



35th Annual
2012 United States Masters Swimming
**Speedo One Hour Postal
National Championship**



Hosted by Blue Wave Aquatics

Sanctioned by Pacific Northwest Association of Masters Swimmers LMSC for USMS, Inc. #362-01

SAVE PAPER, SAVE TIME, AND AVOID ERRORS: ENTER ONLINE at

https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=3291

DATE: The One Hour Postal must be swum in its entirety during January 2012. **All individual entries must be received by Friday, February 10, 2012. All relay entries must be received by Monday, February 20, 2012.**

OBJECTIVE: To swim as far as possible in one hour in any pool you choose that is 25 yards or longer. Event results are sent in electronically or by mail so you can compare yourself to other swimmers doing the same event. Some people do the One Hour Postal for competition, while others do it for fitness; all who wish to participate are welcome. The recorded distance (total yards swum) that you submit determines the order of finish. If two or more swimmers report the same distance, a tie will be declared.

LOCATION: Swimmers shall swim the One Hour Postal in any pool 25 yards or longer. **Please submit your splits and final distance in the course that you swam your event. For events swum in meter pools, the final distance will be converted automatically by the online entry system by multiplying the distance swum in meters by 1.0936 and then rounded down to the nearest five yard increment and integrated with the yard distances.**

ELIGIBILITY: This is a USMS-sanctioned event and all participants must be registered for 2012 with USMS (or the equivalent FINA organization for foreign swimmers) on or before the day of their swim. Foreign swimmers are not eligible for USMS records or All-American status. **A copy of your current 2012 registration card must accompany your entry.**

INDIVIDUAL EVENTS: Men and women compete separately in age groups of five-year increments: 18-24, 25-29, 30-34,...100+. The swimmer's age on the day he or she actually completes his or her swim will determine his or her age group. Swimmers who change age groups during the event may enter twice, but must swim the event twice, once in each age group.

RELAY EVENTS: Relay events will be contested in three categories: 3 men, 3 women, or 4 mixed (2 men, 2 women). Each relay member **MUST** also enter the individual event and be registered with the same USMS Club. Unattached swimmers are not permitted on relays. Participants shall be allowed to swim in only one same-gender and one mixed-gender relay event. The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+,...95+. The cumulative yardage for the individual swims will be the relay yardage.

CLUB EVENT: Each Club will be entered automatically in the Club event. At least three divisions will be recognized, based on the number of individual entries from each club, as determined by the event host and the Long Distance Committee Chair. Relay yards will not be included.

FEES: \$7.00 for each individual USMS entry (\$10.00 for foreign swimmers) and \$18.00 for each relay entry. Fees are non-refundable and are payable by check or money order only – no cash, or by credit card if entering online. Foreign entrants must submit fees in U.S. funds via international money order or bank check drawn on a bank with a U.S. affiliate. **Online entries are preferred.**

AWARDS: The top 10 finishers in each age group in the individual event and the top 6 relay teams in each relay age group will receive USMS Long Distance National Championship medals. First place finishers in each individual and relay age group will also receive a USMS championship patch. Only one patch per event per participant will be awarded. Awards will be presented to the top 3 clubs in each division of the club event.

RULES: The 2012 USMS Rules govern these events, including [USMS Rule 102.14.1](#) regarding swimwear. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. No more than two swimmers may share a lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming). An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps and record cumulative splits every 50 yards or 50 meters. The timing of the event may be done with a stopwatch or electronic timing device. Cumulative split times must be recorded to the nearest second (final times for national records to the nearest 100th). A split sheet must be kept for each swimmer and a copy included with the entry form. Distances are to be **rounded down** to the nearest completed five yard increment (i.e., round 2764 yards to 2760 yards). See Location section for conversion from meters to yards. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

UNSPORTING CONDUCT: Any act of fraud, deception or dishonesty in connection with this event or knowingly providing false information including name, date of birth, age or gender on this event entry form may result in disciplinary action by USMS pursuant to [USMS Rule 402.3, 402.4.3 and 402.4.4](#)

SPLIT SHEETS: Please use the official split sheet for this event: http://www.usms.org/longdist/1hr_3000_6000_splits.pdf **Individuals entering by mail MUST include their official split sheets with their entry form for the entry to be deemed complete.** Complete split sheets **will not be required** to be submitted to the event director for individuals entering online **UNLESS** that entrant has broken an individual national record. However, split sheets must remain available upon request of the event director; if it is not provided upon request, the individual entry and applicable relays may be disqualified. Please retain a copy of your completed split sheet for one year after the entry deadline.

T-SHIRTS/CAPS: The 2012 USMS One Hour Postal National Championship long and short sleeve performance T-shirts are available at a cost of \$21-26 for USMS swimmers or \$24-29 for foreign swimmers. Caps are available for \$7.00 (USMS) and \$8 (foreign).

RESULTS: Complete results will be available via the internet or by mail if indicated below. Preliminary results will be posted on the USMS website at www.usms.org by March 12, 2012 for two weeks. All corrections must be sent to the event director during those two weeks. Final results will be posted approximately one week later.

RELAY ENTRY FORMS: Please visit <http://www.usms.org/longdist/ldnats12/> to download forms.

QUESTIONS: Contact Event Director: Judy Williams at MeetDirector@BlueWave-Aquatics.com
Event Registrar: Angela Turley at Registrar@BlueWave-Aquatics.com
FAX: 253-941-9014

Staple a copy of your USMS (or equivalent) Registration Card here.

2012 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP INDIVIDUAL ENTRY FORM

NAME: _____ GENDER: _____ AGE: _____ BIRTHDATE: ____/____/____
Name as it appears on Registration Card M/F Day of swim MM DD YY

ADDRESS: _____ PHONE: _____-_____-_____-_____

CITY: _____ STATE: _____ ZIP: _____ COUNTRY: _____

CLUB: _____ CLUB ABBR: _____ REGISTRATION NUMBER: _____-_____
2012 USMS

E-MAIL ADDRESS: _____ Check here if you want hard copy results. _____

Check if you want to decline any awards you may earn. _____ Preliminary Results posted at www.usms.org by March 12, 2012

Check if you are willing to accept and distribute merchandise and awards for your CLUB. _____

USMS LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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.

SWIMMER's SIGNATURE _____

DATE _____

In addition, I certify that I have read the rules of this competition and that on January _____, 2012,
I swam _____ yards OR _____ meters

at Pool name/City: _____

Swimmer's Signature: _____

Verifier's/Timer's Name, PRINTED: _____

Verifier's Phone Number or Email Address: _____



hosted by **BlueWave**AQUATICS

Black Performance 100% polyester short sleeve or long sleeve shirt.

Speedo Cap



Shirt Front



Shirt Back



FEE		USMS	Foreign	QTY	Size (circle)
\$	Women's Short Sleeve Shirt	\$21	\$24		S M L XL
\$	Women's Short Sleeve Shirt - XXL	\$23	\$26		
\$	Men's Short Sleeve Shirt	\$21	\$24		S M L XL
\$	Men's Short Sleeve Shirt - XXL	\$23	\$26		
\$	Unisex Long Sleeve Shirt	\$23	\$26		XS S M L XL
\$	Unisex Long Sleeve Shirt - XXL	\$26	\$29		
\$	Speedo Cap	\$7	\$8		
\$	Entry Fee (Required)	\$7	\$10		
\$	TOTAL US \$				

Include: Copy of 2012 **USMS REGISTRATION CARD**,
Entry form and split sheet

Check Payable to: Blue Wave Aquatics

Send to: 2012 One Hour Postal National Championship
Blue Wave Aquatics
P.O. Box 24083
Federal Way, WA 98093

Must be RECEIVED by February 10, 2012.

ONLINE ENTRIES: https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=3291

OFFICIAL SPLIT SHEET: http://www.usms.org/longdist/1hr_3000_6000Spl