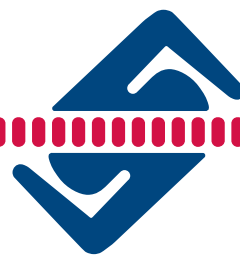


# National Office Streamlines

Swimming for Life! • [www.usms.org](http://www.usms.org)

Winter 2008



United States  
Masters  
Swimming

## Greetings from the National Office...

As you may or may not know, the Groundhog saw his shadow and we have 6 more weeks of winter. Here in New Hampshire, it's definitely winter with another 10 inches of snow falling today! I'm looking forward to doing some traveling (Worlds – Perth, Australia, SC Nationals - Austin, TX, LC Nationals, Mt Hood, Oregon) and getting away from it all, how about you?



Speaking of traveling, the USMS Executive Committee and Board of Directors recently met in Grapevine, Texas for the annual mid year meeting. The theme was "Put Your Strengths to Work for USMS". Agenda items include the following: On-line Registration, Club Development Task Force, LMSC Task Force, Branding Task Force, USA Swimming BOD, Board Committee Reports (Audit, Compensation/Benefits, Policy), Governance (Role of EC/BOD, Executive Limitations, Professional Management Guidelines (PMG) Review, FOG), Business Issues (Sponsorships/Corporate Partnerships, Membership-Creating Value, Building a partnership with USA-T, Web Review, USMS SWIMMER, FINA), Planning (Strategic Plan Updates and Evaluation, Committee Assignments), Setting EC, Board, and Divisional MOGs and establishing priorities, Convention Planning. Minutes will be available on the [www.usms.org](http://www.usms.org) website soon.

A lot goes on out of the water to make it better for our members in the water. Please be sure to pass information from this newsletter on to your membership. This issue and all previous issues of Streamlines... are posted on the [www.usms.org](http://www.usms.org) website.

### New at USMS.org

You'll notice a new feature on the web site. We plan to feature a short timely informational piece that will change each week and be accompanied by a graphic. If you have something to contribute, about a swimmer, an accomplishment, an opportunity, an historical item of current interest, etc., please send it to Nancy Ridout at [nancyridout@mindspring.com](mailto:nancyridout@mindspring.com). We can't promise it will be used and reserve the right to edit any submissions, but would welcome your contributions and suggestions on timely subjects of interest.

## Calendar/Things to do

Listed are all deadlines from the USMS Working Calendar. Please read this and use as a reminder. This 2008 Working Calendar is posted in its entirety on the USMS website at: [www.usms.org/admin/lmschb/workingcalendar.pdf](http://www.usms.org/admin/lmschb/workingcalendar.pdf)

### MARCH 2008

- 1 SCM Top 10 list sent to printer
- 15 Ransom Arthur Award nominations due to USMS Recognition and Awards Chair (Kelly Crandell – Awards at [usms dot org](http://usms.org))
- Call for USMS Service Award nominations to LMSCs from USMS Recognition and Award Chair (Kelly Crandell—Awards at [usms dot org](http://usms.org))
- 20 Postmark entry deadline for 2008 SC Nationals
- 27 Received-by entry deadline for 2008 SC Nationals
- 29 Deadline to submit copy to DMC for a newsletter to be inserted in USMS Swimmer for the May/June issue
- 31 National registration transmittal sent to National Office electronically from online registration site

Other deadlines this month

- Final call for 2008 Open Water Clinic applications
- Plans and information for 2008 Masters Coaches Conference distributed
- Notify sponsors of SC Nationals due dates for booths, banners and ads

### APRIL 2008

- 3 On line entry deadline for 2008 SC Nationals
- 8 Zone Reps submit list of events for USMS Swimmer calendar for July/August issue to VP Local Operations (Julie Heather—[VPLocalOperations at usms dot org](mailto:VPLocalOperations@usms.org))
- 12 Editorial copy/information due to USMS Editor for July/August issue of USMS Swimmer (Bill Volckening—Editor at [usms dot org](http://usms.org))
- On Deck department calendar entries due to USMS Calendar of Events Editor for July/August issue of USMS Swimmer (Lynn Hazlewood—[lynzhzld at usms dot org](mailto:lynzhzld@usms.org))
- 15 Ransom Arthur ballots due from Recognition and Awards Committee members to Chair (Kelly Crandell—Awards at [usms dot org](http://usms.org)) for tabulation
- USMS Secretary (Meg Smath—Secretary at [usms dot org](http://usms.org)) notifies LMSCs of delegate entitlements for 2008 convention
- First call for requests for Delegate-at-Large appointments—due in writing to President (Rob Copeland—President at [usms dot org](http://usms.org))



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- org) and Secretary (Meg Smath—Secretary at usms dot org)
- 18 Approximate mailing date for May/June issue of USMS Swimmer
  - 25 Deadline for submission of information to be included in the spring issue of Streamlines ... from the National Office
  - 29 Deadline to submit copy to DMC for a newsletter to be inserted in USMS Swimmer for the July/August issue
  - 30 LMSC minutes of 2007 annual meetings and copy of 2007 financial statements due to National Office from all LMSCs
    - Spring issue of Streamlines ... from the National Office sent via email or snail mail
    - Article ideas for September/October issue of USMS Swimmer due to USMS Editor (Bill Volckening—Editor at usms dot org)
    - Deadline for nominations for At-Large Director positions
    - National registration transmittal sent to National Office electronically from online registration site
    - Other deadlines this month
    - All-American roster prepared and congratulations sent from President
    - Coaches Chair (Mo Chambers—Coaches at usms dot org) checks progress with LMSC Coaches Reps

#### MAY 2008

- 1 Delegates from 2007 and LMSC chairs receive convention registration packet for 2008 convention via email or snail mail from the National Office
  - Cost-center heads receive budget forms (for 2009 budget) from Finance Chair (Ralph Davis – Finance at usms dot org)
- 1–4 USMS SC National Championships, University of Texas, Austin, TX.
- 1–15 Election Committee reviews applications, slates At-Large Director candidates, notifies candidates and publishes candidate information
- 15 Controller's filing deadline with IRS for Form 990
  - Convention Coordinator (Victor Buehler—Convention at usms dot org) sends out final notice to committee chairs regarding equipment requirements for convention
  - First quarter financial reports prepared
  - USMS Secretary (Meg Smath—Secretary at usms dot org) sends reminders to LMSCs for names of delegates to 2008 convention, Atlanta, Ga.
- 15–31 Election Committee accepts nominations for any positions without candidates
- 19 Ransom Arthur award winner announced at SC Nationals
- 20 National Office sends reminder to LMSCs of July 10th deadline for submission of proposed code amendments
- 30 Deadline to submit copy to DMC for a newsletter to be inserted in USMS Swimmer for the July/August issue
- 31 Continuous publication of candidate information to the HOD through email newsletters and website positions through September
  - Deadline for swimmers to be registered in order to receive July/August issue of USMS Swimmer

- National registration transmittal sent to National Office electronically from online registration site

#### Contact Updates

Following are updates received by the National Office since the mailing of the last issue of Streamlines...

Tom Brunson (New Jersey) – tombrunson at optonline dot net  
Chris Colburn (Illinois) – chriscolburn at gmail dot com, phone 630-335-4163

David Diehl (Potomac Valley) – phone 240-292-0433

Cheryl Gettlefinger (Indiana) – cgettelfinger at earthlink dot net  
Vern Hecker (Niagara) – vhecker001 at Rochester dot rr dot com  
Suzanne Heim-Bowen – sheimpbowen at gmail dot com  
Vicki Hill (South Carolina) – tobvik at embarqmail dot com  
Dick Jackson (Delaware Valley) – sfccj at comcast dot net  
June Krauser (Florida Gold Coast) – phone 954-553-0165  
Ed O'Brien (Southern) - edwardobrien1 at mac dot com  
Randy Philpot (Utah) – rjphilpot at msn dot com  
Pete Schwenker (Colorado) – pete dot schwenker at hotmail dot com

Linda Shoenberger (Pacific) - lindaloves2swim at charter dot net

Joy Stover (Missouri Valley) – joyous6 at gmail dot com

Steve Taylor (Alaska) – 214 Charles St, Fairbanks, AK 99701, sier-ratango5 at gmail dot com

Joe Tesmer (New Mexico) – joetesmer at Comcast dot net

Greg Weber (Illinois) – greg dot weber at emerson dot com

#### New LMSC Officers

A full list of LMSC Officers can be found at [www.usms.org/lmsc/lmscofficers.php](http://www.usms.org/lmsc/lmscofficers.php).

##### Alaska

Treasurer – Shannon Titzel – Shannon at smccpa dot us

##### Allegheny Mountain

Top Ten – Joe Skoski – virski at verizon dot net

Treasurer – Lisa Ray - lisaray333 at gmail dot com

##### Florida Gold Coast

Chairman – Jonathan Olsen – jonolsenrealtor at aol dot com

Vice Chairman – Randy Nutt – info at randynutt dot com

Secretary – Chris DiGilio – chris42963 at aol dot com

##### Illinois

Editor - Chad Manbeck – manbeck at sbcglobal dot net

Safety – Fred Pigott – fpigott at ilmsa dot com

##### Inland Northwest

Chairman – Doug Garcia – douggarcia at usms dot org

Editor – Carolyn Magee – wenswim at aol dot com

Top Ten – Margaret Hair – ramgolf ATgocougs dot wsu dot edu

#### *Maryland*

Vice Chairman – Tony Martino – ajjm325 at concentric dot net  
Secretary – Rand Vaillancourt – coachrandv at aol dot com  
Sanctions – Steve Hicks – mdtopten at gmail dot com  
Editor – Lou Corones – lcorones at hotmail dot com  
Webmaster – Mark Oliphant – lane8 at mac dot com

#### *Oregon*

Vice Chair/Sanctions – Wes Edwards – wesnad at comcast dot net  
Coaches – Dennis Baker – bakeswim at yahoo dot com  
Safety – Joy Ward – silenteclipse1210 at hotmail dot com  
Secretary – Tam Jenkins – tjenkins at bizjournals STO com

#### *Ozark*

Registrar – Hap Gentry – rhgentry at earthlink dot net  
Sanctions – Mary Pohlmann – marypohlman1 at verizon dot net  
Treasurer – Karl Larson – larsonfamily1 at charter dot net

#### *Pacific*

Officials – John King – sixkings at gmail dot com

#### *South Carolina*

Treasurer – Kathy Fahnlane – kfm22 at bellsouth dot net

#### *Southern Pacific*

Chair – Mary Hull – mary at spma dot net  
Vice Chair – Mark Moore - m.w.moore at cox dot net  
Sanctions – Julie Heather – registrar at spma dot net  
Secretary – Wayne McCauley – breastroker at usa dot net  
Treasurer – Allen Highnote – allenhighnote at yahoo dot com

#### *Virginia*

Long Distance/Open Water – Dave Holland – henrydafit at aol dot com

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## ANNOUNCEMENTS

### **Executive Director**

Todd Smith has tendered his resignation as Executive Director of United States Masters Swimming to take a VP position with Duraflex International.

While his stay with our Masters family was short, his contributions in the areas of executive management of a sports NGB and professional growth of the organization are greatly appreciated. We at USMS are grateful for his service and leadership, as our first Executive Director. And we wish Todd well as he moves into his new position.

USMS has begun the search process to hire a new Executive Director and is actively seeking qualified candidates for this position. Until such time as the new Executive Director is hired, Rob Copeland (USMS president) will assume all duties of the Executive Director.

Please direct any questions and inquires regarding this announcement to Rob Copeland (president at usms dot org) or the USMS national office ( usms at usms dot org )

### **Ransom Arthur Award Nominations**

The Ransom Arthur Award is USMS's most prestigious award. It is presented annually to the person who is deemed by the committee to have done the most to further the objectives of Masters swimming programs. Any member of USMS may nominate a worthy person for this award. Nominations must be endorsed by an LMSC.

All completed nomination forms must be in the hands of the Recognition and Awards Committee Chairman, Kelly Crandell, by March 15, 2008.

More information and the nomination application are attached with this newsletter.

### **LMSC Annual Meeting Minutes & Financial Statements**

#### *Article 502.7 Records and Record Keeping*

Each LMSC shall comply with the financial record keeping and reporting requirements of USMS. The LMSC shall forward to the USMS National Office the minutes of the annual meeting and annual financial reports within 4 months of the end of the LMSCs fiscal year or by April 30, 2008. Please be sure these are sent timely.

#### **Rule Books**

We apologize for the delay in getting the 2008 Rule Book and Mini Rule books out. Both are posted up on the USMS website at <http://www.usms.org/rules/> and the following files can be downloaded

Zip file containing one large PDF file of the full rule book \*# (3.3 MB)

Zip file containing one large PDF file of the “mini” rule book (2.0 MB)

Those individuals and LMSCs who have placed orders, in addition to all entitled to a full Rule Book (LMSC Registrars, USMS members of the BOD, Committee Chairs, Special Assignments and members of Finance, Legislation, Open Water/Long Distance & Rules) and mini Rule Books (LMSC Official Chairs & members of the USMS Officials Committee) will be sent directly from the printer.

A full Rule Book along with a Club Certificate will be sent to the club contact for all 2008 registered clubs, from the National Office once they are received by the printer.

## LMSC Handbook

The 2008 LMSC Handbook has been updated and is posted up on the USMS website under Administration. The complete handbook has been e-mailed to all LMSC Chairmen and Registrars and to members of the USMS Board of Directors, Special Assignments and Committee Chairs. Individual sections have been e-mailed to the appropriate LMSC Officer.

## USMS Planners

The 2008 USMS Planners are now available at the USMS National Office. The Planner is an invaluable resource for keeping track of your swimming activities and progress, as well as a calendar for recording workouts and schedules. Valuable coupons from our sponsors, found in the back of this Planner will save you money on your swimming necessities.

The Planner is free, you just have to send a self addressed stamped (\$.58) envelope and upon receipt, a Planner will be sent right out to you.

Are you a coach? Are you hosting a meet? Order in quantity and give them out to all your members/participants. Contact the National Office for postage fees.

## 2008 Short Course Nationals

The 2008 USMS Short Course National Championships will be held May 1-4 at the Lee and Joe Jamail Texas Swimming Center at the University of Texas at Austin. Here's are a few of the details:

- The complete set of meet information is now available for this meet as well as the online entry system.  
[www.usms.org/comp/scnats08/pool.jpg](http://www.usms.org/comp/scnats08/pool.jpg)
- Swimmers are encouraged to enter online to help reduce entry errors. [www.usms.org/comp/scnats08/onlineentry.php](http://www.usms.org/comp/scnats08/onlineentry.php)
- Online entries will be accepted until midnight CDT on April 3.
- Mailed entries must be postmarked by March 20 or received by March 27.
- Be sure to get your entry in early—the entry fee is reduced by \$10 for entries received online or postmarked by March 20.
- Read more... [www.usms.org/comp/scnats08/](http://www.usms.org/comp/scnats08/)

## Top Ten Recorders and Meet Directors

In an effort to streamline our records and tabulation processes, we have separated the submission of top ten files and record applications. Please continue to send all top ten files to Mary Beth Win-drath at 20 Gardner Place, Apt 80, Oneonta, NY 13820 (TopTen at usms dot org). All record applications should be sent directly to Walt Reid at 11114 111th St. SW, Tacoma, WA 98498 (Records at usms dot org).

## FINA—Water is our World

To launch its Centenary year (1908 – 2008), the members of the FINA Bureau wish to address the serious demand for the protection of water and the environment facing the world today.

In 1908, on the occasion of the Olympic Games in London, when the delegates of eight countries decided to establish FINA, the quality, scarcity and the protection of water was not on the agenda.

One hundred years later, as we commence the year-long FINA Centenary Celebrations, and look forward to developing our Federation and our sports and paying tribute to all involved both past and present, we wish to earnestly declare that FINA associates itself with all movements directed towards the preservation of the environment and the protection of water, an essential element of life on earth.

One hundred years later, we invite all 194 FINA Member Federations, their pool and open water swimmers, water polo players, divers, synchronized swimmers, officials, trainers and everyone involved, to repeat loud and clear the international message: Respect Water.

For more information on the history of FINA, go to  
[www.fina.org/project/index.php?option=com\\_content&task=view&id=98&Itemid=9](http://www.fina.org/project/index.php?option=com_content&task=view&id=98&Itemid=9)

## International Swim Meets in the Americas and Australia

From Anthony Thompson, USMS International Committee Chair Combining a vacation with a swim meet is common for many masters - traveling to Zone or Nationals, but think about a bigger trip to an international meet in the hemisphere or even Down Under. A few upcoming opportunities include here or on the USMS Website calendar:

### April 2008

#### XII FINA World Masters Championships

Perth, Western Australia, [www.2008finamasters.org/](http://www.2008finamasters.org/)

### July 19, 2008

**1st International Invitational**, The Complete Master Swimmer Championship 2008, San Juan, Puerto Rico. For information watch for posting on the USMS calendar under international events or contact johnperez at natacionmasterpr dot com or johnperez8 at yahoo dot com

### October 19, 2008

**Bermuda Round the Sound Open Water Swims** - Hamilton Sound, Hamilton, Bermuda

OW; Randy Nutt, 954-821-3294, info AT randynutt DOT com; 10K; 7.25K; 4K; 2K & 800 meter; [www.aquamoonadventures.com](http://www.aquamoonadventures.com); Entry Deadline 10/9/2008

### December 6, 2008

**Bonaire EcoSwim** - Kralendijk, Bonaire N.A. (Dutch Caribbean)

OW; Randy Nutt, 954-821-3294, info AT randynutt DOT com; 10K, 5K, 3K, 1K and 2K Relay Caribbean; [www.aquamoonadventures.com](http://www.aquamoonadventures.com)

## Open Water Swimming Stories

Check out the several open water swimming stories that Steven Munatones (a 45 year old USMS member) has posted on [www.NBCOlympics.com](http://www.NBCOlympics.com) and [www.10Kswim.com](http://www.10Kswim.com) (where most of the photos were taken by our own Dr. Jim Miller).

For those individuals who only do pool swimming, you may enjoy: [leftbraingames.com/andy/Swim/](http://leftbraingames.com/andy/Swim/) - which is an online game where you can race against all the current and former world record holders (i.e., if you want to “see” yourself race against Michael Phelps or Natalie Coughlin – or you want to see Mark Spitz “race” against Michael Phelps or Janet Evans “race” against Kate Zeigler – you can do so).

Thank you Steve!!!

## SEARCHING FOR MISSING RESULTS

The History and Archives Committee and the Open Water/Long Distance Committee are searching for results and missing date and location information for the AAU Masters and USMS Masters Long Distance National Championship Events listed below. We are also looking for copies of the SWIM SWIM Rough Water Results Handbook distribution date Nov. 15, 1981, and any other Rough Water results issues. If you have any of these results or the missing date and location information, please email Barbara Dunbar at Archives at [usms dot org](mailto:usms dot org).

- 1974 AAU National Open Water Championships - Masters events: men 2-mile cable & women 1.5 mile cable, July 24-25, 1974, in Lake Placid, NY
- 1979 AAU National Open Water Championship – Masters 10 mile (marathon event), July 22, 1979, Seal Beach, CA (Huntington Beach to Seal Beach, CA)
- 1980 AAU National Long Distance Championships, 2-mile event (¼ mi closed course straightaway cable), August 3, 1980, Lake Clare, Huntington, IN
- 1981 Quarter-mile Straightaway (2-mile cable event), Huntington, IN
- 1981 Open Water 3 miles - Seal Beach, CA
- 1981 Marathon ? 10 miles - ? Seal Beach, CA
- 1982 Quarter-mile Straightaway (2-mile cable event), July 1982, Huntington, IN
- 1982 One Mile Open Water (new event), December 1982, Ft. Lauderdale, FL;
- 1982 Open Water 3 miles, July 1982, Seal Beach, CA
- 1982 Marathon 10 miles, July 1982, Seal Beach, CA
- 1983 Quarter-mile Straightaway (2 miles) July 16-17, 1983, Lake Clare, Huntington, IN, part of the 26th Annual Glen Hummer 2 Mile cable event hosted by Huntington YMCA, Huntington, IN
- 1983 USS/USMS National Long Distance Championships (2-6 mi open water), July 17, 1983, 3 mile at Seal Beach, CA
- 1983 USS/USMS National Long Distance Championships (Marathon Type, >6 miles), July 17, 1983, 10 miles at Seal Beach, CA

- 1984 Quarter-mile Straightaway (2 miles)
- 1984 Open Water (1.5-3.0 miles); ? miles – maybe July 15, 1984, 3 mile at Seal Beach, CA
- 1984 Open Water (3.5-5.0 miles)
- 1984 Team (approximately 6000 yards), ? (probably there was no bid)
- 1984 Marathon Type (>6 miles), ? 10 miles – maybe July 1
- 1984 10 mile at Seal Beach, CA
- 1985 One Mile, Atsion Lake, New Jersey (Mid-Atlantic Masters?)
- 1985 Open Water (3.5-5.0 miles), 3.5 miles - Seal Beach, CA
- 1985 Marathon Type (>6 miles), 10 miles - Seal Beach, CA
- 1985 Team (approximately 6000 yards), University of Alabama (no evidence that it took place)
- 1986 One Mile, “Glen Hummer” in Indiana
- 1986 Quarter-mile Straightaway (2 miles), “Glen Hummer” in Indiana
- 1986 Open Water (1.5-3.0 miles), 3 miles - Seal Beach, CA
- 1986 Marathon Type (>6 miles), 10 miles - Seal Beach, CA
- 1986 Team (approximately 6000 yards), Midwestern Masters (see conv. minutes ‘85)
- 1987 One Mile, Bolsa Chica State Beach, CA
- 1989 Open Water (>6 miles), 10 miles - Seal Beach, CA
- 1991 Open Water (3.5-5.0 miles), 5 miles - San Pedro, CA

## USMS CLUB IN A BOX

USMS has made Club / LMSC development and membership a priority, and have allocated funds to promote a program called “USMS Club In The Box”. This program will assist LMSCs and Clubs in the development of their adult aquatic fitness programs. The program will bring a USMS expert into your community for an extended period of time to provide workshops on building and growing your program, and most importantly it will be funded by USMS.

To apply for this program you must first complete a questionnaire developed to access your needs. Please contact the USMS National Office to request a questionnaire or if you have questions regarding this program call or email Mel Goldstein 317-253-8289, [goldsteinmel@sbcglobal dot net](mailto:goldsteinmel@sbcglobal dot net)

## Insurance Certificates On line

### *Proof of insurance for USMS Clubs.*

A location your club is swimming at might ask you to be added as additional insured to your policy. You can now process this request yourself directly over the Internet 24 hours a day, 7 days a week. Please call Carmen Van Boening at 1-800-777-4930 # 10 with any questions. Make sure that you are online when calling, so Carmen can guide you through the program

Go to [www.certificatesnow.com](http://www.certificatesnow.com)

1. Enter your User ID - 2 digit LMSC number, a dash (-), your 3 digit club number (Example - xx-xxx)
2. Enter your Password – MASTERS (in capital letters)
3. Click on “Deliver Certificates” in the middle of the screen
4. Select the “2007 Masters Certificate” and hit continue
5. Either:
  - a. Select a Recipient and hit Continue
  - b. Change a Recipient by clicking on the blue name. The field will open and you can edit the information. Make sure to save the information, select the Holder and hit Continue
  - c. Add a New Recipient. click on New Recipient, a window opens. Enter name, address, city, state, zip, country of the location that asked you for this Certificate.

Choose a delivery method. You have the option to e-mail, fax, US-Mail, or save only. Depending on the method you choose you need to enter the information in the appropriate field. (Example - if you choose e-mail you will need to enter the e-mail address).

Click Save, Select the Recipient and hit Continue

Please do not add your own swim club name or any individual person as recipient. It has to be the facility or company that asked you for this Certificate and you always need the facilities address, no matter which delivery method you choose.

6. Review Information and hit continue.
7. Review Delivery Method and hit continue.
8. This is the last screen. For a copy of the Certificates for your files check the box and a copy of the certificate will be e-mailed to you. A copy will be sent to the main e-mail address that is registered with US Masters Swimming.
9. Hit Deliver Now and you will be brought back to the beginning and this means that your certificate was sent out. The system may take up to 48 hours to deliver the certificate.

## USMS National Postal & Open Water Championships

To keep up with the ever-growing popularity of the 5 USMS National Postal Championships and the 1 Mile and 2 Mile OW Cable National Championships, LMSCs are opting to establish and maintain both individual and relay records at the LMSC level for these events. These records correspond to the same events that are kept at the National level: One Hour Postal, 5K Postal, 10K Postal, 3000 yard Postal, 6000 yard Postal and the 1 Mile and 2 Mile Open Water Cable Swims. What is your LMSC doing?

- National Records can be viewed at [www.usms.org/longdist/ldnrecords.php](http://www.usms.org/longdist/ldnrecords.php)
- Results dating back to 1998 are posted at [www.usms.org/longdist/ldchamps.php](http://www.usms.org/longdist/ldchamps.php)
- OWLD 2007 All American, All Star, and Postal Recipient Lists have been posted at [www.usms.org/longdist](http://www.usms.org/longdist)

### *2010 Long Distance National Bid Forms*

Bid forms for the 2010 USMS Long Distance Championships (attached with this newsletter) have been e-mailed and must be returned to Marcia Cleveland ([longdistance AT usms DOT.org](mailto:longdistance AT usms DOT.org)) no later than Friday, August 1, 2008. Forms are also available by emailing Marcia or by going to the Long Distance web site ([www.usms.org/longdist](http://www.usms.org/longdist)). Site/host selection for the 2010 events will occur at the 2008 USMS Convention in Anaheim, but committee review and discussion will take place prior to convention. The Long Distance Committee encourages all interested organizations to bid, particularly those that have not previously hosted a national championship.

Out-of-area bids for open water events will not be considered if there are qualified, in-area bids, but this is often not the case. The last page of the bid form contains the area system for 2010. Postal events are not subject to area restrictions, and you may use one form to bid for more than one postal event.

## USMS Endowment Fund Grant Applications

A Reminder from your USMS Endowment Fund: Applications for grant consideration can never be submitted too early!! You can download an application from the USMS website and send it along for consideration by the USMS Endowment Fund Board of Governors at any time. AND, don't forget to keep the Endowment Fund in mind as a means of honoring and/or memorializing one of your swimmers!! The Endowment Fund can make more grants as it receives more money from your check off or your charitable contributions. There are many ways to express your charitable intent with a deductible donation to the Endowment Fund. Contact Doug Church, Chair of the Endowment Fund for more information! [dchurch at cchalaw dot com](mailto:dchurch at cchalaw dot com)

## Support USMS by Applying for the USMS Affinity Card

USMS membership can now apply for a USMS Credit Card through our USMS Corporate Partner Bank of America. Using this credit card will help support many USMS programs and give you the member the option of cash back, travel or merchandise when using your USMS Credit Card.

Go to the USMS website click on the MBNA Credit card and you will be linked to the Bank of America USMS Credit Card application (Bank of America has taken over MBNA). Complete the application and you can start to earn cash back, travel or merchandise and support USMS. For those USMS members who already have a MBNA credit card and have been supporting USMS can now convert their current credit card to the Bank of America World Points program by calling Bank of America Customer Service 1-800-932-2775. Bank of America will issue a new card and you may continue to use the old card until the new one arrives.

## Rules Corner

by Kathy Casey, USMS Rules Chair

### *Fly Splits from the IM*

Situation: I was told that the 50 fly split and the 100 fly split from the 400 IM would not count as official times for butterfly because the event is called "IM" instead of butterfly and the rule book says, "An official time for an event or stroke can only be achieved...in an initial distance of such event or stroke." (103.13.2)

Answer: That is the correct rule, but the interpretation was wrong. The rule book describes the first one-fourth of the IM as butterfly (101.6). Therefore, the 50 fly split and the 100 fly split of the 400 IM would both count as official times for butterfly. Quoting 103.13.2 above along with the language of 101.6 (in parentheses), "an initial distance" (first one-fourth) "of such event or stroke" (individual medley) means the butterfly (first one-fourth of the IM).

### *Swimmers with Disabilities*

Question: If a swimmer has severe damage to the rotator cuff in the left shoulder, is she allowed to swim one length of butterfly with the right arm only and the next length with the left arm only?

Answer: No. The general rule is: if a part of the body cannot be used, it is not judged; if it is used during the stroke or kick, it should be judged in accordance with the USMS rules (108.5.2). In this case, the injured arm was used every other length in that race and must be judged according to the stroke rules for butterfly (101.3.2). Referees have the authority to modify rules for swimmers with disabilities (103.6.7 and 108.1.1). Article 108 contains guidelines and suggestions for modifying the rules for swimmers with disabilities. Article 108 cannot list the modifications for every disability that



exists, so each case is handled on its own merits. The swimmer (or a representative of the swimmer) must notify the referee of the swimmer's disability prior to the competition.

### *Recognized Meets:*

Question: How do we get times from a recognized meet to count for USMS?

Answer: These steps must be followed (1, 2, and 3 are not required for meets sanctioned by USA Swimming, 202.2):

1. Apply to the LMSC where the meet is to be held for recognition and get a recognition number for that meet. (202.2.1A)
2. A USMS observer must be assigned to the recognized meet. (202.2)
3. The USMS observer must submit a written report to the LMSC verifying whether the relevant USMS rules were followed or not. (202.2)
4. The swimmer(s) must submit the times and documentation for those times to the appropriate LMSC Top 10 recorder. (202.2)
5. The pool length certification must be on file with USMS or USA-S or must be measured and submitted if such certification is not on file or if there have been structural changes to the pool (for a bulkhead pool, the length of the two outside lanes and a middle lane must be confirmed at the end of each session). (105.1.6 & .7)

Note: Caution! World record applications are accepted only from meets sanctioned by USMS or a FINA member federation and will not be accepted from recognized meets. (Instructions on the "Application for USMS and/or World Record", Appendix B)

For any questions about rules contact Kathy Casey, USMS Rules Chair, rules at usms dot org.

## Funds Available for Mentor Coach and Swimmer Clinics/Open Water Clinics

Funds are available to LMSCs and clubs for hosting a Mentor Coach and Swimmer clinic. These clinics consist of a minimum two-hour coaches' clinic and four-hour swimmers clinic.

Funds are also available for hosting Open Water clinics. These clinics consist of a minimum four-hour swimmers' clinic and may be coupled with a sanctioned/recognized open water swim.

Both clinics types are directed by a local volunteer in conjunction with an approved experienced clinician which the coaches committee can help identify. For additional details, contact the Coaches Committee clinic coordinator, Doug Garcia, 509-332-1621 (before 9 pm PST) or send email to douggarcia at usms dot org.

## RANSOM ARTHUR AWARD NOMINATIONS

The Ransom Arthur Award is USMS most prestigious award. It is presented annually to the person who is deemed by the committee to have done the most to further the objectives of Masters swimming programs.

### GOALS AND OBJECTIVES

- A. To encourage and promote improved physical fitness and health in adults.
- B. To offer adults the opportunity to participate in a lifelong fitness and/or competitive swimming program.
- C. To encourage organizations and communities to establish and sponsor Masters swimming programs.
- D. To enhance fellowship and camaraderie among Masters swimmers.
- E. To stimulate research in the sociology, psychology, and physiology of Masters swimming.

Any member of USMS may nominate a worthy person for this award. Each nomination:

1. MUST be endorsed by an LMSC.
2. MUST be limited to a one-page-only (8 ½" x 11") application form.
3. Should include a single, one-page-only letter of endorsement.

The one-page application form may be produced on computer or submitted on the attached application form. Computer-generated application forms must be one page only and must follow the exact format and order of information as shown on the attached application form. Application forms longer than one page or using a different format will be returned. ONE, one-page letter of endorsement may be submitted. Any additional material will not be considered. Electronic submissions will be accepted.

Nomination deadline is March 15<sup>th</sup>. All completed nomination forms must be in the hands of the Kelly Crandell, Recognition and Awards Chair, on or before that date. They will then be circulated to Recognition and Awards Committee members who will give careful consideration to all nominations and make the final selection. The award recipient will be announced during Short Course Nationals in May.

#### Address

Kelly Crandell  
c/o Ransom Arthur Nom.  
1642 S Winnifred Street  
Tacoma, WA 98465

or

#### Email (preferred)

Kelly Crandell  
[Awards@usms.org](mailto:Awards@usms.org)  
[kelly.crandell@comcast.net](mailto:kelly.crandell@comcast.net)



**February 19, 2008**

**To: LMSC Chairs, Editors, Webmasters and OWLD Chairs; Open Water & Long Distance Meet Directors; USMS Open Water Committee; USMS Board of Directors**

Greetings. The 2010 USMS Open Water Long Distance National Championship bid form is attached. We encourage all interested organizations to bid, particularly those that have not previously hosted a national championship.

With this Bid Form, the Open Water Committee has adopted a new spreadsheet format to streamline the bidding process for both the bidders and our committee.

Please fill out the attached bid form, including dates for the event if available, and **email** to me no later than Friday, August 1, 2008. Site/host selection for the 2010 events will occur at the 2008 USMS Convention in Atlanta, Georgia but committee review and discussion will take place prior to Convention, thus requiring email submission. Accordingly, bids received by mail or fax will not be accepted. Attachments to the bid form are not required and only a total of three will be accepted.

It is advisable to secure an electronic receipt or a confirmation email to insure that your bid form was received.

Selection will be based on the suitability of the bid received, the area in which the event is to be held, the timeliness of the submission, and how the entire annual event schedule works as a whole. Untimely bids (those received after August 1st) will not be considered if a qualified, timely bid is received for the same event. Bid presentations at Convention are strongly recommended but not required and each presentation is strictly limited to 5 minutes. If you choose not to make a presentation, we suggest that a representative be present to answer any questions that the committee might have. Bidders will be alerted as to when these presentations will take place at Convention.

The current USMS Open Water calendar includes both open water and pool long distance events. For examples of current events, this calendar is available at: <http://www.usms.org/comp/ldcalendar.php>.

We encourage you to add your Open Water and Postal events to this calendar by filling out the form at: <http://www.usms.org/comp/eventform.php>.

Feel free to copy this email to any interested party and to contact me if you have any questions. Note that we used several email lists, so you may receive multiple copies of this communication.

Swimcerely,

Marcia Cleveland  
Chair, USMS Open Water Committee

915 Pine Tree Lane,  
Winnetka, IL 60093  
847-446-5142  
MarciaC944@gmail.com

USMS OWLDC  
2010 POSTAL BIDS

	<b>Event-OW</b>	<b>1 Mile</b>	<b>1 Mile Cable</b>	<b>2 Mile Cable</b>	<b>1-3 Mile</b>	<b>3-6 Mile</b>	<b>&gt;6 Mile</b>
<b>Actual length</b>		1 mile	1 mile	2 miles			
<b>Event name</b>							
<b>Event location</b>							
<b>Body of water</b>							
<b>Event date</b>							
<b>Team/sponsoring organization</b>							
<b>Sanctioning LMSC</b>							
<b>Meet Director 1: Name, Address, Phone, Email</b>							
<b>Meet Director 2: Name, Address, Phone, Email</b>							
<b>Date submitted to OWLD Chair</b>							
<b>In Area?</b>							
<b>Timely?</b>							
<b># Entrants Expected</b>							
<b>Expected temperatures of water and air on race day.</b>							
<b>List Championship Experience (OW Events, Postal, OW Nat'l Champs, Zone, Pool)</b>							
<b>List Local Experience</b>							
<b>Volunteer Source: Experience, numbers</b>							
<b>\$ Fee: Individual Entry (Does this include a t-shirt?)</b>							
<b>\$ Fee: Relay/Team Entry (Will you offer 'Relay' events?)</b>							
<b>\$ Late Entry Fee (Indicate if you will allow Race Day entries.)</b>							
<b>\$ Fee: T Shirt, Cap, etc. (Please specify.)</b>							
<b>Club Scoring?</b>							
<b>Lunch (Meal)/Snack Included with Entry? List additional charge if applicable, to 'others'.</b>							
<b>Please provide details of your Safety Plan.</b>							
<b>Please provide details of the course, including any possible hazards.</b>							
<b>Please provide details of your seeding procedures, if any.</b>							
<b>Indicate any time limit for race.</b>							
<b>Indicate Starting Procedures, such as Water Start, Running Start, Seeded Start, and approximate numbers in each start.</b>							
<b>Indicate Finish Procedures, such as Water Finish, Running Finish (and approx. distance if applicable.)</b>							

USMS OWLDC  
2010 POSTAL BIDS

<p><b>Our sponsoring organization has read Sections 305.5 and 305.6 of the USMS Rule Book and we understand our financial obligations to this National Championship. (Answer "Yes" or "No" )</b></p>						
<p><b>Are Budgets from Previous Races available for the OWLDC to view upon request? (Answer "Yes" or "No" )</b></p>						
<p><b>Indicate awards to be offered: 1st place through - what place? For both Individual and Relays (USMS 305.10.1: thru 6th at least.)</b></p>						
<p><b>Will a Participation Award be given? (If so, SPECIFY.)</b></p>						
<p><b>Our sponsoring organization understands that a maximum of 3 attachments* (not required) will be presented to the OWLDC either before or at Convention. (Answer "Yes" or "No" )</b></p>						
<p><b>Our sponsoring organization accepts the time limit of 5 minutes for our presentation at Convention. (Answer "Yes" or "No".)</b></p>						
<p><b>Our sponsoring organization understands that this bid will be circulated, discussed, and reviewed by the entire OWLDC prior to Convention. (Answer "Yes" or "No".)</b></p>						
<p><b>Other pertinent information or comments about this bid that you want the OWLDC to know.</b></p>						
<p><b>If you are bidding for multiple events, including the postal events, please your priority, i.e. 1, 2, 3.</b></p>						
<p><b>* Examples of attachments include: Availability of Housing to out-of-town Swimmers, Course Diagram, Photos, etc. The OWLDC is not interested in receiving sample of previous Results (1-2 pages), Proposed Entry Form, or multiple photographs.</b></p>						

<b><u>Event-Postal</u></b>	<b>OHP</b>	<b>3-6000</b>	<b>5-10K</b>	
<b>Event Name</b>				
<b>Team/sponsoring organization</b>				
<b>Sanctioning LMSC</b>				
<b>Meet Director 1: Name, Address, Phone, Email</b>				
<b>Meet Director 2: Name, Address, Phone, Email</b>				
<b>Date Submitted to Long Distance Chair</b>				
<b>Timely?</b>				
<b>List Championship Experience (OW Events, Postal, OW Nat'l Champs, Zone, Pool; previous Natl. Champ. Postal experience required for One Hour Postal.)</b>				
<b>List Local Experience</b>				
<b>Volunteer Source: Experience, numbers.</b>				
<b>\$ Fee: Individual Entry (Does this include a t-shirt?)</b>				
<b>\$ Fee: Relay/Team Entry</b>				
<b>\$ Fee: T Shirt, Cap, etc. (Please specify.)</b>				
<b>Our sponsoring organization has read Sections 305.5 and 305.6 of the USMS Rule Book and we understand our financial obligations to this National Championship. (Answer "Yes" or "No".)</b>				
<b>Our sponsoring organization has read Sections 305.9.1B of the USMS Rule Book and we understand the scoring system available for both the 3000/6000 Yard Postal and 5K/10K Meter Postal. (Answer "Yes" or "No".)</b>				
<b>Are budgets from previous races available for the OWLDC to view upon request? (Answer "Yes" or "No".)</b>				
<b>Indicate awards to be offered: 1st place through - what place? For both Individual and Relays (USMS 305.10.1: thru 6th at least.)</b>				
<b>Will a Participation Award be given? (If so, SPECIFY.)</b>				
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