

Federal Way Kings

CURR@NENTS



M A S T E R S S W I M M I N G

JANUARY 2009

PRESIDENT'S LETTER

By Hugh Moore

Federal Way Kings,

We have a unique opportunity in a couple of weeks. It isn't often that you get to participate in a centennial event.

On Saturday, January 24th, we'll help celebrate the City of Tukwila's 100 years birthday. In lieu of the normal Saturday morning practice, why not got to Tukwila and swim 100 lengths? Don't forget that the entry fee has already increased.

The event also serves as a fundraiser for the team. The entry form for the event is included in this newsletter and is also available at <http://www.fwmasters.com/calendar.htm>.

If you can stay for an extra hour after you swim or come an extra hour early to help time and count it would be a great help. Please send me an email at

(Continued on page 2)

COACH'S COLUMN

By Wendy Neely

Federal Way Kings,

Snow and ice kept us away from the pool and put a rut into our fantastic training progress. Once we added in the holidays our training almost came to a halt.

January hit and we took our swimming back by storm by adding in extra swimming days as well as heavier yardage.

Whether you feel ready or not all of you are ready for either or both the Tukwila Centennial Swim and The Hour Swim. A lot of you who had goal meet-

ings and even those who didn't have all mentioned you wanted to participate in a triathlon, open water & 500, 1000, & 1650 at champs this spring and summer. What better opportunity to test and trust your training than to participate in one of these events.

These events are a perfect mile markers of where you are at now and give you a clear picture of

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TEAM OFFICERS

President:

Hugh Moore

Vice President:

Mike Murphy

Secretary:

Jean Blackburn

Treasurer:

Judy Williams

Membership:

Julie Montiel

Webmaster:

Dan Smith

Federal Way Masters

PO Box 24083

Federal Way, WA 98093

<http://www.fwmasters.com>

**2009 GO THE DISTANCE***By Dan Smith*

And they're off and counting....

Mary Sweat has rolled right into the new year with an amazing amount of energy to



United States Masters Swimming Fitness Event

continue to infect us all with the urge to **Go The Distance.**

This USMS Sponsored fitness event has tripled in size since it began in 2007, and the stories and accomplishments continue to pour in. Her enthusiasm and the consistency that comes from tracking your miles and setting goals has combined to increase the participation in this event to 631 in 2008. And the best part is that it is all FREE.

Mary receives monthly letters from participants which she shares each month when the results are published. (See <http://www.usms.org/fitness/content/gothedistance>). These range from the woman who led the event with 2000.32 miles, to the brave who only made it a few miles, to those who went through a pregnancy or heart attack, to entire teams that

competed together as a workout group. All of their stories are very inspiring.

Mary has also taken the spreadsheet used to collect hours to new levels. There is a basic version to track miles, and an advanced version that can track miles, hours, yards kicked, pulled or swum, and how many yards of each stroke, should you want to enter all the data. She also included a goal amount where you can monitor how far from your goal you are.

There are awards and patches that can be purchased as well, but the best part for me it to send in my time each month and compare it to others in PNA and others I know in the USMS. It is a fitness event and not a competition, but I have "trash talked" at meets with others I know doing this, and I know they keep a watch on my yards as well.

I made 525 miles in 2007 and was on track to at least make 500 in 2008, and then the big freeze came and literally froze me in my tracks, falling just short at 490.

I find this is not a major motivation but it is motivation to get the yards in when you don't feel like coming. It's not too late to start for 2009, GIVE IT A TRY!

PRESIDENT'S LETTER, Continued

swimmoore@comcast.net if you'd like to volunteer to help.

Mary Ann White has once again volunteered her services in creating the graphics we're using in marketing the centennial swim.. I've lost track, but I'm sure that she has created at least a dozen t-shirt designs for PNA Champs and the Check-off Challenges that we sponsored.

Thank You Mary Ann!

If you need help with graphics design, don't forget that she does freelance design. You can contact her at mabwa@comcast.net

Sincerely,

Hugh Moore

**WELCOME NEW MEMBERS:**

Be sure to welcome our new swimmers who recently joined or returned:



Chad Stulder
Scot Sanborn
Ashley Wright
Christian Bruhn
Glen Wood
Colleen Hay

COACH'S COLUMN, Continued

what needs to be done in the next few months to get you where you want to go.

So, maybe you are confident enough to sign up, but now what? In practice the next couple of weeks make sure you are working on all the little things that total a grand result:

- ◆ Fabulous streamlines off of all walls; sets you up for technically correct swimming regardless of doing flip turns or open turns
- ◆ Great streamlines = less swimming :-)
- ◆ Starting each breakout with your bottom hand
- ◆ Count your strokes at the beginning and find your pace. If at a point you start to feel severe fatigue i.e.. heavy deltoids, stiff neck, mid lower back pain COUNT YOUR STROKES! Chances are your stroke count is up 2-5 strokes
- ◆ Be your own coach!
- ◆ If your stroke count is high regain control by.....Going Back to Basics: head in line with spine, give buns a squeeze (nickel :)) bring legs in closer. You will be back on track!

- ◆ Never throw in the towel! Some of your best swims are the ones that felt like crap! You are worth it.....Keep on it!

As far as pacing try and negative split. Start with easy speed and half way make your move and pick it up! It is best not to hold back too much because when you do it is very hard to get going again. If you can see a pace clock (illegal in true event settings) use it and keep an even pace. The more you swim the smarter you get.

Hour Swim times available:

M-T-Th-F 5:30-6:30 a.m.

M-W 9:30-10:30 a.m.

@KCAC Cost is \$15 for lane rental

Also, as a warmup, step into your greatness and support your team at the Tukwila Centennial

Sincerely,

Wendy Neely

**MAGELLAN CROSSING***By Dan Smith*

Scott Lautman is at it again. From Rachel Golub's blog we learn that the Lautman Brothers and two others are trying to cross the Strait of Magellan.

<http://rachelgolub.blogspot.com>

"Four American swimmers to attempt Strait of Magellan crossing from the End of the Americas to Tierra del Fuego

On the 20th, 21st or 22nd of January, 2009, four American swimmers will attempt a crossing of the Strait of Magellan, from the end of the Americas to Tierra Del Fuego in Punta Delgada, Chile.

The swimmers are: R. Cristian Vergara, 50, a Chilean-American accountant and accomplished distance-swimmer from Brooklyn; Rachel Golub, 32, a New-York based musician and writer; **Mark Lautman**, 59, Chair of the Economic Development Commission of New Mexico and coach of 1972 Olympic gold medalist Cathy Carr; and his brother, Olympic trials finalist and 200-meter butterfly world-record holder (50-55) **Scott Lautman**, 55, Human Resources Manager for Alaska Airlines in Seattle. The four will swim the icy, choppy waters in simple bathing suits, caps and goggles, with escort boats provided by the Chilean Armada.

The water temperature will be close to 4 degrees celsius, or 40 degrees fahrenheit. The swimmers will be in the water for one

hour or more, depending on conditions, swim speed, and currents over the 2.4-mile distance. Only two swimmers have successfully completed the crossing, which is complicated by strong currents, unpredictable weather, and frigid water temperatures."

You can stay on top of their progress at the address at the top of this article. The January 18th entry:

"first swim near tierra del fuego.

black dolphins flying against the current to the pier as we strip by the roadside. Scott, Cris and I wade into the thick purple kelp, colder than it felt last night and then we are up to our waists. tentative between the bits of rusty metal and mussels along the bottom, we stand a moment, feeling the wind. Cris and I dive at the same moment, and then we are swimming.

moments and my nose scrapes bottom. the three of us laughing, standing, walking through sandy shallows and then deeper again, calves, knees, and we are adjusting our goggles and off again to the pier, chasing the dolphins through thick kelp. Scott is yards ahead; Cris and I catch him just beyond the pier. we flame red. five minutes."

Be sure to follow their progress and pray they are successful in their pursuits!

MY USMS*By Dan Smith*

Did you know you have your own web space available to you at USMS? Did you know it was free to registered USMS swimmers?

When you set up your MY USMS account you will be able to create your own blog,

access members-only workouts on our discussion forums and share photo albums with your swimming friends.

Go to <http://www.usms.org/myusms> and get started!

**MARIN MORRISON, PARALYMPIC SWIMMER***By Emily Heffter*

The following was excerpted from the Mobile News Network and first appeared in the Seattle Times online Jan 4, 2009. It is a sad and yet triumphant story about a Sammamish swimmer who through great determination realized her dream:

Marin Morrison's dream to compete in the Beijing Olympics preceded her diagnosis of brain cancer in 2005. It outlived four surgeries and partial paralysis. It overcame a grim setback four months before the 2008 games that made even her coach wonder if she would make it to China. The dream was realized in September, when Miss Morrison competed in three events in the Beijing Paralympics, the games for athletes with disabilities.

Miss Morrison, 18, who inspired thousands with her drive and determination, died Friday morning at her family's home in Sammamish. Her story of perseverance made national news and took her to the White House to meet President Bush. "Her lifelong dream was to swim in Beijing, and we had to make that happen for her," said her dad, Matt Morrison. "And she made it happen for herself."

A gifted swimmer from early childhood, Miss Morrison was competing at age 6 and besting high-school records as a freshman. She missed the Olympic time trials by just 1.5 seconds when she was 14. Her Olympic dreams could have been shattered with her cancer diagnosis early in 2005, when she and her family were still living in Atlanta. Surgery that summer left the right side of her body paralyzed and made it difficult for her to speak. But after moving to Sammamish with her family in November 2005, Miss Morrison continued to swim.

At first it was just for exercise, but she joined the Eastlake High School team and began to

train as a disabled athlete for the Olympics, swimming six days a week at one point to prepare for the April Olympic Trials. "She was the one who had to show up every day, and I'll tell you what, I've coached a lot of kids, ... every once in a while you gotta really twist their arm to get them to do the deal, and that was never the case with her," said her coach, Andy Hay. "She was ready and willing to do what it took."

Matt Morrison regrets that people in Washington state did not know his daughter the way they could have if she had been well when she moved to Sammamish. She couldn't speak easily, so it took more effort to get to know her smile, her "gentle nature," he said.

Many will say her legacy is her tenacity or her success in the pool, he said, but "in my heart, it's mostly what a good little person she was, what a good little soul." She didn't grumble about her illness. She didn't complain about repeated bad news from the doctors, each diagnosis a harder blow than the one before it. After her first surgery, doctors had to operate again to remove a blood clot. Then radiation didn't work. Experimental treatments seemed to help for a while.

This past April, she qualified for the Paralympics in three events. But a month later, doctors were forced to operate yet again, and then to restart radiation to keep the tumor at bay.

Despite her worsening health, she traveled in September as part of the U.S. Paralympic Team. In October, she met President and Mrs. Bush. "I never doubted her ability to make it," said Hay, "but there came a point that I knew it was in God's hands, whether he was going to let it happen or not."



Local and Regional Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Jan 24, 2009	Tukwila Centennial	SCY	Entry Form	Tukwila, WA	1/17/09 or day of race
Jan 31, 2009	Anacortes meet	SCY	Entry Form	Anacortes, WA	1/21/09
tbd	Bellevue Meet	SCM		Bellevue, WA	tbd
April 10-11, 2009	PNA Champs	SCY		Federal Way, WA	tbd

National and Postal Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Jan 1 - Dec 31, 2009	USMS Go The Distance	FITNESS	Entry Form Spreadsheet	POSTAL	the 5th of each
Jan 1 - Dec 31, 2009	USMS Check Off Challenge	POSTAL	Entry Form	POSTAL	12/15/09
Jan 1 - Jan 31, 2009	USMS One Hour Swim	POSTAL	Entry Form		2/19/09
May 7 - 10, 2009	USMS Nationals	SCY	n/a	Fresno, CA	n/a

**** NOTE:** To open Entry Forms using links, go to our website at <http://www.fwmasters.com/calendar>

SWIM SMOOTH, CLEAN UP YOUR STROKE



is a new DVD series from Perth, Australia. I

t is a complete freestyle, open water, and triathlete swimming technique guide.

It focuses on triathletes, freestyle swimmers, and any coach that works with those athletes.

Check it out at <http://www.swimsmooth.com>

**FEDERAL WAY KINGS MEMBER BUSINESS DIRECTORY; A-M**

Below is a listing businesses of team members. Swimmers are a friendly group and many of us who would love to have fellow swimmers help them out once they are aware of what they do for a living.

Do you have a business, service, idea or skill that you would like to make known to other Federal Way Kings? You can put your business contact information here for free. Send your info to greysmoke@juno.com.

Business Swimmer/Email/Web	Address / Description	Phone	Fax
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American Drapery, Blind and Carpet

<i>Don Williams</i> donw@american-drapery.com www.freeinhome.com	700 S 3 rd Street in Renton, WA 1555 N.W. Market Street, Seattle WA 7990 Leary Way in Redmond, WA <i>We have been in business 54 years. We sell and install custom drapery treatments, mini blinds, cellular shades, vertical blinds and wood blinds all made in our factory. We furnish and install all lines of carpet, vinyl flooring, laminate and wood floors. We sand and refinish hardwood floors. We offer free in home estimates.</i>	425-981-4642	425-277-2244
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American Viking Claim Service

<i>Frank Newquist</i> f.newquist@amvikingclaims.com	PO Box 11006 Tacoma, WA. 98411-0006	253-517-8596 866-375-5991	
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I have been in business 24 years working as a claims adjuster. I subcontract to out-of-state insurance companies and self-insured businesses here in Washington. I do only bodily injury work, interviewing people who have been injured at work or in a situation such as a car accident, obtaining all of the factual information relating to the incident.

Bell'adesso Day Spa & Personal Fitness Training

<i>Karen A Kuykendall</i> karen@belladesso.com www.belladesso.com	PMB 123 26828 Maple Valley Hwy. Maple Valley, WA 98038 <i>Lifestyle & Weight Management Consultant</i>	206-423-4518 425-432-8787	
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BK Business Systems

<i>Dan Smith</i> dans@bkbusiness.com www.bkbusiness.com	14241 Ambaum Blvd SW Seattle, WA 98168 <i>Specializing in supporting small business computing needs, we service all areas of information technologies from building workstations and servers, installing and maintaining networks, custom programming, website development, repairs and consulting services.</i>	206-246-2525 206-356-1663	206-246-5102
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Ecoquest International/Independent Dealer

<i>Paul Stoermer</i> paulandlee@earthlink.net	5509 55th St Ct West University Place, WA. 98467 <i>I am an Independent Dealer for high-tech Air and Water Purification Systems and eco-friendly Laundry Pure system</i>	hm: 253-476-1172 cell: 253-227-6919	
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Empowering Lives Today

<i>Amber Thiel</i> Personal Trainer empoweringlives2day@gmail.com http://athiel.usana.com	<i>Specializing in providing people with information on how to maintain and optimize their health through advanced cellular nutrition programs and paraben (preservative) free hygiene products. I offer support for individuals' healthy weight loss and weight management goals through life coaching and personal training. Please e-mail or call if you would like invitations to my upcoming free health seminars or more information.</i>	419-306-1264 253-859-1311	
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**FEDERAL WAY KINGS MEMBER BUSINESS DIRECTORY; F-Z***Freeborn Law Offices, P.S.*

Stephen L. Freeborn
freebornlaw@qwest.net

33516 9th Avenue South #6
Federal Way, WA 98003

253-661-0200 253-838-0202
206-624-5313

General law practice: criminal defense, debtor/creditor bankruptcy issues; business and contract law, landlord-tenant law, restrictive covenants and homeowner associations; homeowner property/boundary disputes. My wife, Sue - also an attorney - specializes in wills and estate issues, guardianship law and also her masters in clinical counseling with 3 offices, Seattle, Federal Way, and Enumclaw.

Longevity Medical Clinic

Emma Coulson
Emma.Coulson@longevitymedicalclinic.com

425.605.8714 425.605.8717
866.569.6864

We are a medically based clinic that specializes in longevity and wellness medicine. We attempt to correct the underlying disease process to help cure diabetes, heart disease and high blood pressure as well as symptoms related to aging including weight gain, loss of libido, depression, and fatigue. We provide each patient with a customized medical program, we address overall lifestyle issues like diet, exercise, and supplementation. We also use bio-identical hormone replacement and formulate our own natural supplements.

www.longevitymedicalclinic.com

St. Joseph Medical Clinic

Greg Collins, LMP
notmaui06@earthlink.net

1708 South Yakima Ave. suite 110 253-593-8449 253-502-5977
Tacoma, WA. 98405

Greg specializes in deep tissue massage, with an emphasis on Trigger Point Therapy. He has spent the last 12 years practicing preventive and remedial treatment of muscles and soft tissue for the management of pain, stress and soft tissue injuries. Greg is a past member of the AMTA National Sports Massage Team, and the Washington State Sports Massage Team. Greg was director of Massage Services for the 2001 USMS Long Course Nationals.

<https://www.fhshealth.org/doctor/doctor.asp?ID=1382>

Travel 4 Fun

Linda E. Sullivan
Travel4FunLinda@aol.com

253-569-9788

I am co-founder of Travel 4 Fun, a Travel Agency affiliated with Partners in Travel. I can meet or beat Internet sites and provide the service they are lacking. A straight 10% from the commission is now being offered and donated to our Fun Fundraiser for Coach Wendy's travel in team events.

www.Travel4FunAgents.com
www.travel4funagents.blogspot.com

USANA Health Sciences

Wendy Neely
choicehealth@gmail.com

206-793-9391

USANA Health Sciences develops and provides the highest quality, science-based health products to help make you the healthiest family on earth

wneely.usana.com

Tukwila Centennial Swim – Celebrate the 100th Birthday of Tukwila
Saturday, January 24, 2009

Hosted by Federal Way Masters Swimmers & City of Tukwila Pool

Swim 100 Lengths
(2500 yards) or water walk
100 widths
At the Tukwila Pool
4414 So 144th St., Tukwila



Entry Fee Includes
Free Swim Clinic
Saturday, January 17th
10 a.m. at the Tukwila Pool
You'll Learn:
How to Pace Yourself
How to Circle Swim
Stroke Improvement

Categories: Swim 100 lengths or water walk 100 widths of the pool, form a relay to swim or walk 100 lengths/widths, or create your own fun event.

Awards: Participants will receive a commemorative glass, a certificate and will be listed on the Tukwila Pool Honor Roll.

Name: _____ M F BIRTHDATE: _____

ADDRESS: _____

City _____ ST _____ Zip _____

E-MAIL: _____ PHONE: _____

EMERGENCY CONTACT: _____ PHONE: _____

Choose your event(s): Swim: Individual ___ Relay ___ Fun Event ___

Shallow Water Walking: Individual ___ Relay ___

Estimated pace time per 100 yards (swimmers only) _____ (estimated pace times will be used to assign lanes).

Up to 5 swimmers will swim in each lane at the same time.

Relay participants: Please list names of other relay swimmers: _____
_____ or check here if you'd like us to find other relay participants _____

List Fun Event you plan to do (e.g. pass water polo balls or relay with toys) _____

Preferred start time: We'll contact you if we can't accommodate your preferred time. Please be at the pool at least 30 minutes prior to your swim.. Indicate preferred start time if participating as individual:

7:00 _____ 7:45 _____ 8:30 _____ 9:15 _____ 10:00 _____

11:00 (Relays - 2 to 5 swimmers or walkers combine for 100 lengths & Fun Events) _____

Entry Fees: \$20.00 (if received by January 17, 2009) \$30.00 after January 17, 2009

Please make checks payable to: **Federal Way Masters**

Mail this entry form and fees to Holly Bork, 6233 S 233rd ST Kent, WA 98032 or bring to Tukwila Pool.

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.

SIGNATURE: _____ DATE: _____



**32nd Annual
2009 United States Masters Swimming
One Hour Postal
National Championship**
Sanctioned by Pacific Northwest Association
For USMS, Inc
Sanction Number 369-01

DATE: All swims must take place during January 2009.
All individual entries must be received by February 10, 2009. **NEW Late entry for relays (see FEES).**

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 registered for 2009 with USMS (or the equivalent organization for non-U.S. Swimmers). Foreign swimmers are not eligible for USMS records or All-American selection. ***A copy of your 2009 registration card must accompany your entry.***

INDIVIDUAL EVENTS: Men and women compete separately in age groups: 18-24, 25-29, 30-34...100+. The swimmer's age on the day he or she actually completes his/her swim will determine his or her age group. Swimmers who change age groups during January may enter twice but must swim the event twice, one time 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). The age of the youngest relay member determines the age group of the relay: 18+, 25+, 35+, 45+ ... 95+. Each relay member **MUST** also have entered the individual event. All members of a relay must be registered with the same club. Unattached swimmers are not permitted on relays. The relay with the greatest total yardage will be declared the winner.

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.

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 USMS championship patches, no more than one per event/participant. Awards

will be presented to top 3 clubs in each division of the club event.

RULES: The 2009 USMS Long Distance Rules govern these events. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Only two swimmers may share a lane, and they shall each swim on one side of the lane during the entire race (i.e. no circle swimming). An adult "Verifier," acting as a starter/head timer/counter/referee, must be present at all times during the swim. Each swimmer must have a verifier to time the event with a stop watch, count laps, and record cumulative (running) 50 splits. Split times must be recorded to the nearest second **and** tenth (or hundredth) of a second. 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). See Venue section for conversion from meters to yards. One person may serve as a counter/verifier for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

T-SHIRTS: Athletic Grey t-shirts with various stamp images from the States. See t-shirt design at swimpna.org. Cost \$17 for USMS and \$22 for other FINA masters. We also will have caps available: lime green with Ohana Turtle \$6.

FEES: Individual entry fee is US \$6 for each individual entry; US \$10 for other FINA Masters (non-USMS). Relay fees are US \$15 per entry if received by February 10. Late relay entries will be accepted at a fee of \$25 each but must be received by February 17. All fees are non-refundable and are payable by check or money order only—no cash. International entrants must submit US funds via international money order or bank check drawn on a bank with a U.S. affiliate.

RESULTS posted at www.usms.org by March 15, 2009.

RELAY ENTRY FORMS: To download forms, please visit <http://www.usms.org/longdist/ldnats09#postals> or send a SASE to: Ohana Swim Team, c/o Janae McCullough, 6204 43rd Ave. NW, Gig Harbor, WA 98335.

QUESTIONS: Contact event host: Ohana Swim Team 253-228-5947, ohanaswimteam@gmail.com.

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

2009 USMS ONE HOUR POSTAL NATIONAL CHAMPIONSHIP INDIVIDUAL ENTRY FORM

NAME: _____ GENDER: M or W AGE: _____ BIRTHDATE: ____ / ____ / ____
Name as it appears on Registration Card - Last, First Circle one Day of swim MM DD YY

ADDRESS: _____ PHONE: _____ - _____ - _____

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

CLUB: _____ CLUB ABBR: _____ REGISTRATION NUMBER: _____ - _____
2009 USMS or FINA

E-Mail Address: _____ Check here if you want hard copy of results

Results posted at: www.usms.org by 3/15/09

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 _____, 2009, 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 _____

Entry Fee: US\$6, USMS, or
 US\$10, other FINA Masters US \$ _____

T-Shirts: Indicate Quantity Ordered

Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____

US\$17 each, USMS _____ OR

US\$22 each, other FINA Masters _____ US \$ _____

TOTAL: US \$ _____

Include: Copy of **2009 USMS or FINA REGISTRATION CARD**, Entry form and split sheet

Check Payable to: Ohana Swim Team

Send to: Janae' McCullough

6204 43rd Ave NW

Gig Harbor, WA 98335

Must be RECEIVED by February 10, 2009.

FOR SPLIT SHEET SEE: http://www.usms.org/longdist/1hr_3k_6k_splits.pdf

