

short course nationals

by Amy Wu

Live Music Capital Readies for Short Course Nationals



> Austin is famous for its live music, vibrant nightlife, burgeoning high-tech business and street festivals. It's also the home of celebrities Sandra Bullock and Lance Armstrong. This May, the city will add to its accolades as it plays host to one of the largest swim meets of the year: the 2008 United States Masters Swimming National Short Course Championship.

The meet is scheduled for May 1-4 at the University of Texas Lee and Joe Jamail Texas Swimming Center, a gem in the swim world. Opened in 1977, the facility offers more than 20 programs and hosts some 35

special events annually. A few factoids for swimming addicts: the racing pool—a 50-meter eight-lane behemoth—holds 880,000 gallons, and is considered one of the fastest pools in the world.

Although not obvious to the casual observer, the pool is nine feet deep with movable, power-operated bulkheads, underwater lighting, speakers and viewing windows. The diving well holds 660,000 gallons and is home to a 10-meter diving tower. The University of Texas has schooled more than 30 Olympic medalists, and this year, approximately 30 Longhorns are headed to the Olympic trials in Omaha.

Organizers of the Short Course Nationals are expecting anywhere from 1,500 to 2,000 attendees.

The Texas Swim Center is well equipped for both swimmers and spectators, says Ann Nellis, meet director and the center's program manager. "We can hold 2,500 people in the seating area," Nellis says, adding that "it's first-come, first-serve." When asked why the meet is expected to be such a magnet, Nellis says it's because of the central time zone, the city's barrage of cultural attractions and the state-of-the-art pool.

This year's meet stands out in several ways. 2008 is the 20th anniversary of the first

time Nationals was held at the University of Texas swimming center in 1988.

The pool also is the training ground for World Record swimming sensations Ian Crocker, Brendan Hansen and Aaron Peirsol, protégées of the legendary Eddie Reese, the university's head swimming and diving coach for men.

Organizers say that attendees are likely to catch a glimpse of the Olympic hopefuls during practice. For some Longhorn alumni, the meet is an opportunity to race together for the first time since their college days.

"We're hoping to assemble a group of us and do some relays.

I'm looking forward to this," says Ande Rasmussen, a long-time member of Longhorn Aquatics Masters, who swam with the University of Texas from 1982 to 1986. "It will be a fun and big reunion, and a chance to meet a lot of people."

Rasmussen, whose specialty is sprinting, competed in the 1988 Short Course Yards Nationals as a 24-year-old, and says he's training hard for this round. Rasmussen, and fellow former UT swimmers Clay Britt, Nathan Breazeale, and John Smith have been regularly connecting about Austin. "We're not looking to win the meet or anything, we're all just looking for a

Austin is the Social Scene

- Barton Springs Pool: a fresh spring water pool open into the late evening. <http://www.ci.austin.tx.us/parks/bartonsprings.htm>
- Deep Eddy Pool: www.deepeddy.org
- Hamilton Pool Preserve: www.co.travis.tx.us/tnr/parks/hamilton_pool.asp
- Old Pecan Street Spring Arts Festival
- Bob Bullock Texas State History Museum
- Texas Governor's Mansion
- Sunset Valley Farmers Market
- Whole Foods Market: "foodie" haven with dining stations, live music, a cooking school and tours.
- Trudy's Restaurant: www.trudys.com
- Stubb's: barbecue, music, and a Sunday gospel brunch
- Iron Cactus Restaurant & Margarita Bar: one of the top 10 tequila bars in the U.S.

Register Online Starting Feb. 1

- Visit www.usms.org/comp/scnats08.
- You can swim three events without qualifying.
- Medals will be awarded for first through 10th places in each age group.
- A USMS Championship Patch will be given to each individual and relay team member for the first event won.
- See www.usms.org and www.usmsswimmer.com for more details.

USMS NATIONAL 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
50 Free	:27.97	:27.53	:28.33	:28.20	:28.20	:28.95	:30.40	:33.19	:36.62	:38.50	:43.85	:47.49	:59.37
100 Free	1:01.63	1:00.20	1:02.58	1:01.79	1:01.46	1:04.19	1:07.48	1:13.71	1:23.07	1:27.97	1:38.89	1:47.53	2:22.02
200 Free	2:15.64	2:12.44	2:17.68	2:15.03	2:15.35	2:21.72	2:31.68	2:43.21	3:02.59	3:14.11	3:40.91	3:57.37	5:14.39
500 Free	6:08.42	5:58.66	6:08.39	6:04.72	6:03.24	6:20.77	6:44.86	7:15.10	8:11.87	8:51.68	10:04.48	10:58.65	14:41.03
1000 Free	13:17.99	12:55.39	13:01.92	12:49.65	12:41.48	13:15.01	14:16.98	15:01.79	17:03.03	18:42.02	21:39.81	25:01.44	27:08.43
1650 Free	22:40.67	21:46.64	22:13.94	21:33.05	22:02.74	22:22.03	24:15.94	25:49.61	29:02.51	32:17.91	39:31.90	40:31.51	No Time
50 Back	:32.70	:32.18	:32.88	:32.84	:33.63	:34.78	:36.65	:40.61	:44.60	:48.82	:54.99	:58.20	1:07.12
100 Back	1:10.70	1:09.38	1:10.49	1:10.44	1:12.50	1:14.59	1:19.97	1:29.93	1:38.02	1:46.20	2:03.64	2:07.96	2:37.30
200 Back	2:33.52	2:31.85	2:34.83	2:33.29	2:36.76	2:41.54	2:55.53	3:10.45	3:32.51	3:49.68	4:30.11	4:40.14	6:26.02
50 Breast	:36.64	:36.01	:37.13	:37.11	:37.46	:38.34	:40.58	:44.85	:48.14	:52.38	:57.36	1:05.27	1:19.84
100 Breast	1:19.82	1:18.36	1:21.22	1:21.54	1:21.70	1:24.08	1:29.26	1:39.24	1:44.65	1:57.03	2:09.60	2:24.59	3:02.66
200 Breast	2:55.95	2:52.15	2:56.64	2:55.40	3:01.34	3:07.11	3:17.04	3:43.29	3:50.11	4:19.51	4:52.27	5:48.37	7:52.03
50 Fly	:30.84	:30.10	:31.30	:30.97	:30.85	:31.94	:33.80	:37.50	:43.50	:48.31	:58.01	1:05.22	1:32.42
100 Fly	1:08.77	1:07.89	1:10.62	1:09.60	1:10.07	1:13.14	1:18.84	1:30.03	1:44.73	1:55.81	3:00.08	2:52.48	4:15.43
200 Fly	2:41.13	2:35.81	2:42.45	2:41.96	2:42.14	2:49.47	3:17.58	3:43.09	4:31.71	4:32.93	7:43.08	5:47.96	No Time
100 IM	1:10.31	1:09.31	1:11.67	1:11.02	1:11.25	1:14.02	1:19.04	1:26.09	1:34.90	1:46.14	2:01.88	2:11.88	2:56.07
200 IM	2:32.98	2:30.59	2:34.92	2:34.69	2:36.67	2:43.26	2:54.32	3:12.93	3:37.17	3:50.69	4:50.50	5:00.18	7:07.44
400 IM	5:32.38	5:26.64	5:39.25	5:34.44	5:43.24	5:56.07	6:27.70	7:02.07	7:51.17	8:50.58	9:56.75	10:12.83	No Time

USMS NATIONAL 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
50 Free	:24.24	:23.84	:24.28	:24.36	:24.76	:25.35	:25.55	:27.17	:27.78	:31.03	:32.13	:35.53	:42.98
100 Free	:53.37	:52.57	:53.68	:53.29	:54.36	:55.56	:56.21	:59.79	1:02.63	1:10.73	1:12.95	1:23.29	1:40.98
200 Free	1:59.12	1:57.67	1:59.82	1:58.68	2:00.74	2:03.17	2:05.80	2:13.50	2:22.70	2:43.12	2:49.30	3:11.55	3:57.02
500 Free	5:40.70	5:34.00	5:31.84	5:31.26	5:31.40	5:36.92	5:49.56	6:11.92	6:38.61	7:26.80	7:51.06	9:11.06	10:38.85
1000 Free	12:36.42	12:04.16	11:58.15	11:40.87	11:50.54	11:55.54	12:16.76	13:04.53	14:25.76	16:15.58	16:48.03	20:55.37	25:16.82
1650 Free	23:34.40	20:34.21	20:21.80	20:17.63	19:56.99	20:17.88	20:41.33	22:01.82	23:37.75	27:17.05	29:04.71	35:32.18	43:14.15
50 Back	:28.86	:28.13	:28.92	:28.63	:29.72	:29.69	:30.82	:32.81	:34.67	:38.41	:41.27	:45.76	:52.55
100 Back	1:03.26	1:00.95	1:02.71	1:02.13	1:03.83	1:04.81	1:06.61	1:11.62	1:17.40	1:27.52	1:32.24	1:46.21	2:04.79
200 Back	2:22.84	2:14.11	2:18.75	2:17.16	2:22.00	2:23.05	2:29.63	2:39.32	2:55.71	3:15.39	3:25.19	4:01.09	4:39.85
50 Breast	:31.46	:30.42	:31.13	:31.62	:32.26	:32.38	:33.60	:35.09	:36.25	:40.18	:42.42	:46.66	:58.52
100 Breast	1:09.40	1:06.57	1:08.35	1:09.55	1:10.43	1:11.21	1:13.80	1:17.66	1:21.00	1:31.40	1:37.96	1:48.76	2:19.44
200 Breast	2:41.49	2:30.19	2:33.82	2:35.03	2:36.72	2:38.44	2:45.11	2:52.55	3:03.73	3:28.55	3:40.19	4:15.56	5:22.58
50 Fly	:26.64	:26.18	:26.42	:26.83	:27.06	:27.61	:28.18	:29.58	:30.79	:34.73	:38.54	:46.18	1:08.86
100 Fly	:59.79	:58.49	:59.27	:59.19	:59.93	1:01.69	1:03.35	1:07.49	1:15.52	1:26.81	1:40.88	1:57.90	3:49.36
200 Fly	2:40.80	2:18.93	2:19.30	2:18.48	2:18.49	2:25.35	2:30.73	2:47.04	3:22.01	3:44.99	4:48.07	6:46.54	6:55.05
100 IM	1:01.50	1:00.47	1:01.02	1:02.02	1:03.07	1:04.05	1:05.99	1:09.81	1:13.25	1:23.33	1:26.70	1:39.05	2:21.54
200 IM	2:16.76	2:13.62	2:15.61	2:17.23	2:18.48	2:22.49	2:26.08	2:35.51	2:48.31	3:14.44	3:27.28	4:03.03	6:17.40
400 IM	5:16.39	5:00.36	5:00.30	4:57.91	4:58.53	5:09.05	5:25.83	5:45.62	6:22.72	7:07.87	7:59.26	9:56.69	11:59.98

>>> Formula: Three year average of Top Ten 10th place time + conversion factor. Conversion factor: 1.1

**2008 UNITED STATES
MASTERS SWIMMING
NATIONAL SHORT
COURSE CHAMPIONSHIP**
Austin, Texas
May 1-4, 2008



LOCATION

Lee and Joe Jamail Texas Swimming Center
1900 Robert Dedman Dr.
Austin, TX 78712-0363
512-471-7703

FACILITIES

The Lee and Joe Jamail Texas Swim Center (TSC) at the University of Texas at Austin is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate, and lane width. The indoor facility includes two separate pools: the racing pool and diving well. The racing pool is 50 meters x 25 yards and will be divided into two 25-yard courses, each with eight nine-foot-wide lanes and a water depth of nine feet. The diving pool will be the primary warm-up pool during competition. It will have 10 lanes open for continuous warm-up and warm-down during the meet.

**GROUND TRANSPORTATION
AND AIRPORT**

Most major airlines serve Austin Bergstrom International Airport. The airport is located 10 miles southeast of the Texas Swim Center. Car rental is available at the airport. Discounted airport shuttle service to hotels can be arranged in advance through SuperShuttle. The group discount code is VWYSS and is available only through the website www.tsc.utexas.edu/2008masters, under 'Coupon'.

ELIGIBILITY

Participants must be registered Masters swimmers and at least 18 years of age as of April 30, 2008. **Eighteen-year-olds must enter the meet by the entry deadline and only 18-year-olds may register with USMS on April 30 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" (see entry procedures). 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 May 4, 2008, except 18-year-olds, who must be 18 by April 30, 2008.

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 Texas Swim Center on Wednesday, April 30, 2008, from 3 to 8 p.m., and starting at 7 a.m. on all other days through the end of competition.

SEEDING

All events – with the exception of the 1650, 1000 and 500 freestyles, and 400 IM – will be pre-seeded. Two courses will be used for all events. Women's heats will precede men's heats for each event, with the exception that men's and women's heats may be seeded together for the 1000 and 1650 frees. A decision regarding this will be announced at www.usms.org by April 17, 2008. The 1650, 1000, and 500 freestyles, 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 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 for all individual events will be available on the USMS web site (www.usms.org) on or about April 17, 2008. Heat sheets for pre-seeded events will be available online around April 21, 2008. Heat sheets for deck-seeded events will be posted at various places around the pool deck for swimmers after the check-in deadlines.

WARM-UP TIMES

The competition pool will be open for warm-up on Wednesday, April 30, from 3 to 7 p.m. On competition days, the competition pool will be open from 7:30 a.m. until 8:30 a.m., and the warm-up pool will be available from 8:30 a.m. until the conclusion of the final event. The competition pool will reopen for a 30-minute warm-up on Friday after the 400 IM, and Saturday and Sunday after the 500 free. The competition pool will be open for at least 30 minutes following the last event each day, and until at least 7 p.m. on Thursday, May 1.

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 into the warm-up pool. One or two lanes shall be designated as **one-way sprint lanes** during the pre-meet warm-up sessions in the competition pool only. No sprint lanes will be designated in the warm-up pool. **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 pool or the warm-up pool.

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 Texas Swim Center (in the grandstands) on Wednesday, April 30, 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 and will be entitled to hospitality on deck, including food. Cost is \$65 and can be ordered on the meet entry form.

ONLINE ENTRIES

Online entry is encouraged, and the system provides immediate entry confirmation. Visit www.usms.org/comp/scnats08. Online registration will open no later than Feb. 1, 2008, and will close at midnight (CDT) on April 3, 2008.

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 18-year-olds who must enter the meet by the meet entry deadline but may register at the venue on April 30).** A legible copy of the swimmer's Masters registration card must accompany the entry form for foreign swimmers. Failure to include a 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.

**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 in 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. On the entry form, indicate this event with a '6' in the designated column.

**ENTRY DEADLINE/
MAIL ENTRY**

Online entries are encouraged and will be accepted until midnight CDT on April 3, 2008. All mailed entries must be postmarked with an official U.S. postmark (no business meters) by March 20, 2008, or received by March 27, 2008. All mailed entries received after this date will be returned to sender. No telephone or email entries will be accepted. 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, 8 Rockwood Lane, Londonderry, NH 03053.

FEES

The entry fee is \$4 per individual event plus the meet surcharge. A \$40 surcharge per swimmer will apply to online entries submitted by March 20, 2008, or mailed entries postmarked by March 20, 2008. A \$50 surcharge applies to all online entries received after March 20, 2008. For entries received in the mail, 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 form 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 3. No refunds will be given for events not swum. The \$40/\$50 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 INFORMATION

Swimmers can enter relays 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 fee is in addition to individual events. Relay entry forms are available for download at www.usms.org.

QUESTIONS?

Contact Ann Nellis or Christie Binkley at 512-471-7703 (before 5 p.m. CST) or email meet.admin@austin.utexas.edu.

Hotel & Shuttle Information

Below are the meet hotel sponsors for your stay in Austin. We have several hotels with special rates, ranging from \$99 to \$169. For more information on accommodations, visit www.tsc.utexas.edu/2008masters. Cut-off date for all rooms is April 10, 2008.

The University of Texas will be in session during the meet. However, parking on campus will be available in three parking garages within 0.25 of a mile of the Texas Swim Center. A four-day card (which allows unlimited in and out privileges) is \$30, three-day cards are \$22, two-day cards are \$16 and a one-day card is \$9. Without these cards, parking will be \$10 each time you park in a garage. Limited free parking on surface lots may be available on Saturday and Sunday.

••• Crowne Plaza Austin*

6121 North IH-35
512-323-5466
www.crowneplaza.com/austincentral
Single/quad \$109;
3.75 miles from TSC

••• Doubletree Club Hotel-University Area

1617 Interstate 35 North
512-479-4000
<http://doubletree.hilton.com>
Single/double \$149,
triple/quad \$159/\$169;
0.3 miles from TSC

••• Drury Inn*

6711 N IH 35
512-467-9500
www.druryhotels.com/properties/austinnorth.cfm
Double \$99.99/\$139.99 (suite);
4 miles from TSC

••• Embassy Suites Austin North*

5901 North IH-35
512-454-8004
www.embassysuitesaustinnorth.com
Single \$149,
double/triple/quad \$159;
3.5 miles from TSC

••• Hampton Inn and Suites Downtown

200 San Jacinto Boulevard
512-472-1500
www.hamptoninn.com
Single \$159,
double/triple/quad \$179;
1.75 miles from TSC

••• Hyatt Place Austin North Central*

7522 North IH-35
512-323-2121
www.hyatt-place.com
Single/quad \$119;
5 miles from TSC

*hotel is on shuttle route

good time," says Rasmussen.

The SCY Nationals has been in the works since the Longhorn Aquatics Masters and Texas Swim Center bid successfully for the meet in September 2006. Soon after, a 15-person committee, run by members of the Longhorn Masters Aquatics, was formed. The committee has been planning the meet, which involves everything from the program to sponsorship. One new feature is that swimmers can order T-shirts before they arrive at the meet. Nellis calls the meet a joint venture of Longhorn Masters Aquatics and the Texas Swim Center, since the swimming center's staff will be overseeing the meet. However, an estimated 170 volunteers are still needed (e.g. timers especially in demand).

Ed Coates, chairman of the SCY Nationals committee, affirms that attendees are in for a blast. "It helps that there are only a couple pools in this country that are very fast pools, and I think we have a great facility to race in," Coates says. "It pro-

vides everybody with the best case scenario for performing."

Longhorn Masters, the home team, has been gearing up for the meet, too. Longhorn Masters coach Whitney Hedgepeth, who swam for the University of Texas, expects that at least half of the 250-member team will be competing. She's been actively selling the meet to swimmers during the 15 workouts that Masters holds every week.

Hedgepeth, a two time Olympian, says that most importantly, the meet promises fun. "People are out to have a good time, they want to see old friends and swim well on top of that," says Hedgepeth, who has been coaching Longhorn Masters since 2004.

Hedgepeth is also likely to reunite with her UT teammates for the relay events.

This meet will be anything but all work and no play. While Coates says that the committee doesn't have a social plan, Austin itself will be one of the biggest draws.

"We're going to let the city be our social because there's so

much going on. People want to come to Austin because they've heard great things about the city," Coates says. Nearby post-competition hangouts include Schultz's Beer Garden. On the must-experience list is Barton Springs, a spring-fed, natural pool in the city that is open into the late night.

Austin's swimming connections extend far beyond the borders of the Lone Star State. Patrick Cantrell, masters coach of the AGUA Masters team at Asphalt Green in New York City, swam with Longhorn Masters for many years, which inspired him to be a coach.

"UT has a history of running great meets, the pool is fast, and people want to come to Austin. I think this will be one of the highest attended meets given those reasons, and that the central time zone won't be a factor in getting swimmers from each coast to attend," affirms Cantrell. "For all those reasons, I think the meet will be successful and the racing fast. I plan to bring a significant number of AGUA Masters team members to Austin." The familiar waters will be a refresher for the swimmers and coaches alike. <<<

••• **Amy Wu**, a contributing writer for *SWIMMER*, trains with the AGUA Masters at Asphalt Green in New York City.

Additional Meet Information

- www.usms.org
- www.tsc.utexas.edu/2008masters
- USMS National Office, 1-800-550-SWIM (7946)

Check-in

Positive check in is required for the 400 IM and 500, 1000 and 1650 freestyles. This may be done in person at the registration area or via Internet at www.usms.org according to the following chart:

Date	Event	In Person Check-in*	Online Check-in*
Thurs, May 1	1000 Free	Wed 3 p.m. - 8 p.m. or Thurs by 7:30 a.m.	Tues 7 a.m. - Thurs 7:30 a.m.
Thurs, May 1	1650 Free	Wed 3 - 8 p.m. or Thurs by 9:30 a.m.	Tues 7 a.m. - Thurs 9:30 a.m.
Fri, May 2	400 IM	Thurs 7 a.m. - Fri 7:30 a.m.	Wed 7 a.m. - Fri 7:30 a.m.
Sat, May 3	500 Free Women	Fri 7 a.m. - Sat 7:30 a.m.	Thurs 7 a.m. - Sat 7:30 a.m.
Sun, May 4	500 Free Men	Sat 7 a.m. - Sun 7:30 a.m.	Fri 7 a.m. - Sun 7:30 a.m.

* All times are Central Standard Time