



2005 UNITED STATES MASTERS SWIMMING  
 5K & 10K National Postal Championships  
**Sponsored by the St. Pete Masters**  
 Sanctioned by the Florida LMSC for USMS, Inc. Sanction #: 145-001P

**EVENTS:** National Championships 5 Kilometer (5,000 meters) and 10 Kilometer (10,000 meters) timed swims. Submit official splits and entry form by mail.

**LOCATION:** To be swum in any 50-meter pool. The 5K is equal to 100 lengths and the 10K is equal to 200 lengths.

**DATE:** The swim must be completed on or between May 15 and September 15. **THE EVENT DIRECTOR MUST RECEIVE YOUR ENTRY BY OCTOBER 1, 2005.**

**ELIGIBILITY:** Open to all USMS members with a valid 2005 registration card. **A PHOTOCOPY OF YOUR 2005 USMS CARD MUST BE SENT WITH YOUR ENTRY.** Foreign swimmers 18 years or older are invited to participate. Proof of membership in your nation's recognized Masters swimming organization is required. Foreign swimmers are not eligible for USMS records or All-American selection.

**INDIVIDUAL ENTRIES:** Men and women compete separately in five year age groups: 18-24, 25-29, 30-34, ...100+. The swimmer's actual age on the day of their swim determines their age group. Individuals who change age groups during the time of the event may enter twice but must swim the event twice, one time in each age group.

**TEAM EVENTS:** Team events will be contested in three categories: 3 men, 3 women and 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 youngest age group for which they are eligible. Age groups are 18+, 25+, ...95+. The cumulative time for the individual swims will be the team time.

**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 six finishers in each age group in the individual and top three in team events will receive USMS Long Distance National Championship medals. The first place finisher in each age group will also receive a USMS Championship patch.

**RULES:** The 2005 USMS Rules govern these events. Drafting, floatation 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 (100 meters). 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 started 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.

**FEES:** \$10 for each individual entry and \$15 for each team entry. Fees are non-refundable; **do not send cash.** Foreign entrants must submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

**RESULTS:** Complete results will be available by mail, via e-mail and on the Internet at [www.stpetemasters.com](http://www.stpetemasters.com). Awards and a commemorative swim cap will be mailed by November 1, 2005.

**T-Shirts and Caps:** Additional swim caps can be purchased with your entry for \$5.00. A special event designed T-shirt can be purchased for \$16 with your entry.

**Questions:** Contact event directors, Christine Swanson & Livia Zien (before 9 PM Eastern Time) (813) 340-9124 or (727) 641-6909  
 E-mail: [stpetemasters@yahoo.com](mailto:stpetemasters@yahoo.com)

TEAM ENTRY FORM:                      EVENT:                      3 X 5K                      3 X 10K                      4 X 5K                      4 X 10K

Club Name: \_\_\_\_\_ Club Abbr. \_\_\_\_\_ M W Mixed      Age Group: \_\_\_\_\_

Team Contact: \_\_\_\_\_ Phone/E-Mail: \_\_\_\_\_

Swimmer's Name	Gender (circle)	Age	Time
#1 _____	M F	_____	_____
#2 _____	M F	_____	_____
#3 _____	M F	_____	_____
#4 _____	M F	_____	_____

Total Time: \_\_\_\_ hr \_\_\_\_ m \_\_\_\_ s \_\_\_\_

**SPM**  
**St Pete**  
**Masters**

**2005 UNITED STATES MASTERS SWIMMING**  
**5K & 10K Postal National Championships**  
**INDIVIDUAL ENTRY FORM** **Please fill out completely and legibly**

Name: \_\_\_\_\_ Gender: (circle) M F Age: \_\_\_\_\_ Birthdate: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Address: \_\_\_\_\_ Club: \_\_\_\_\_ Abbr. \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP \_\_\_\_\_ Country: \_\_\_\_\_ USMS# \_\_\_\_\_ - \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-Mail address: \_\_\_\_\_

I would like to receive the official results via: (please check only one box) E-Mail  Mailed hard copy

Name of your Timer / Counter: \_\_\_\_\_ Timer's Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

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 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**

**Final Time must be recorded to the nearest one-hundredth of a second.**

I certify that I have read the rules of this event on \_\_\_\_ / \_\_\_\_ 2005, I swam the 5K \_\_\_\_ 10K \_\_\_\_ (check only one), in the time of:

\_\_\_\_ h \_\_\_\_ m \_\_\_\_ s \_\_\_\_ at (pool location/address) \_\_\_\_\_

Signature of Swimmer

Signature of Timer

\_\_\_\_ = \$ 10 Individual Entry Fee  
 \_\_\_\_ = \$15 Entry Fee per team  
 \_\_\_\_ = \$5.00 for extra swim cap # \_\_\_\_  
 \_\_\_\_ = \$16 T-Shirt # \_\_\_\_ Size: S, M, L, XL, XXL  
 \_\_\_\_ = \$3.00 POSTAGE (NON-US Mailing Address)  
 \_\_\_\_ = **TOTAL enclosed with entry**

**Make check payable to:**  
 St. Pete Masters  
  
**Mail to:** St. Pete Masters  
 USMS 5K / 10K Swim  
 PO Box 1070  
 St. Pete, FL 33731

- BE SURE TO INCLUDE:**
- Photocopy of 2005 registration card
  - Check for total fees
  - Completed form and split sheet
  - Self addressed & stamped envelope for entry receipt verification or specify e-mail verification of entry

**ENTRIES MUST BE RECEIVED BY THE EVENT DIRECTOR BY OCTOBER 1, 2005**

Split Sheet: Record **CUMULATIVE** (not split) time for each 100 meter (to 10ths) and final time (to 100ths).

100	2100	4100	6100	8100
200	2200	4200	6200	8200
300	2300	4300	6300	8300
400	2400	4400	6400	8400
500	2500	4500	6500	8500
600	2600	4600	6600	8600
700	2700	4700	6700	8700
800	2800	4800	6800	8800
900	2900	4900	6900	8900
1000	3000	<b>5000</b>	7000	9000
1100	3100	5100	7100	9100
1200	3200	5200	7200	9200
1300	3300	5300	7300	9300
1400	3400	5400	7400	9400
1500	3500	5500	7500	9500
1600	3600	5600	7600	9600
1700	3700	5700	7700	9700
1800	3800	5800	7800	9800
1900	3900	5900	7900	9900
2000	4000	6000	8000	<b>10000</b>