2004 USMS 5K/10K
POSTAL SWIM
NATIONAL CHAMPIONSHIPS
Sponsored by St. Louis Area Masters Swimming
Sanctioned by Ozark LMSC for USMS, Inc., #4791

DATE: All swims must take place between May 15, 2004 and September 30, 2004
LOCATION: The swim will take place in the pool of your liking, provided that it is 50 meters long, and at any time you like.
PURPOSE: To see how fast you can swim either 5,000 meters (100 lengths) or 10,000 meters (200 lengths)
ELIGIBILITY: Proof of membership in your nation’s recognized masters swimming organization is required. A PHOTOCOPY OF THE SWIMMER’S 2004 REGISTRATION MUST BE SUBMITTED WITH THE OFFICIAL ENTRY FORM. Foreign swimmers are not eligible for USMS records or All-American selection.
INDIVIDUAL ENTRIES: Men and women compete separately in age groups of five-year increments: 19-24, 25-29, 30-34, 35-39, 40-45, …, 100+. The swimmer’s age group will be determined on the day he or she actually completes his or her swim. Those swimmers who have a birthday during the competition and wish to compete in more than one age group, must swim the event twice, one time in each age group.
TEAM ENTRIES: Team events will be contested in three categories: 3 men, 3 women, 4 mixed (2 men/2 women). Each team member must enter the individual event and be registered with the same club. Unattached teams are not permitted. The youngest team member’s age shall determine the team’s age group. Teams must swim in the oldest age group for which they are eligible. Age groups are 19+, 25+, 35+, 45+ …, 95+. The cumulative time for the individual swims will be the team time.
FEES: $10 for each individual entry and $15 for each team entry. Fees are non-refundable and are payable by check only – no cash. Foreign entrants must submit fees in U.S. Funds via internal money order or bank check drawn on a bank with a U.S. affiliate.
SCORING: Club scoring will be tabulated based on the top ten individual finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be tabulated for the men, women, and combined in both 5K and 10K events.
AWARDS: The top three finishers in each age group in the individual and team events will receive USMS Long Distance National Championship medals. First place finishers in each age group will also receive a USMS championship patch. Awards will be presented to the top three clubs in each category.
RULES: Current USMS rules will govern these events. Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. When two swimmers share the same lane, each swimmer shall swim on one side of the lane during the entire race (no circle swimming). The referee shall establish procedures to prevent drafting if more than two swimmers are competing in a lane. An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer shall have a counter to record split times for every two lengths. One person may serve as a counter for no more than two swimmers per heat. The counter’s name and phone number must be included on the entry form. Stopwatches or electronic timing must be used to ensure that an official swim can be recorded to the nearest hundredth of a second. Backup stopwatches should be stared and left running in case the official timing system fails. A 5K split in the 10K event may be submitted for a record if requested in writing. It will not be accepted as an entry for the 5k; the events must be swum separately.
RESULTS: Complete results will be available by mail or via the internet. Awards and caps will be mailed by November 10, 2004.
QUESTIONS: Contact event director, Bruce Hopson, 315 N. 11th St., #703, St. Louis, MO 63101 at 314-588-8066 or email bhopson@swbell.net

Relay Entry Form - Use only for relay entries (please print clearly)

Event: 3 x 5K ______ 3 x 10K _______ 4 x 5K ________ 4 x 10K _________

Club Name: _____________________________ Club Abbr. _______ Gender_____Mixed_____ Age Group ____________

Swimmer Gender Age Time
#1_______________________________________ ___ ___ ______ _________________
#2_______________________________________ ___ ___ ______ _________________
#3_______________________________________ ___ ___ ______ _________________
#4______________________________________ __ ____ ______ _________________

Team Captain/contact ____________________________Phone __________________Date__________Total Time _________

Address:______________________________ City: _____________________ State _____ Zip _________
2004 USMS 5K/10K Postal Swim National Championship
Individual Entry Form – Please Print Clearly

USMS 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 COMMITTEE; THE CLUB; THE 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: ________________________
NAME: ______________________________________ USMS Reg. NUMBER ____________________
(As it appears on registration card) (Include COPY of 2004 USMS Reg. Card or NGB equivalent)
ADDRESS: __________________________________ PHONE: _____________________
CITY: __________________________ STATE: _____ ZIP: _________ COUNTRY________
EMAIL ADDRESS: _______________________ CLUB NAME: _____________________________
BIRTH DATE:__________________ AGE:______ CLUB CODE:__________ GENDER (circle one) M F
(mm/dd/yy)

INDIVIDUAL RESULTS
Final time must be recorded to the nearest one-hundredth of a second. I certify that I have read the rules of this event and on _____/_____/2004, I swam 5K __ /10K ___ (check one), in the time of:  _____:_____:_____.___ at (pool location/address) ___________________________________________________________________.
Signature of Swimmer: _____________________________ Timer: _______________________________

Awards: check if you do not wish to receive your
□ Championship Medal □ Patch

Results:□ Electronic Results via email OR □ Paper results via US Postal

Send Entries to: SLAM 5K/10K Postal Swim, 315 N. 11th St., Apt. 703, St. Louis, MO 63101, along with a check made payable to: St. Louis Area Masters Swimming – $10 for individual, $15 for relay. ALL ENTRIES MUST BE RECEIVED BY OCTOBER 10, 2004.

Split sheet: Record Cumulative (not split) time for each 100 meters (10ths) and final time to (100ths)

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