



*Hurricane
Katrina
Relief*

2006 USMS One Hour Postal Swim National Championship

Sanctioned by Lake Erie LMSC, Sanction # 18-200601

The Event: One Hour Postal

Date: All swims must take place during the month of January 2006.

Objective: To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

Venue: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

Eligibility: Each participant must be USMS registered for the year 2006 or if non-US swimmer you must be registered with a USMS recognized body. **A COPY OF YOUR 2006 REGISTRATION CARD MUST ACCOMPANY YOUR MAIL IN ENTRY!**

Individual Events: Men and women will compete separately as individuals in the following age groups: 19-24, 25-29100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

Relay Event: Two team relay events will be contested: 1) a 3 swimmer, same gender team and 2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+, ..., 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached teams are not permitted. Team relay entries must include copies of the individual entry forms if they are not submitted with the originals.

Club Event: Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and the USMS Long Distance Committee Chairman. Relay yards will not be counted.

Awards: USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top three relay teams in each age group relay team event. First place finishers in individual and team relay events also receive USMS Champion patches. Distinctive awards will be given to the top three Clubs in each division of the Club event.

Rules: Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet-suits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they should each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count laps, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 to 2760). (See Venue section for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group.

Fees: Individual entry fees are US \$6 per swimmer (\$10 for non-US Swimmers). Team entry fees are US \$18 per relay (\$18 for non-US entries). All fees are non refundable. Make checks payable to OHIO Masters Swim Club and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. **ENTRIES MUST BE RECEIVED by February 17, 2006.** Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.

T-Shirts: A 2006 USMS One Hour Postal National Championship t-shirt is available at a cost of \$17. (International orders please add US \$5 postage for each shirt).

Questions? Contact Tom Spence at 216-299-3858 or talltom13@msn.com

PLEASE ENTER ON-LINE www.heightsdriving.com/ohprules.htm Save time and money!!
Please join O*H*I*O Masters (donating \$1 per swimmer) and give to Hurricane Katrina Relief

2006 USMS ONE HOUR POSTAL CHAMPIONSHIP
OFFICIAL ENTRY FORM

PLEASE STAPLE OR TAPE A
COPY OF YOUR 2006 USMS CARD

INTO THIS SPACE

Entries without a copy of the
2006 USMS card will:
Be treated as "unofficial" and
NOT be eligible for awards
NOT be tabulated in the final results

LEGIBLY PRINT all of the following information . . . PLEASE!

Last Name (as on card): _____ First: _____ MI: _____
USMS number: _____ - _____ Gender (circle): MALE FEMALE
Street Address: _____
City: _____ State: _____ ZIP: _____
EMAIL Address (NEATLY!): _____ Phone: _____ - _____ - _____
Birth date: ____/____/____ (MM/DD/YYYY) Age on DAY OF SWIM: _____
CLUB name: _____ CLUB abbreviation: _____
RESULTS: ____ I will retrieve the results online when they are posted on the Web
____ or send them to me via US Mail
AWARDS: ____ I DO NOT want my awards (if earned)
NAME of my official lap counter: _____ Phone: _____ - _____ - _____
My lap counter's EMAIL address: _____

ENTRY FEE: \$6.00 (US)/ \$10.00 (International) = \$ _____
Your Hurricane Katrina Relief Fund Donation = \$ _____ (Will be forwarded by USMS)
T-shirts: US \$15.00 each = \$ _____ SIZE: S M L XL XXL
T-shirts: International \$20.00 each = \$ _____ SIZE: S M L XL XXL
TOTAL fees enclosed: = \$ _____ (US\$)

MAKE CHECKS PAYABLE TO: OHIO Masters Swim Club

MAIL TO: O*H*I*O Masters Swim Club, 5247 Wilson Mills Road #104, Richmond Heights, OH 44143

QUESTIONS? Contact Tom Spence at (216-299-3858) or at talitom13@msn.com

ENTRIES MUST BE RECEIVED BY FRIDAY, FEBRUARY 17, 2006. - NO EXCEPTIONS!

Entries NOT RECEIVED by the deadline will be returned to the sender, unopened.

WAIVER: 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.

Signed: _____

Date: _____

2006 USMS ONE HOUR POSTAL CHAMPIONSHIP - OFFICIAL SPLIT FORM

Pool length (check): 25 yards 25 meters 50 meters (If left unchecked, distance will be yards).

For meter pools, convert meter times to yards: meter distance swum X 1.0936 = _____ yards.

NAME (print): _____ I certify that I have read the rules of this competition and that on _____ (date), I swam a total of _____ yards at _____ (pool).

SWIMMER'S SIGNATURE

LAP COUNTER'S SIGNATURE

Record splits using CUMULATIVE split times to the nearest second and tenth or hundredth. Entries without splits will be treated as UNOFFICIAL and will not be eligible for awards or tabulated in the final results.

50		1550		3050		4550	
100		1600		3100		4600	
150		1650		3150		4650	
200		1700		3200		4700	
250		1750		3250		4750	
300		1800		3300		4800	
350		1850		3350		4850	
400		1900		3400		4900	
450		1950		3450		4950	
500		2000		3500		5000	
550		2050		3550		5050	
600		2100		3600		5100	
650		2150		3650		5150	
700		2200		3700		5200	
750		2250		3750		5250	
800		2300		3800		5300	
850		2350		3850		5350	
900		2400		3900		5400	
950		2450		3950		5450	
1000		2500		4000		5500	
1050		2550		4050		5550	
1100		2600		4100		5600	
1150		2650		4150		5650	
1200		2700		4200		5700	
1250		2750		4250		5750	
1300		2800		4300		5800	
1350		2850		4350		5850	
1400		2900		4400		5900	
1450		2950		4450		5950	
1500		3000		4500		6000	

Relay Entry Form- Use Only for Relay Entries

Club _____ Contact Person _____

Mail Results/Awards to

Contact Address: _____ City: _____

State: _____ Zip: _____ Country: _____ Club Abbreviation: _____

Swimmer # 1: _____

Gender Age Yards Swum

Swimmer # 2: _____

Gender Age Yards Swum

Swimmer # 3: _____

Gender Age Yards Swum

Swimmer # 4: _____

Gender Age Yards Swum

Total Team Yards _____

Please Note: An individual entry form and individual event entry fees for each team participant must accompany this team entry form with the team entry fees. Individual Entry Forms: Use only for individual entries.