

# TAMALPAIS AQUATIC MASTERS

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## *Jon Steiner Memorial Mile* **TAM POSTAL 1650**

**Swim for Lung Cancer Research**

**No Set Fee -- Pay What You Want**

**50% of all proceeds are donated to:**

**Bonnie J. Addario Lung Cancer Foundation**

**In honor of the event's founder: Jon Steiner**

### **How To Participate**

- WHAT YOU NEED:** A pool at least 25 yards in length and someone to time you.
- DISTANCE:** 1650 yards or 1500 meters swum in a meters pool (50 m. or 25 m).
- DATE:** Anytime between Jan 1, 2013 and February 28, 2013.
- AGE DIVISIONS:** 18-24, 25-29, 30-34, . . . , 100+, male and female.
- ELIGIBILITY:** All swimmers registered with USMS for 2013 are eligible to participate.
- RELAYS:** 4 person relay entries will be accepted in the following age groups: 18+, 25+, 35+, etc., male, female, and mixed. **Each person swims (and must individually enter prior to submitting the relay entry) the 1650;** relay entries are scored on total combined time for the four (4) 1650s.
- TEAM COMPETITION:** Each year, the team with the highest percentage of membership participating in the event will receive a trophy. Three teams will win, one each from among the small, medium, and large team entries. Simply inform the event director (Glenda Carroll, ggcarrroll43@gmail.com) that your team is participating and of the total membership of your team.

**MASS TEAM ENTRIES:** In order to make entering easier for teams with many participants, an excel spreadsheet can be provided that indicates the information required and that is prepopulated for swimmers on the team who have participated in past Postal 1650 swims. Entries submitted in this way are also eligible for the \$4 discount. Contact Glenda Carroll, ggcarroll43@gmail.com for a spreadsheet for your team.

**RULES:** All USMS and PMS rules apply. A split sheet with 50 yard/meter splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted. Meters times may be converted to yards times by dividing by 1.02.



## TAM Postal 1650 Entry Form

Mail entry form to: Glenda Carroll, 21 Windsor Ave., San Rafael, CA 94901.

Questions: 415-454-6327, ggcarroll43@gmail.com

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Team Name \_\_\_\_\_

USMS# \_\_\_\_\_

Time: \_\_\_\_:\_\_\_\_.\_\_\_\_. Date Swum: (mm/dd/yy) \_\_\_\_\_

Please enter time to the 100<sup>th</sup> of a second. (Example: 24:12.12)

Did you swim in a meters pool? Yes:\_\_\_\_ No:\_\_\_\_



### Payment

Remember, you decide what you want to pay. 50% of your fee goes to lung cancer research and is tax deductible.

My payment is: \$ \_\_\_\_\_.

Note: We are not requiring that you submit split sheets and copies of your USMS card. However, please hold onto your split sheet so that we may verify records, if necessary.

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