



**SAN DIEGO-IMPERIAL LOCAL MASTERS SWIM COMMITTEE (SI LMSC) a
division of UNITED STATES MASTERS SWIMMING, INC. (USMS)
SI LMSC, 5666 La Jolla Blvd #244, La Jolla, CA 92037
2014 SI Newsletter**

U.S. Masters Swimming (USMS) is a non profit, member-run corporation founded in 1970 which governs and coordinates Masters Swimming in the United States. USMS "exists to promote fitness and health in adults by offering and supporting Masters Swimming programs." USMS supports and encourages competition among its members and those of other nations," but more than half of its members are fitness swimmers who do not compete. Adults age 18 and over are eligible to be members of and to participate in USMS. USMS is one of five organizations which comprise "United States Aquatic Sports" (USAS). USAS is a member of FINA, the international governing body for aquatic sports.

Local Masters Swimming Committees (LMSCs) are geographical divisions of the USMS Corporation with supervisory responsibilities within their specified geographic territory. LMSCs are grouped into eight zones. The Southwest Zone is composed of the LMSCs from SAN DIEGO-IMPERIAL (SI), Southern Pacific (SP), Arizona (AZ), and New Mexico (NM). Information about individual LMSCs can be found on the USMS web site under the "Local Programs" tab, <http://www.usms.org/lmsc/#>.

San Diego-Imperial Local Masters Swimming Committee (SI LMSC)

The SI LMSC web site address is <http://www.simastersswim.org>.

The SI membership/registration site link is <http://www.usms.org/req/register.php?LMSCID=44> .

For LMSC swimmers interested in their performances, a great USMS web site feature is the event ranking database at http://www.usms.org/comp/meets/toptimes.php?utm_campaign=top_nav&utm_medium=events_and_results. Swimmers can view unofficial rankings of all submitted times for an event. Not all meet results are in this database, and the rankings are unofficial. Some results appearing in the event ranking results database may not appear in official published top ten times at the end of a season if the pool measurements or meet conduct or results do not meet USMS standards. For official year-end rankings, consult the USMS Top Ten list, <http://www.usms.org/comp/tt/>.

The USMS link to SI LMSC information is <http://www.usms.org/lmsc/lmscinfoform.php?LMSCID=44>. Information includes LMSC size, registration and membership form links, contact information, calendar of sanctioned and recognized SI events, SI officers and representatives, places to swim, lists of SI swimmers in the National top 10, SI All American and All Star, Bylaws, latest Annual Meeting minutes, and more.

SI LMSC organizes, governs, and coordinates masters swimming in San Diego County and Imperial County in California. SI LMSC membership fees help pay for expenses involved with running the local program. This includes sending USMS membership renewals, processing club and individual registrations, sanctioning and recognizing masters swimming events in the SI LMSC, updating and providing information to masters swimmers, processing event results, verifying and submitting times for USMS top ten times and the event ranking database, verifying and submitting applications for local, national, and FINA world records, providing certified meet official stipends, partially subsidizing meet management and electronic timing costs, purchasing and repairing fixed assets such as stopwatches and the electronic timing starting system, representing SI LMSC at the USMS annual meeting, maintaining LMSC standards as set by USMS, filing tax forms, archiving documents as required, etc.

Volunteers are needed to help time at masters swim competitions and to perform LMSC functions. Twice a year, in October and May, the Places to Swim/Workout Locations list on the SI web site and the listings on the USMS Places to Swim need to be reviewed and updated. We need volunteers to periodically proof the web site for typos, link errors, and outdated content. If you are able to help, please email us at info@simastersswim.org. To thwart email address harvesting programs, many e-mail addresses are listed with "(at)" substituted for the "@" symbol and with "(dot)" substituted for the "." symbol. Please re-substitute the "@" and "." symbols when e-mailing.

Swimwear rules for pool and open water competition

For pool competitions, swimwear must comply with FINA standards. Competitors may wear only one suit in one or two pieces (swim bikinis are OK; jog bras, athletic supporters, or a second suit under a suit are NOT OK). All suits must be made from a textile material (no neoprene, etc.). For women, the suit shall not cover the neck or extend past the shoulders or below the knees. For men, the suit shall not extend above the navel or below the knees. Only FINA-compliant suits may be worn. Suits may NOT have fasteners (no clasps, clips, hooks, snaps, zippers, buttons, etc.). Waist tie strings are OK.

For open water events, acceptable swimwear is listed is defined in two categories. For category one, suits must conform to the USMS pool competition standards. Category two permits wearing wetsuits and pre-FINA 2010 approved tech suits including long leg and long sleeves.

USMS MEMBERSHIP (REGISTRATION): Swimmers must have a current USMS membership to participate in USMS-sanctioned events and organized masters swim workouts which require membership for liability insurance coverage, and to be eligible for inclusion in the USMS event ranking database, individual or relay National Top Ten Times, and for SI LMSC, USMS National, and FINA World records.

ONLINE - INDIVIDUAL USMS MEMBERSHIP PROCESS (preferred):

Beginning on Nov. 1 each year, an email with a link to your personal online registration form is sent to each of you who provided an e-address. Your link expires in 30 days and should not be forwarded to anyone else for security reasons. If you are reluctant to click on the personal link in the email, you can also access your registration renewal form by going to: <http://www.usms.org/lmsc/lmscinfoform.php?LMSCID=44>. Enter or change data carefully. At the process end, you will receive a receipt and be able to print a copy of your membership card.

VIA MAIL - INDIVIDUAL USMS MEMBERSHIP PROCESS:

You can also apply for or renew your USMS Membership by mailing a signed application form with fee to the SI postal mail box address listed on the form. A membership form is mailed in November each year to everyone who did not list an email address. The form can be downloaded from the SI LMSC web site at <http://www.simasterswim.org/SI-USMS-RegMember-Form.pdf>. You can also mail a form request to: SI LMSC, 5666 La Jolla Blvd #244, La Jolla, CA 92037, or email a form request to SISecretary(at)usms(dot)org.

PRINT A MEMBERSHIP CARD WHENEVER NEEDED or UPDATE YOUR MEMBERSHIP LISTING:

To print your USMS membership card, go to <http://www.usms.org/reg/getcard.php> and correctly enter your First Name, Last Name, Gender, Birth Date and Zip Code. Open your card file and print your card copy.

To update online, follow the instructions at http://www.usms.org/reg/update.php?ref=FP_Reg. To request an update by the SI Registrar, mail a request to SI LMSC, 5666 La Jolla Blvd, #244, La Jolla, CA 92037.

UNATTACHED is now UC44

There has been a recent change in the way that USMS designates members who wish to join U.S. Masters Swimming with no club affiliation (previously called unattached) due to recent FINA (international swimming governing body) rulings and due to updated actions that were taken by USMS at the September 2013 convention. According to FINA rules, all competitors must be members of registered clubs. Allowing unattached competitors to participate in USMS events does not comply with FINA rules and would cause times from all competitors participating in an event to be dis-allowed for FINA Top ten times and for World Record consideration.

For 2014, swimmers who are “not affiliated with a team” (previously unattached) are listed as club UC. If one chooses to be not affiliated with a club for the 2014 registration year, the club affiliation (full name and abbreviation) will be designated as UC44 to indicate that you are a member of an Unaffiliated Club from the SI LMSC. The numerical code for the SI LMSC is “44.” The LMSC code is listed as the first two digits of your membership number.

These changes do not alter the competitive status of an otherwise unaffiliated swimmer who remains ineligible for relay team participation or team points competitions. Swimmers with UC club designations who enter an international meet must list UC44 as both the full club name and abbreviation. Never list “unattached.”

CHANGE OF CLUB AFFILIATION:

The annual registration renewal period is the only time when you can change club affiliation from one club to another club without a 60 day waiting period and without a transfer form and fee. The annual registration renewal period begins on November 1 and goes until you actually renew your membership. Further information about change of club affiliation is below.

CHANGING AFFILIATION from UC44 (unaffiliated club) to a club requires **NO** waiting period and can be done by filing a change of affiliation/transfer form and by paying the transfer fee.

CHANGING AFFILIATION (changing club representation/affiliation) from one club to another club **at the annual re-registration time** requires **NO** waiting period and no transfer fee.

CHANGING AFFILIATION from one club to another club **other than at the annual re-registration time** requires a **60 day “waiting” period**. The following options are available:

- 1) Do not compete in any sanctioned events for 60 days and file a transfer/change of affiliation form (with fee) after the 60 day waiting period to change from one club to another.
- 2) If you want to compete during the 60 day waiting period, you must change your affiliation to UC44 (unaffiliated) by filing a transfer form (with fee) and swimming sanctioned events as “UC44” during the 60 day waiting period. Sixty days after having last represented your former club in a sanctioned event, you can officially change affiliation to the new club by filing a "change-of-affiliation/transfer" form (with fee). Note that during the 60 day waiting period, you can compete UC44 (unaffiliated) in sanctioned events only if you officially transferred or changed to UC44, unaffiliated club status.