coral Springs, FL 33065
800-642-4239 option 2, or
954-753-9000

Mention U.S. Masters Nationals account: 09250046047.

Standard double: \$69 plus tax; Deluxe double or king: \$79 plus tax; Suite: \$109 plus tax. Deluxe continental breakfast included. Cut-off date: 4-30-06

••• Wellesley Inn*

3100 N University Drive
Coral Springs, FL 33065
954-344-2200

Mention U.S. Masters Nationals. Standard double or king: \$79 plus tax. Continental breakfast included. Cut-off date: 4-10-06

••• Marriott

11775 Heron Bay Blvd.
Coral Springs, FL 33076
954-227-4115

Mention Aquatic Complex/ Masters Nationals rate. Standard double: \$99 plus tax. Restaurant onsite. Cut-off date: 3-27-06

••• Marriott Courtyard*

620 N University Drive
Coral Springs, FL 33071
800-321-2211 or
954-227-1300

Mention 2006 U.S. Masters National Championships. Standard double: \$69 plus tax. Courtyard cafe open for breakfast. Cut-off date: 4-9-06

Check-in Deadlines

For all deck-seeded events, check-in is required for each event and may be done in person at the registration area or via the Internet at www.usms.org according to the following chart:

Date	Event	In Person Check-in Deadlines*	Online Check-in Deadlines*
Thurs, May 11	1000 Free	Wed 3 p.m. – 8 p.m. or Thurs by 7 a.m.	Tues 7 a.m. – Thurs 7 a.m.
Thurs, May 11	1650 Free	One hour before start time	Tues 7 a.m. – Thurs 9 a.m.
Fri, May 12	400 IM	Thurs 7 a.m. – 6 p.m.	Wed 7 a.m. – 6 p.m.
Sat, May 13	500 Free Women	Fri 7 a.m. – 6 p.m.	Thurs 7 a.m. – 6 p.m.
Sun, May 14	500 Free Men	Sat 7 a.m. – 6 p.m.	Fri 7 a.m. – 6 p.m.

* All times are Eastern Daylight Time

ment and retail center located in the heart of downtown Fort Lauderdale.

- Sawgrass Mills in Sunrise is an outlet shopper's dream. Florida's largest retail and entertainment center features 300 name-brand stores and outlets including the famous Ron Jon Surf Shop, restaurants, cinemas and more.

- If you're a born bargain hunter, the Swap Shop is for you. South Florida's largest indoor-outdoor flea market also features one-hour circus shows and a 13-screen drive-in theater.

- Bayside Marketplace is an open-air waterfront mall near the Port of Miami with numerous boutiques, shopping kiosks and restaurants. Sit back and watch the cruise ships set sail.

Dining. All that swimming is going to work up an appetite! Literally hundreds of distinctive restaurants pepper the South Florida landscape. Take advantage of Miami's international flair (no passport required) to sample flavors that will entice your taste buds and satisfy your cravings:

- South Beach favorites include the always-open News Cafe, Wolfie's, Joe's Stone Crab... every few feet you will literally run into another tasty eatery in this art deco promenade.
- Perpendicular to the north

end of Miami's famous South Beach, Lincoln Road is a local favorite open-air mall. From the historic Van Dyke Cafe, to the hip Pacific Time, to the international flavors of Il Sole, there are dozens of restaurants to please every palate.

- The quiet, banyan-tree-lined city of Coral Gables features some of the best restaurants in the country, and is definitely worth a trip. Swimmers can load their carbs at Caffe Abbracci, grab a great steak at Christy's and enjoy a mojito and the best in Cuban cuisine at Versailles and Villa Havana.

Nightlife. South Beach, just about an hour southeast of Coral Springs, is one of the coolest nightspots in the country, and not to be missed during your visit. The trendy clubs along Ocean Drive, Washington and Collins avenues come alive in the evening hours, welcoming the masses seeking to jam, salsa and otherwise rock the night away. The Clevelander, Pelican, Avalon and Delano are just a sampling of the colorful

hotels (and clubs) in a city that never sleeps.

More South Florida attractions. If the swimming, dining, shopping and nightlife aren't enough to keep you busy, there's more:

- Take an airboat ride or a nature hike through the natural preserve of the Florida Everglades National Park, just west of Miami.

- Observe brilliant macaws, cockatoos and other amazing winged creatures at Parrot Jungle Island, Miami's world-famous bird sanctuary. Similarly, the Miami Metro Zoo is an animal lover's delight.

- Created from a 1923 coral rock quarry, Coral Gables' 820,000-gallon fresh spring water Venetian Pool is an architectural wonder and a sensory thrill, featuring two waterfalls, coral caves and grottos.

- Fort Lauderdale's International Swimming Hall of Fame and museum—need we say more?

So sign up for the Nationals meet today and soon you'll be swimming in paradise. <<<

Additional Meet Information

••• Michael Lohberg, 12441 Royal Palm Blvd., Coral Springs, FL 33065, 954-340-5032 or lohberg@coralspringsswimclub.com.

••• www.usms.org