

THE JON STEINER MEMORIAL MILE TAM's 1650 Postal

January & February 2012

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. Sanction # 38-12-01

***** SWIM FOR LUNG CANCER RESEARCH *****

**50% (half) of all entry fees will be donated to the
Lung Cancer Research Foundation.**

(Who was Jon Steiner? See: www.tammasters.org/JonSteiner.html)

WHAT YOU NEED: A pool at least 25 yards in length and someone to time you.

DISTANCE: 1650 yards or 1500 meters swum in a meters pool (50 m. or 25 m).

DATE: Anytime between Dec. 17, 2011 and February 29, 2012.

AGE DIVISIONS: 18-24, 25-29, 30-34, ..., 100+, male and female.

ELIGIBILITY: All swimmers registered with USMS for 2012 are eligible to participate. You must have a valid 2012 USMS registration number to participate.

RELAYS: 4 person relay entries will be accepted in the following age groups: 18+, 25+, 35+, etc., male, female, and mixed. **Each person swims (and must individually enter prior to submitting the relay entry) the 1650**; relay entries are scored on total combined time for the four (4) 1650s.

RULES: All USMS and PacMasters rules apply. A split sheet with 50 yard/meter splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted. Meters times may be converted to yards times by dividing by 1.02.

ENTRY FEES: For individual entries: **UP TO YOU**. 50% of whatever you submit will be sent to the Lung Cancer Research Foundation. Checks should be made payable to "Tamalpais Aquatic Masters". Entry fees are not refundable or transferable. www.tammasters.org/PoolMileEntry *If you have previously participated in the 1650, you need only enter your name and date of birth online (it's much easier than filling out this clumsy form).* Relays are **FREE**.

ENTRY: You are encouraged to enter online at www.tammasters.org/PoolMileEntry. You may also enter using the form below, or a consolidated entry form. Please retain your split sheets as we may need them to settle controversy. Mail entries to TAM 1650, c/o Jon Haveman, 35 Twin Oaks Ave, San Rafael, CA 94901.

Note regarding online entries: If you enter online:

- You can pay by credit card
- Upshot: you can eliminate snail mail!

Leveraging other swims: We will accept splits from other sanctioned swims. For example:

- The first 1650 of your hour swim
- Computer generated splits from any other USMS sanctioned event

POSTMARK DEADLINE: All entries must be postmarked or submitted online by March 11, 2012.

MASS TEAM ENTRIES: In order to make entering easier for teams with many participants, an excel spreadsheet can be provided that indicates the information required and that is pre-populated for swimmers on the team who have participated in past Postal 1650 swims. **Payment can be made by single check or credit card charge.** Contact Jon@tammasters.org for a spreadsheet for your team.

AWARDS: 1-3rd place ribbons for individuals. Awards, results, and T-shirts will be sent/posted in mid April.

TEAM AWARD: Each year, the team with the highest percentage of membership participating in the event will receive a trophy. Three teams will win, one each from among small, medium, and large team entries. Teams eligible for awards will be determined by the event organizers. In particular, teams must be recognized by USMS have at least 3 swimmers and at least 10% of total membership participating.

INFORMATION: For more information or questions please contact Jon Haveman at (415) 457-1228, email: jon@tammasters.org.



Postal 1650 SPLIT SHEET

A customizable Split Sheet is available at: www.tammasters.org/links.html

Name:..... Date:.....

50	500	950	1400
100	550	1000	1450
150	600	1050	1500
200	650	1100	1550
250	700	1150	1600
300	750	1200	1650
350	800	1250	
400	850	1300	
450	900	1350	

Timer's Signature:.....

If you enter online, you can stop here, but be sure to hold onto your signed split sheet.

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2012 TAM 1650 POSTAL SWIM ENTRY FORM

Name..... Age Please circle: M F Date of Birth:/...../.....

MY TIME: : (Time must be recorded to the one-hundredth of a second.)

USMS No.:..... Club(abbrev. only)

E-mail address:.....

Address.....City..... State Zip

Telephone: (.....).....

T-SHIRTS: T-shirts are available for \$18 each; XX large are \$20. If you wish to order a T-shirt, please indicate size:

Size (Please circle size): XXL XL L M S

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 AND/OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by time rules and regulations of USMS for Open Water Events. In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Name of Event: TAM 1650 Postal

Signature.....

Date Swum:.....

Amount Paid: \$_____ (contribution + t-shirt)
(Whole numbers please.)