



# SLAMDunk

St Louis Area Masters Newsletter Mar/Apr 2004 Vol. 1/ is. 2

## Inside this issue:

Warm-up By Erik Strom	page 1
President's Letter By Bruce Hopson	page 2
Mile Meet Report By Matt Shirley	page 3-4
Coach Profile By Erik Strom	page 4
Ozark Short Course Zone Information	page 5-7
Swimmer Profile By Erik Strom	page 8
Quotes, thoughts And musings Otis B. Driftwood	page 8
Competition Calendar	page 9
Results of SLAM February Mile Meet	page 10-11
USMS Nationals Entry Form and Meet Info	page 12-14

## Warm-up:

Hopefully the title of this column will be a reference to the weather and not just swimming. Yes winter still has a fragile grip on the fair city of St Louis. We loosened that grip to a small degree at our mile meet on February 4. With swimmers sporting all manner of Hawaiian shirts, drinking pineapple garnished Gatorade and swimming fast who knew it was February in St Louis? As we move towards spring there are even better things coming our way.

The first of these better things is the Ozark Championships at Washington University on March 20-21. Information regarding this meet is enclosed in this newsletter. This meet will be followed by your opportunity to be the Mario Andretti of the "Speedo set". USMS Nationals will be held at the IUPUI Natatorium in Indianapolis on April 22-25. Both of these meets are great opportunities to swim fast but more importantly catch up with some old friends and meet some new ones.

Of course when you are showing up at the pool at 5:00 am to swim you do need all of the friends that you can get. The friends that I have made as both a competitor and as a coach have made all the difference. I believe that the people we meet through swimming are some of the best people in the world. You are going to miss their stories by staying in bed. So get up, go to practice and some meets. You'll enjoy the experience.

See you at the pool,

Erik

## Presidents Letter:

I am going to get to the point: Indianapolis! Some of you, are asking "what?" others "when?" and a few are asking "why?" Hopefully no one is asking "where?" Indianapolis is of course, the site of the 2004 United States Masters Swimming (USMS) Short Course National Championships, April 22 to April 25.

For those of you who have never been, Nationals is a great meet. Anybody who is registered with USMS (which includes anyone registered with SLAM) can compete. Having been to almost a dozen nationals, I can attest that swimmers of all abilities compete. It is not just for elite swimmers. Everyone automatically gets to swim three events without making a qualifying time. For each qualifying time you make, or think you can make, you get to swim an additional event, up to six events. No proof of time is necessary, and unlike USA-Swimming, there is no fine for not making the qualifying time. Relays are additional and do not count toward the six events.

The pool is one of the fastest, if not the fastest, in the country. Originally built in the early 1980s when Indy played host to the 1982 Pan American games, this pool has also hosted numerous Olympic Trials and National Championship meets. The Wall of Fame in the entry hall gives the pool a great sense of history.

Six years ago SLAM sent 35 swimmers to Nationals. Four years ago, we had about 12. There is no reason for us not to be back to our previous level. We have several good swimmers and have the possibility of having some good relays.

Swim this meet but act fast as entries must be postmarked by March 11, 2004, and received by March 18, 2004. Online entries will be accepted until Midnight (Eastern), March 18, 2004. Don't wait! An entry is enclosed with the newsletter and can be found at the USMS website at [www.usms.org](http://www.usms.org).

On a local level, don't forget about our meet March 20-21 at Washington University. Originally scheduled for March 13-14 we did

rescheduled to avoid conflicts with Spring break. The meet is two morning sessions, and will be done by noon each day. You can swim either or both days. You don't need to have swum on Saturday in order to swim on Sunday. Meet information is in enclosed as well as on our website [www.swimslam.org](http://www.swimslam.org).

When you enter the meet, be sure to indicate what group you train with, if you do. This is for scoring purposes. Almost of all us swim for SLAM. However, there's not much to the meet if everyone lists SLAM as his or her team. Workout groups we know of are: Clayton Shaw Park, Midcounty YMCA, Parkway, Rockwood, Team St. Louis (South City YMCA), and Washington University. To date Washington U is leading the workout group scoring.

If you've ever wondered why our scheduling is a little on the fly it's because Masters' swimming takes a low priority with pools. We have to schedule around age group and high school meets, and most importantly, the "I'm not sure" factor. That's when I ask pool directors or anyone else responsible about renting their facility, and they respond, "I'm not sure. I'll have to get back with you." Sometimes, that can take weeks. I think part of the problem comes from not enough people knowing what we're about.

USMS describes itself as "a national organization that provides organized workouts, competitions, clinics and workshops for adults aged 18 and over. Programs are open to all adult swimmers who are dedicated to improving their fitness and through swimming, and is organized with 500 clubs through the nation."

We're sadly saying goodbye to SLAM member and meet director Matt Shirley who's being transferred to the Great Lakes Naval Base in Chicago. On a positive note, congratulations to Johan Henriksen and his wife Sally wife. Sophie Henriksen was brought into the world January 28. If you've got some good news or otherwise, and would like to see it in print, let me know at [bruce@swimslam.org](mailto:bruce@swimslam.org).

Take care,

Bruce

## AALLOOHAA!!

We'd like to be gettin' back to you with the results of our SLAM/Parkway Swim Club "Open Water Swim in February" Mile Meet, where the drinks were cool, and the swimmin' was HOT! Thirty swimmers, 15 in each event, braved the predictions of an ice storm to contest the distance events. They recorded four times fast enough to beat a Top Ten time from 2003, there more times meeting the NQT for USMS Spring Nationals, and some exquisitely awful tropical attire.

Yes, yes I'm sure all you cousins, brothers and sisters want to know who won the team competition. The home team, Parkway Masters nearly lapped the field, pulling down 35 points to finish ahead of Rockwood with 18. Meanwhile, CSP and Team St. Louis tied for third with 10 each. The full results are below.

### Team Scores

Parkway	35
Rockwood	18
CSP	10
Team St. Louis	10
Alton	6
IL Masters	5
Mid-County YMCA	5
Rec-Plex	3
Missouri AC	3

And for those who like to keep score of season stats, supposin' we was to score the meets like we score the races (5-3-1). Well, the team season race would look like:

Team	Dec 03	Feb 04	Total
Wash U	5	0	5
Parkway	0	5	5
IL Masters	3	0	3
Rockwood	0	3	3
Mid-Cnty Y	1	0	1
CSP	0	½	½
Tm St. Louis	0	½	½

So who is going to make some noise at the Ozark Zone SCY Championships? They are March 20-21 at the Washington Univ. Pool. The home team would appear to have an edge, but you never know who is going to score big points in a lightly contested age group. Recruit, recruit, and recruit.

The following folks recorded times faster than the 2003 USMS Top Ten, 10th place time for their age group:

Sarah Haskins	22	1650 Free	18:34.59
Mary Blanford	29	1650 Free	19:23.16
Michele Shinn	36	1000 Free	11:37.53
Mary Pohlman	59	1650 Free	25:15.13

Those posting an NQT for the USMS April National Championships include:

Karl Gundersen	34	1650 Free	19:44.04
Bruce Hopson	37	1650 Free	18:45.82
Mark Gowler	47	1650 Free	20:25.63

On the financial side, costs were \$60 for officials and \$5 for supplies, versus \$150 in entries fees, leaving a tidy \$85 for SLAM coffers, and 10 folks registered or renewed with SLAM/USMS for 2004. We would like to thank B&B Aquatics for contributing several very nice prizes for our Ugly Hawaiian Shirt Contest, so many in fact that we had prizes leftover for the slowest 1000 and 1650 free. We would also like to thank our stalwart officials, Bob Wotring and Janet Criscione, our host Swim Club, Parkway, and all the workers and volunteers who helped us have way more fun than should be logistically possible at a 1650 meet in February.

See everyone next month at Washington University. And just to remind you, USMS Nationals are April 22-25 in Indianapolis, IN—driving distance to the St. Louis area. The facilities are the famed IU Natatorium, site of several U.S. Olympic Trials, and U.S. Swimming National Championships. The deadline for entries is March 11th postmark for mailed entries, March 18th for on-line entries. Remember, you do NOT need to make an NQT to swim Nationals; everyone gets at least 3 events. See [www.usms.org/comp/scnats04](http://www.usms.org/comp/scnats04) for details. So, call all your friends, teammates, coaches, brothers, sisters and cousins and let's get a GREAT BIG GROUP for USMS Nationals!

Matt "Don Ho" Shirley  
Meet & Cruise Director

### **Coach Profile:**

"SLAM Dunk" wants you to meet Mike Nordmann:

SLAM Dunk: What do you remember about your first group of swimmers/coaching experience?

Mike: I was an assistant coach Webster Groves Parks and Recreation Department Summer league team and I remember the thrill of being able to passing along my love of the sport to the next generation.

SLAM Dunk: What is your favorite thing about being a coach?

Mike: Being there when a swimmer learns a new skill or achieves a level of performance previously thought unattainable. There is a sense of break-through that you pick up for your athletes.

SLAM Dunk: What is your biggest goal/challenge as a coach?

Mike: My goal as a Masters Coach is to provide a fun, exciting, challenging and entertaining experience to every swimming that walks on deck.

SLAM Dunk: What was your first meet as a swimmer like?

Mike: Summer League swimming for the Sugar Creek Sports Club. I swam to 25 back and got DQ'ed for pulling on the lane lines. Go figure.

SLAM Dunk: How do you spend your time away from the pool?

Mike: Spending time with my wife Amy and daughters Lucie and Lillie.

SLAM Dunk: What is your favorite food, movie or TV show and sports team?

Mike: Food would be anything from Nacho Mamas in Rock Hill. My favorite movie is Amadeus (that laugh of Mozart's). When I do get to watch TV it's definitely Law & Order. With sports I am going with Clayton Shaw Park Swim Team.

SLAM Dunk: Give us an example of a Mike Nordmann swim practice.

Warm-Up           800 free  
                          12x50(drill, kick, drill, swim)

Main Set

Swim: 4x200 swim (negative split) on 3:00  
          6x50 swim (descend 1-4,5-8 to95%)  
          on :45

Pull: 4x150 w/paddles (neg. split) on 2:10  
Pull cont: 4x50 pull w/paddles (desc. 1-4 to 95%) on :45

4x100 pull no paddles on 1:20

2x50 pull no paddles on :45

Kick: 500 w/fins (75 at 80%, 25 fast)

Warm-Down: 300 EZ



**Washington Univ./St. Louis Area Masters  
Ozark Zone Short Course Yards Championships  
March 20-21, 2004  
at Washington University Pool  
Washington Univ. Athletic Complex, St. Louis  
MO**

Sanctioned by Ozark association for USMS, Inc., sanction #4805

- Location:** Washington University Pool at the Washington University Athletic Complex  
Corner of Forsyth and Big Bend in St. Louis. See back page for directions.
- Time:** Saturday, March 20th, and Sunday, March 21st, 8 am for registration and warm-up. Meet will start between 8:30 and 9:00 am based on the number of deck entries.
- Eligibility:** Persons eighteen (18) years old and older are welcome. Participants must have a USMS registration number or completed application to participate. USMS application forms will be available at the meet. All levels of swimming ability are welcome.
- Conduct:** The 2004 USMS rules will govern the conduct of the meet. All events will be timed finals. Events will be seeded by time. Participants will be limited to six individual events per meet, no more than 5 per day, excluding relays. Relays will be deck entered. Results will be submitted for top ten consideration.
- Fees:** Fee is \$15.00 for pre-registration, \$20 to deck enter, for all Masters Members. Please make checks payable to St. Louis Area Masters. **DO NOT SEND CASH.**
- Entry Date:** To arrive on time pre-registration entries must be received by March 13, 2004. Deck entries will be accepted, for a higher registration fee. Mail entries to **Matt Shirley, 2204A Cherrywood Ln, Scott AFB, IL 62225.**
- Facility:** The pool is 8 lanes, 25 yards. There will be an area designated for continuous warm-up and cool down
- Meet Info:** If you have any questions, please contact Matt Shirley 618-746-2589

Order of Events:

**Saturday**

- 1 500y Free
- 30 Minute Break**
- 2 100y IM
- 3 50y Breast
- 4 100y Fly
- 5 200y Back
- 6 200/400y Medley Relay
- 7 100y Free
- 8 200y Breast
- 9 400y IM
- 10 50y Back

**Sunday**

- 11 1000y Free\*
- 12 1650y Free\*
- 30 Minute Break**
- 13 50y Fly
- 14 200y Free
- 15 100y Breast
- 16 200/400/800y Free Relay
- 17 100y Back
- 18 200y Fly
- 19 200y IM
- 20 50y Free

\*One or the other; not both.

**Directions:** **Coming from the East**, take 64/40 West to the Clayton/Skinker exit (Huge Amoco sign towards the left). At light turn right on Skinker (Forest Park is on your right) and follow down to Forsyth. Turn LEFT on Forsyth. Before you get to the stoplight (which is Big Bend) there will be a drive on the right. Turn right and follow to complex.

**Coming from the West**. Take 64/40 East to the McCausland exit. Turn left and cross over Clayton Rd. Follow this road for approximately a mile to Forsyth Blvd, then turn left. Before stoplight (Big Bend) turn right into drive and follow to complex.

**Coming from the South**. take Big Bend or Hanley to Forsyth and turn right. The complex will be on your left directly after Big Bend Blvd. Turn into drive and follow to complex.

**Directions from Lambert-St. Louis International Airport**, from the Airport, take Highway 70 East to Highway 170. Go south on Highway 170 to Forest Park Parkway. Exit at Big Bend Road, turn right. At the next stop light turn left onto Forsyth Blvd and the complex is on the left.

## **AALLOOHHA!!** (OK, OK, wrong meet, but I can't help myself...)

For those who did not hear the team results from our first two meets of the 2003-04 indoor season:

Dec 03 SCM Meet		Feb 04 AALLOOHHA!! Mile Meet	
Wash U	153	Parkway	35
IL Mas	116	Rockwood	18
Mid-Cnty Y	48	CSP	10
Parkway	44	Tm-StL	10
Rec-Plex	35	Alton	6
Tm-StL	25	IL Mas	5
W-County Y	21	Mid-Cnty Y	5
CSP	20	Rec-Plex	3
Fla Mav	20	MO AC	3
Rockwood	19		
Sugar Crk	18		
Lebanon VMST	10		
HEAT	6		
SLU	5		

So, what's it gonna be people? Can anyone stop the home team Wash U club as they power to another top showing over a full slate of events? Will Parkway build on the momentum from the mile meet and upset the favorite? Can IL Masters or Mid-County Y pull themselves up off the deck and stroke past everyone? What's up with the CSP revival? Who wants the SLAM team Championship? Who wants the Ozark Zone Team Championships? (When will I stop asking these idiot questions?)



**Washington Univ./St. Louis Area Masters  
Ozark Zone Short Course Yards Championships  
March 20-21, 2004  
Sanctioned by Ozark Association for USMS, Inc.  
Sanction # 4805**



Please Return this Entry Form with Fee by March 13, 2004

Name\*: \_\_\_\_\_  
Last First M.I.

\*Print same as it appears on UMSS registration Card

Address: \_\_\_\_\_  
Street: City: State: Zip:

Email: \_\_\_\_\_ Day Phone \_\_\_\_\_ Eve. Phone \_\_\_\_\_

Sex (M/F) \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Club Name or Unattached \_\_\_\_\_ USMS Reg. # \_\_\_\_\_  
or workout group if SLAM AND SEE BELOW!!

Saturday	Entry Time	Sunday	Entry Time
1 500y Free	_____	11 1000y Free*	_____
<b>30 Minute Break</b>		12 1650y Free*	_____
2 100y IM	_____	<b>30 Minute Break</b>	
3 50y Breast	_____	13 50y Fly	_____
4 100y Fly	_____	14 200y Free	_____
5 200y Back	_____	15 100y Breast	_____
6 200/400y Medley Relay	deck seed	16 200/400/800y Free Relay	deck seed
7 100y Free	_____	17 100y Back	_____
8 200y Breast	_____	18 200y Fly	_____
9 400y IM	_____	19 200y IM	_____
10 50y Back	_____	20 50y Free	_____

\*One or the other; not both.

If your USMS Team is SLAM, **PLEASE** specify your club or workout group:

- |                        |                       |                         |
|------------------------|-----------------------|-------------------------|
| ____ Clayton Shaw Park | ____ Parkway          | ____ Mid-County YMCA    |
| ____ Team St. Louis    | ____ Washington Univ. | ____ Rec-Plex           |
| ____ West County YMCA  | ____ Alton Masters    | ____ HEAT               |
| ____ St. Louis Univ.   | ____ Rockwood         | ____ Univ. City         |
| ____ JCCA              | ____ Sugar Creek      | ____ Missouri Ath. Club |

*Release from Liability: 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 acknowledged that I am aware of all of 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, ST. LOUIS MASTERS SWIM CLUB INC., MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES, AS A CONDITION OF MY PARTICIPATION IN MASTERS SWIMMING. In addition, I further agree to abide by and be governed by the rules and regulations of USMS.*

Date: \_\_\_\_\_ Participant: \_\_\_\_\_

Enclose the following with this meet entry:

- 1 Check for \$15.00 made payable to SLAM
- 2 Copy of USMS Card, applications will be available at meet.

**MAIL COMPLETED ENTRY FORM AND FEES BY MARCH 13, 2004, TO:  
Matt Shirley, 2204A Cherrywood Ln, Scott AFB, IL 62225**

## Swimmer Profile:

SLAM Dunk wants you to meet Mary Blandford.

SLAM Dunk: How did you get your start in swimming?

Mary: My first swimming hurdle to accomplish was letting go of the death grip on my mother's swimsuit. For anyone struggling with this try one arm drills.

SLAM Dunk: What was your first swim meet/experience like?

Mary: I think my first swim meets were on a summer team at Saxony swim club. The ones I remember, though, were those all day Parkway Swim Club affairs: sleeping bags, stuffed animals for good luck, swim meet patches, bullpens, pink and blue cards, events written on your hand, card games and how much candy can you get your parents to buy you? Oh and I think we swam too.

SLAM Dunk: How long have you been involved in Masters swimming?

Mary: I made a post-college (Truman) swimming attempt in 2000. I joined the Utah Master's Team in Salt Lake...great group of people, excellent coaching, and wow the scenery. Moved back to STL in March of 2003 and found the old haunts of Parkway South and Queeny. Another great group of people, more excellent coaching, but what is going on with this 5am practice time?

SLAM Dunk: What is your favorite event/stroke?

Mary: 200Free because it's just long enough to wear out the sprinters but short enough to overcome the pain.

SLAM Dunk: What is your goal as a swimmer?

Mary: My athletic goal is no longer as a swimmer; rather it is from a triathlete's perspective. I am constantly trying to make

my stroke more efficient in order to keep my heart rate low and energy waste to a minimum. I strive to be out of the water in the front of the pack and then hold on as long as possible. More specifically, I'd like to find myself at Ironman Hawaii someday soon.

SLAM Dunk: If you were not a swimmer what sport/activity would you be doing?

Mary: If I wasn't a swimmer??...That's funny. I do like to snowboard!

SLAM Dunk: What keeps you busy away from the pool?

Mary: Sleeping. Anyone who notices my stellar arrival time to practice knows. After a solid 45-minute swim I head to Washington University where I work in a molecular biology lab. Then I'm off to teach spinning. Yes I found a way to get paid for working out; it's kind of like being a pro.

SLAM Dunk: What is your favorite food, TV show or movie, sports team?

Mary: My favorite food/addiction = Ted Drewes. Don't worry I've made it through the first step of admitting there is a problem. Favorite movie...The Jerk is a pretty solid choice. Sometimes I feel like The Jerk when preparing for a ride. "I need this bike...and that's all I need. And this helmet. And these shoes. And these shorts. And that jersey. And these gloves. And that powerbar. And that other Powerbar. Favorite Sports Team...Parkway Master's Swim Team, of course!!

Quotes, thoughts and musings:  
Special correspondent Otis B. Driftwood

Success seems to be connected with action.  
Successful people keep moving. They make mistakes, but they don't quit.  
--- Conrad Hilton



# SLAM Meet Schedule

- 03/20/2004- Ozark Spring Short Course Championships, Washington University  
03/21/2004 sanction will be issued by Ozark LMSC,
- 04/02/2004- CMSA (Illinois) State Meet – Barrington, IL, SCY; Barrington  
04/04/2004 High School, Sanction to be issued by Central LMSC
- 04/22/2004- 2004 USMS SC Championships – Indiana University Natatorium,  
04/25/2004 Indianapolis, IN, [www.usms.org/comp.scnats04/](http://www.usms.org/comp.scnats04/); Sanctioned by IN  
LMSC, Mel Goldstein, 5735 Carrollton Ave, Indianapolis, IN 46220, 317-  
253-8289
- 05/15/2004- 2004 USMS 5K/10K Postal Championship- PST-LD; Bruce E. Hopson,  
09/30/2004 315 N. 11<sup>th</sup> St., Apt. 703, St. Louis, MO 63101 [bhopson@swbell.net](mailto:bhopson@swbell.net); 314-  
588-8066, Sponsored by St. Louis Area Masters. Sanctioned by Ozark  
LMSC
- 06/13/2004 SLAM 3<sup>rd</sup> Annual 1-Mile and 2-Mile Open Water Swim – Sunnen Lake,  
YMCA of the Ozarks (Potosi), MO Sanction to be issued Ozark LMSC
- 06/26/2004 2004 USMS 2-Mile Cable Championship (open water) - Eagle Creek  
Reservoir, Indianapolis, IN [www.usms.org/longdist/ldnats03/1meintro.pdf](http://www.usms.org/longdist/ldnats03/1meintro.pdf);  
Sanctioned by IN LMSC, Mel Goldstein, 5735 Carrollton Ave,  
Indianapolis, IN 46220, 317-253-8289
- 08/12/2004- 2004 USMS Long Course Championships - Chatham City Aquatic Center,  
08/15/2004 Savannah, GA, LCM; Scott Rabalais, 20 Oak Park Pt., Savannah, GA  
31405, 912-927-7016, [scottrabalais@compuserve.com](mailto:scottrabalais@compuserve.com); Sanctioned by  
GA LMSC
- 09/01/2004- 10/31/2004 2004 USMS 3000/6000 Yard Postal Championship PST-LD;  
10/31/2004 Bob Bruce, 61200 Parrell Rd., Bend, OR 97702, 541-317-4851,  
[bobbruce13@attglobal.net](mailto:bobbruce13@attglobal.net); Sponsored by Central Oregon Masters  
Aquatics; Sanctioned by OR LMSC

**THE ABOVE LOCAL MEETS ARE TENTATIVE AND ARE SUBJECT TO CHANGE IN BOTH LOCATION AND DATE.**

**For more information regarding the meets listed above it is highly recommended that you contact the host LMSC and the meet director.**

# Feb 2004 SLAM Mile Meet Results

## Women's 25-29 1000 yard Freestyle

Stephanie Hiebert	26	SLAM	14:26.55
Jessica Uecker	26	SLAM	15:05.34
Rita Morek	25	SLAM	15:35.71

## Women's 35-39 1000 yard Freestyle

Michele Shinn	36	SLAM/Rockwood	11:37.53	5
Suzanne Harris	37	SLAM/Rec-Plex	13:15.34	3
Mary McNamee	37	SLAM/Alton	23:44.29	1

## Women's 40-44 1000 yard Freestyle

Lori Payne	44	SLAM/Rockwood	11:58.52	5
Susan Richmond	42	SLAM/Parkway	13:13.81	3
Maryanne Barkley	43	SLAM	14:14.00	

## Men's 40-44 1000 yard Freestyle

Steven Fuller	41	Unatt	28:20.35
Fred Shinn	44	SLAM/Rockwood	DQ

## Men's 55-59 1000 yard Freestyle

Thomas North	55	SLAM	13:44.60	
George Rolby	55	SLAM/Parkway	14:35.55	3

## Men's 60-64 1000 yard Freestyle

Michael McNamee	62	SLAM/Alton	23:43.85	5
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## Men's 70-74 1000 yard Freestyle

William Cannon	73	SLAM/Rockwood	20:50.04	5
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## Women's 19-24 1650 yard Freestyle

Sarah Haskins	22	SLAM/Parkway	18:34.59	5
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**Women's 25-29 1650 yard Freestyle**

Mary Blanford	29	SLAM/Parkway	19:23.16	5
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**Women's 30-34 1650 yard Freestyle**

Deborah Haisch	33	SLAM/Parkway	28:27.34	5
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**Women's 40-44 1650 yard Freestyle**

Dana Berkbuegler	41	SLAM/Parkway	26:23.39	5
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**Women's 55-59 1650 yard Freestyle**

Mary Pohlman	59	Illinois Masters	25:15.13	5
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**Men's 25-29 1650 yard Freestyle**

Joshua Saak	26	SLAM/CSP	23:22.00	5
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**Men's 30-34 1650 yard Freestyle**

Karl Gundersen	34	SLAM/Team St. Louis	19:44.04	5
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**Men's 35-39 1650 yard Freestyle**

Bruce Hopson	37	SLAM/Team St. Louis	18:45.82	5
John Lynch	39	SLAM/Rockwood	24:20.34	3

**Men's 40-44 1650 yard Freestyle**

Matthew Shirley	42	SLAM/CSP	21:57.56	5
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**Men's 45-49 1650 yard Freestyle**

Mark Gowler	47	SLAM/Mid-County Y	20:25.63	5
Mark Manders	45	SLAM/Parkway	23:58.95	3
John Gleason	47	SLAM/Parkway	33:05.05	1

**Men's 50-54 1650 yard Freestyle**

James Zirnigibl	50	SLAM/Parkway	23:02.12	5
Mike Sappington	51	SLAM/Missouri AC	29:37.97	3



# 2004 United States Masters Swimming National Short Course Championships



**Indiana University Natatorium**  
**Indianapolis, Indiana April 22-25, 2004**

## Meet Information

*Please read the following information carefully and refer to the checklist on the entry form to avoid misunderstandings or problems regarding the conduct of the meet. All times listed are Eastern Standard Time.*

### Location

Indiana University Natatorium, 901 West New York Street, Indianapolis, Indiana 46202. On the campus of IUPUI.

### Facilities

The IU Natatorium is an indoor facility with spectator seating for 4700 and a 50 meter championship pool with two 25 yard courses, each with eight nine-foot lanes and a water depth of nine to ten feet. The IU Natatorium includes an eight lane, 25 yard diving tank and a 50 meter instructional pool, available for continuous warm-up during the meet.

### Website

Meet information, entry forms, on-line registration and current hotel and car rental information are available at [www.usms.org](http://www.usms.org).

### Hotels

When making reservations, request "US Masters Championship" room block for discounted rate.

**University Place** \$129 (S/D) (2 ½ Blocks)  
800-627-2700

**Courtyard by Marriott Downtown** \$129 (S/D) (.4 of Mile) 800-321-2211

**Courtyard by Marriott Capitol** \$119 (S/D) (.4 of Mile) 800-321-2211

IMPORTANT: Rooms at the above hotels have been blocked for the 2004 USMS SC Championships until January 31, 2004, to get the discounted rate. Make your reservations early!

### Meet Shuttle Service & Parking

There will be NO hotel shuttle service to the hotels listed, as all hotels are within easy walking distance to the IU Natatorium. Parking is available in the Vermont Street Garage. A four day parking pass (\$20) will be available for purchase at the meet registration area. R/V trailer parking is not permitted.

### Travel

Indianapolis is serviced by all of the major airlines at the Indianapolis International Airport.

### Ground Transportation

Transportation from the airport to the downtown hotels (12 minutes) is available by taxi or hotel shuttles.

### Temperature and Climate

The IU Natatorium is an indoor facility and has a climate control environment. Temperatures in Indianapolis in the Spring will range from 55-65 degrees.

### Registration

All participants must register prior to competing to sign an emergency card, safety information statement, and liability release. Registered swimmers will receive a meet program, optional social tickets, and other meet information. Registration will be held at the Natatorium on the upper level on Wednesday, April 21, from noon to 7 pm and on Thursday, April 22 through Sunday, April 25 from 6:30 am until the end of each day's last event. Check-in for all events and relays will be available in this area.

### Eligibility

The Championships are open to any registered Masters swimmer at least 19 years of age as of April 25, 2004. 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, you shall be entered as "unattached". Foreign 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 4/25/04. Individual Events: 19-24, 25-29, 30-34, 35-39, ...100-104. Relay Events: 19+, 25+, 35+, 45+, etc. (in 10-year increments as high as necessary to be determined by the age of the youngest relay member).

### Final Results

Complete final results may be ordered in advance or at the Awards Table during the meet. Cost will be \$15.00 per copy. Split results will be available at computer terminals during the meet. The USMS website will post results.

### Seeding

**All events will be deck seeded unless meet management determines that the meet can be completed in a timely manner by pre-seeded individual events of 200 yards or less.**

Women's heats will precede men's heats for each event except for the 1000 and 1650 Free. Women and men will be seeded together for the 1000 and 1650 freestyles, slow to fast regardless of age, by time only. In all other events, all women's heats will be completed before the men's heats start. The 400 IM will be seeded slowest to fastest by entry time for each sex regardless of age. All other events will be seeded by age group with the oldest age groups first, slowest to fastest within each age group.

### Check-in Deadline for Deck Seeded Events

**For all deck seeded events, check-in is required for each event and may be done in person in the registration area or via the internet at [www.usms.org](http://www.usms.org).** Coaches or teammates may check in for those swimmers whose travel plans do not permit check-in by the dead-

lines. Failure to check-in will result in the swimmer being scratched from the event. Heat sheets will be available each morning for Friday, Saturday, and Sunday's events. If meet is pre-seeded, heat sheets will be in the meet program and deck seeded distance events will be posted.

### Check-in Times

**For all deck seeded events on Friday, Saturday, and Sunday, you must check-in the day before between 6:30 am and 4 pm for the events you plan to swim the next day.** For Thursday's events, you must check in by 7:00 am that day for the women's and men's 1000 free and approximately one hour prior to the estimated time the other events will start that day. You may also check in for Thursday's events on Wednesday between 12 pm and 7 pm in person or via the Internet.

### Warm-up Times

The competition pool will be open for warm-up on Wednesday, April 21 from noon until 7 pm. On competition days, the competition pool will be open for warm-up from 6:30 am until 7:50 am and the warm-up pools will be available from 6:30 am until conclusion of the final event. The competition pool will be open for warm-up for 30 minutes following the last event each day.

### General Meeting

All swimmers, coaches, and officials should be represented at the general meeting at the Natatorium on Wednesday, April 21 at 6 pm. Matters pertinent to the operation and conduct of the meet will be discussed.

### Time Verifications (formerly OVCs)

Swimmers needing verification of time(s) or wish their times to be entered into the USA Swimming Database (for entry into USA-S national meets) should complete a form at the meet and prior to the swim. Contact the Administration Referee: Bob Brown at 503-806-0783 or [rlhlbrown@mobile.att.net](mailto:rlhlbrown@mobile.att.net)

### Social

YMCA Indy SwimFit is planning a meet social at the NCCA Hall of Fame, a great experience for all who attend. The social will include entrance into the Hall of Fame dinner. The social will be limited to the first 300. Tickets can be purchased in advance on this entry or at registration if available. Cost is \$25.

### Platinum/Gold Medal Sponsorship

Gold Medal Sponsors will be recognized in the official program as supporters of Masters swimming, entitled to V.I.P. hospitality on deck, and receive a commemorative gift. Cost of one sponsorship is \$50. Platinum sponsors will also receive tickets to the Fri/Sat/Sun finals of the 2004 FINA World Championships October 7-11. Cost is \$100. Order sponsorships on the meet entry form.

## WOMEN'S QUALIFYING TIMES

EVENT	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	:27.84	:27.53	:28.18	:27.97	:28.27	:29.65	:31.47	:34.72	:37.23	:39.33	:42.90	:48.93	:56.54	1:25.68
100 Free	1:01.58	1:00.27	1:01.55	1:00.64	1:02.55	1:05.70	1:10.40	1:18.91	1:23.82	1:28.62	1:38.69	1:51.85	2:18.74	2:50.76
200 Free	2:13.97	2:13.44	2:14.57	2:11.91	2:16.33	2:25.95	2:34.81	2:56.96	3:10.67	3:20.80	3:35.93	4:12.66	5:06.13	8:11.99
500 Free	6:09.64	5:58.75	6:01.02	5:57.10	6:07.15	6:30.33	6:56.49	7:52.94	8:25.83	9:08.86	9:49.21	11:28.36	15:21.50	No Time
1000 Free	13:12.72	12:56.12	12:41.67	12:40.13	12:57.23	13:32.66	14:32.89	16:34.93	18:29.24	19:25.52	21:28.35	29:20.65	27:37.66	No Time
1650 Free	23:31.81	22:00.73	21:28.00	21:27.57	22:21.26	22:55.03	25:11.07	28:29.55	31:01.28	35:05.45	37:02.78	44:33.98	No Time	No Time
50 Back	:32.47	:32.37	:32.78	:32.52	:33.87	:35.80	:37.52	:42.80	:45.97	:48.68	:54.01	:58.31	1:08.15	1:51.29
100 Back	1:10.27	1:08.87	1:10.02	1:10.15	1:12.31	1:17.34	1:22.86	1:32.57	1:39.90	1:49.98	1:59.28	2:10.58	2:30.01	3:52.94
200 Back	2:34.78	2:32.05	2:35.01	2:32.10	2:39.10	2:49.02	3:00.94	3:21.81	3:40.67	4:01.57	4:19.19	5:02.31	5:35.50	6:16.72
50 Breast	:36.53	:36.36	:36.74	:37.13	:37.38	:39.57	:42.04	:45.88	:49.64	:52.64	:57.33	1:04.79	1:29.36	1:51.60
100 Breast	1:18.10	1:18.97	1:18.43	1:20.75	1:21.24	1:25.41	1:32.64	1:40.69	1:49.66	1:56.22	2:09.98	2:28.40	2:57.04	No Time
200 Breast	2:55.19	2:52.18	2:53.09	2:56.45	2:59.36	3:08.98	3:25.71	3:42.42	3:56.67	4:31.55	4:47.21	5:55.46	8:44.31	No Time
50 Fly	:30.57	:30.47	:30.72	:30.47	:31.19	:32.44	:35.17	:39.90	:43.73	:49.40	:54.98	1:09.36	1:59.58	No Time
100 Fly	1:07.81	1:08.05	1:07.90	1:08.21	1:10.38	1:14.45	1:25.25	1:40.80	1:48.49	2:12.77	2:19.07	3:45.52	No Time	No Time
200 Fly	2:37.36	2:39.90	2:38.03	2:40.31	2:49.96	2:55.71	3:27.33	3:55.25	4:20.54	5:03.73	5:07.23	7:58.99	No Time	No Time
100 IM	1:09.88	1:09.38	1:10.54	1:10.04	1:12.83	1:16.90	1:20.58	1:29.39	1:37.94	1:47.91	2:00.06	2:20.25	3:16.05	4:22.76
200 IM	2:32.15	2:31.23	2:32.70	2:32.35	2:39.42	2:47.02	3:07.01	3:19.76	3:40.71	4:15.96	4:26.80	6:17.60	6:54.62	No Time
400 IM	5:37.84	5:25.80	5:28.80	5:30.01	5:45.58	6:00.47	6:52.60	7:20.88	8:10.45	10:06.24	11:36.58	11:56.45	No Time	No Time

## MEN'S QUALIFYING TIMES

EVENT	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	:24.41	:23.63	:23.97	:24.39	:24.46	:25.19	:26.12	:27.12	:28.99	:30.44	:32.65	:36.77	:40.92	:54.88
100 Free	:53.84	:52.66	:52.71	:53.24	:54.13	:55.36	:58.21	1:00.58	1:05.18	1:09.32	1:14.05	1:27.74	1:41.05	2:28.08
200 Free	2:00.57	1:57.56	1:58.36	1:57.96	2:00.92	2:03.66	2:09.02	2:15.89	2:28.95	2:36.17	2:51.18	3:17.93	3:59.60	4:52.46
500 Free	5:41.30	5:28.01	5:27.65	5:26.21	5:31.01	5:43.30	6:00.59	6:16.95	6:53.55	7:17.82	8:09.37	9:25.14	11:37.55	12:58.52
1000 Free	12:51.94	12:16.47	11:35.05	11:29.39	11:48.39	12:01.57	12:46.23	13:17.49	14:39.20	15:59.96	17:24.43	20:27.13	28:46.26	28:15.53
1650 Free	21:41.85	21:01.20	20:04.38	19:29.27	19:52.64	20:31.37	21:26.29	22:34.30	25:06.56	27:17.81	30:31.77	35:36.83	37:21.19	No Time
50 Back	:29.23	:28.38	:28.49	:28.84	:29.19	:30.31	:31.26	:33.42	:36.41	:38.28	:41.59	:48.15	:57.53	1:09.67
100 Back	1:02.57	1:00.64	1:00.87	1:02.38	1:02.99	1:05.01	1:08.02	1:13.99	1:20.57	1:24.98	1:34.91	1:46.87	2:12.77	2:59.10
200 Back	2:19.98	2:14.60	2:14.86	2:16.20	2:18.58	2:23.69	2:31.34	2:45.88	3:00.49	3:07.95	3:39.40	3:56.61	5:35.46	6:35.42
50 Breast	:31.80	:30.86	:31.35	:31.09	:31.76	:32.85	:34.09	:35.28	:38.13	:39.95	:43.67	:49.07	:56.05	1:48.74
100 Breast	1:10.64	1:07.67	1:08.39	1:08.30	1:09.81	1:12.77	1:15.26	1:17.82	1:25.15	1:31.78	1:39.04	1:53.52	2:19.01	3:33.63
200 Breast	2:39.03	2:32.17	2:33.80	2:31.98	2:35.50	2:43.52	2:48.36	2:55.96	3:10.98	3:28.86	3:46.34	4:31.93	5:13.37	No Time
50 Fly	:27.03	:26.00	:26.29	:26.66	:26.91	:27.72	:28.60	:29.96	:32.71	:35.75	:40.18	:48.47	1:07.06	No Time
100 Fly	:59.82	:58.36	:58.45	:58.63	1:00.24	1:01.40	1:04.43	1:09.32	1:18.36	1:30.44	1:42.33	2:18.37	2:36.30	No Time
200 Fly	2:25.48	2:16.15	2:16.62	2:15.55	2:20.80	2:25.41	2:39.29	2:53.58	3:17.31	3:57.88	4:23.64	6:47.90	No Time	No Time
100 IM	1:02.47	1:00.12	1:01.17	1:01.73	1:02.11	1:04.70	1:07.05	1:10.51	1:17.00	1:22.56	1:29.67	1:48.12	2:13.53	3:21.91
200 IM	2:19.28	2:13.04	2:13.95	2:15.06	2:17.72	2:23.97	2:28.50	2:39.46	2:55.23	3:06.46	3:28.48	4:08.09	5:06.91	No Time
400 IM	5:14.16	4:49.75	4:56.41	4:55.52	5:03.36	5:15.42	5:26.04	5:49.35	6:29.36	7:02.67	7:57.78	10:53.58	No Time	No Time

Please see the USMS web site ([www.usms.org](http://www.usms.org)) for the National Qualifying Times formulas

### Meet Management

**Meet Director:** Mel Goldstein

5735 Carrollton Ave.

Indianapolis, IN 46220

317-253-8289 [goldstein@mindspring.com](mailto:goldstein@mindspring.com)

**Meet Referee:** Lucy Duncan

235 Poplar Grove Dr.

Danville, IN 46122

317-745-6817 [lucyuss@aol.com](mailto:lucyuss@aol.com)

### 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. A legible copy of the swimmer's Masters registration card (foreign swimmers) must accompany the entry form.** Failure to include a Masters registration card may result in the swimmer being charged a fee before being allowed to compete. A USMS swimmer changing club affiliation prior to the meet must send either a USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

### On-line Entries

On-line entries are encouraged. This method provides immediate confirmation that the entry has been received. To enter on-line visit [www.usms.org](http://www.usms.org) after 2/1/04.

### National Qualifying Times

Competitors may enter a maximum of three (3) individual events without meeting the National Qualifying Times (NQTs) established for those events. Competitors may enter up to three additional events in which they have swum a time equal to or better than the NQTs in the past two

years. The NQTs for all events are listed above. Designate the events in which the NQTs have been met with a "T" in the designated column. There are no NQTs for 90 and over age groups.

### Entry Times

All events must include an entry time. "NT" entries will be rejected.

### Number of Events

If you qualify, you may enter up to three individual events per day with a maximum of six events during the meet. A swimmer may enter either the 1000 or 1650 freestyle, but not both.

### Sixth Event Rule

If, in the opinion of the USMS Championship Committee, the meet is deemed too large to be run efficiently, every swimmer's sixth event will be dropped. If six events are entered, indicate with the number "6" your least desired event in the designated column. If no indication is given, the last event entered on the entry form will be dropped. No changes of the designated 6th event will be allowed after March 18. No refunds will be given for the dropped event.

### Fees

Fees are \$4 per individual event plus \$30 surcharge per swimmer. Fees must accompany the entry form and must be paid in US dollars by check or money order. **Do Not Send Cash.** The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in US dollars will be required before the entrant is allowed to swim. Refund requests must be in writing and received by March 18, 2004. No refunds will be given for events not swum. The \$30 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 Events

Relays may be entered at any time until 4:00 pm the day before the relay is scheduled to be swum. After that time, only the swimmers on the relay may be changed. Such changes must not affect the age group of the relay. The relay entry fee is \$12 per relay. Forms are available for downloading at [www.usms.org](http://www.usms.org)

### Mail Entry and Fees

Postmarked by March 11, 2004 or received by March 18, 2004. Mail to:  
Short Course Nationals  
USMS National Office  
P.O.Box 185  
Londonderry, NH 03053-0185

### Questions?

Call Mel Goldstein at 317-253-8289 or email [goldstein@mindspring.com](mailto:goldstein@mindspring.com) All telephone calls for information before 9 pm EST.

### Entry Deadline

All U.S. entries must be postmarked with an official US postmark (no business meters) by March 11, 2004 OR received by March 18, 2004. Entries received after this date will be returned to sender. Online entries are encouraged and will be accepted until midnight EST on March 18, 2004. No telephone or email entries will be accepted. Mail entries early. Include a SASE (Self Addressed Stamped Envelope) with entry for proof of receipt. Do not send certified or overnight mail requiring signature. Allow sufficient time for mail delivery. Photocopy completed entry form and personal checks for your records and verification.

Mail entry and fees to:  
 Short Course Nationals  
 USMS National Office  
 P.O. Box 185  
 Londonderry, NH 03053-0185

**2004 USMS National Short Course Championships  
 Official Entry Form**



**Indiana University Natatorium  
 Indianapolis, Indiana April 22-25, 2004**

Sanctioned by the Indiana LMSC for USMS, Inc. - Sanction number 164 S 01

Name\* \_\_\_\_\_ \*Print name as it appears on USMS registration card.  
 Last First Middle Initial

Address \_\_\_\_\_  
 Street City State ZIP Country

E-Mail \_\_\_\_\_ Day Phone \_\_\_\_\_ Eve. Phone \_\_\_\_\_  
 A/C A/C

Emergency \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_ Sex \_\_\_\_\_  
 Name Phone No. (on 4/25/04) (Month/Day/Year) M/F

Club Name or Unattached \_\_\_\_\_ USMS or International Reg. # \_\_\_\_\_

**BEFORE COMPLETING, READ MEET INFORMATION ON PREVIOUS PAGES.**  
**Check in for all deck seeded events. Check in ends at 4 pm EST the day before event is swum for all Friday-Sunday events. For Thursday, check in will start THE DAY BEFORE and end 7 am Thursday for the 1000 and one hour before the start of the 1650.**  
**Entries must be U.S. postmarked by March 11, 2004 or received by March 18, 2004**

Event No.	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6
<b>Warm-Up 6:30-7:50am</b>				<b>THURSDAY, APRIL 22, 2004</b>	<b>Start 8:00 a.m.</b>			
1				1000 FREESTYLE**	2			
3				1650 FREESTYLE**	4			
<b>Warm-Up 6:30-7:50am</b>				<b>FRIDAY, APRIL 23, 2004</b>	<b>Start 8:00 a.m.</b>			
5				100 BUTTERFLY	6			
7				50 BREASTSTROKE	8			
9				100 BACKSTROKE	10			
11				200 FREESTYLE	12			
13/14	SEE RELAY FORM			200 MIXED MEDLEY RELAY	13/14	SEE RELAY FORM		
15	SEE RELAY FORM			200 FREE RELAY	16	SEE RELAY FORM		
17				400 INDIVIDUAL MEDLEY	18			
<b>Warm-Up 6:30-7:50am</b>				<b>SATURDAY, APRIL 24, 2004</b>	<b>Start 8:00 a.m.</b>			
19				100 INDIVIDUAL MEDLEY	20			
21				200 BUTTERFLY	22			
23				50 BACKSTROKE	24			
25				100 FREESTYLE	26			
27				200 BREASTSTROKE	28			
29	SEE RELAY FORM			200 MEDLEY RELAY	30	SEE RELAY FORM		
31				500 FREESTYLE (WOMEN)	****	Men's 500 Sunday	***	***
<b>Warm-Up 6:30-7:50am</b>				<b>SUNDAY, APRIL 25, 2004</b>	<b>Start 8:00 a.m.</b>			
33				200 BACKSTROKE	34			
35				50 FREESTYLE	36			
37				200 INDIVIDUAL MEDLEY	38			
39				50 BUTTERFLY	40			
41				100 BREASTSTROKE	42			
43/44	SEE RELAY FORM			200 MIXED FREE RELAY	43/44	SEE RELAY FORM		
*****	Women's 500 Sat.	***	***	500 FREESTYLE (MEN)	46			

**Entry Checklist**

Entry form filled out completely?

"T" and "6" events clearly marked? ("T" is for NOT's that have been met. Mark "6" only if entering 6 events.)

Seed times in proper columns?

No more than three events per day entered?

Liability release signed and dated?

Fees payable to "USMS" enclosed?

International registration card attached?

SASE enclosed? (Indicate purpose on envelope.)

Entry postmarked by March 11, 2004, or received by March 18, 2004, deadline?

**QUESTIONS? Call 317-253-8289 before 9 pm EST**

\*\*You may enter either the 1000 or 1650 Free, not both. Women and men will swim together in the 1000 and 1650 Free.

Internet Entries will be accepted starting 2/01/04. Please see www.usms.org for additional information.

**Liability 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 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."

Signature \_\_\_\_\_ Date \_\_\_\_\_

**FEES:**

Meet Surcharge (required for all events)	_____	\$30
Number of Individual Events	_____ x \$4	_____
Final Results	_____ x \$15	_____
Social Event	_____ x \$25	_____
Gold Medal Sponsor	_____ x \$50	_____
Platinum Sponsor	_____ x \$100	_____
<b>TOTAL FEES ENCLOSED</b>	_____	_____

Check or money order payable to  
 United States Masters Swimming