

SAN DIEGO-IMPERIAL (SI) LOCAL MASTERS SWIM COMMITTEE (LMSC)
a division of **UNITED STATES MASTERS SWIMMING, INC. (USMS)** Rev070714

SWIMMER INFORMATION

MASTERS SWIMMING is an international, age group swimming program for adults.

UNITED STATES MASTERS SWIMMING, INC. (USMS) U.S. Masters Swimming is a non profit, member-run corporation founded in 1970 which coordinates and governs 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, known as **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).

SAN DIEGO-IMPERIAL LOCAL MASTERS SWIMMING COMMITTEE (SI LMSC)

The SI LMSC web site address is <http://www.simasterswim.org>. 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 member communications; processing club and individual registrations, transfers, and updates; sanctioning and recognizing SI LMSC masters swimming events; 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; safeguarding and archiving documents as required, etc.

Information about SI LMSC can be found on the USMS web site at

<http://www.usms.org/lmsc/lmscinfoform.php?LMSCID=44>

USMS MEMBERSHIP (REGISTRATION): Masters swimmers must have a current USMS membership to compete or take part in USMS-sanctioned events, to participate in 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 listings, and for SI LMSC, USMS National, and FINA World records.

ELIGIBILITY: Individuals age 18 and older are eligible to be members of USMS. Competition age groups are 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, ..., 100-104, ..., in 5 year increments as high as is necessary. If age and registration requirements are met, ANYONE is eligible to be a member regardless of ability, speed, age, sex, or competitive swimming background.

USMS CLUB MEMBERSHIP – Clubs must be USMS members in order for swimmers to be registered as members of (affiliated with) the club. Near the end of each year, clubs must renew their membership for the following year by October 31, two months before the end of the year, due to the fact that individuals can begin renewing their memberships on November 1. In order for a swimmer to renew as a member of a club, the club must already have renewed for the upcoming year.

USMS INDIVIDUAL MEMBERSHIP is valid for a calendar year from Jan. 1 to Dec. 31, except new members who register for the following year during the final two months of the year receive a membership valid for the final two months of the year plus the following year. The on-line Membership site for SI LMSC is located at <http://www.usms.org/lmsc/lmscinfoform.php?LMSCID=44>.

ONLINE - INDIVIDUAL USMS MEMBERSHIP PROCESS (preferred):

Beginning on November 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 is personalized, 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 (Membership link) at "<http://www.simasterswim.org/SI-USMS-RegMember-Form.pdf>". You can also request a form by sending an email to SIRegistrar(at)usms(dot)org or by mailing a request to: SI LMSC, 5666 La Jolla Blvd #244, La Jolla, CA 92037.

EMAIL ADDRESS LISTING:

Note, 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 substitute the "@" and "." symbols when e-mailing.

PRINT A MEMBERSHIP CARD WHENEVER NEEDED:

To print your USMS membership card as proof of membership for workouts, events, or meets, go to <http://www.usms.org/reg/getcard.php>.

In order to **reprint your USMS card**, you must go to the above web address. You must correctly enter your First Name, Last Name, Gender, Birth Date and Zip Code. You can also enter your permanent ID to expedite the process. You will be given the option to open or save your card file. If you open it, your card will be displayed and you can then print a copy

UPDATE YOUR MEMBERSHIP LISTING

To update online, go to http://www.usms.org/reg/update.php?ref=FP_Reg and follow the instructions. If you prefer the SI Registrar to update your information, then mail an update request to SI LMSC, 5666 La Jolla Blvd, #244, La Jolla, CA 92037. You cannot change your club affiliation online; this needs to be done by submitting a form and fee to the registrar (see next page).

USMS PERMANENT IDENTIFICATION NUMBERS have been issued to USMS members. Your membership number contains a permanent ID that will not change and a variable section which represents your LMSC code (44 for San Diego-Imperial), the year, and a variable character. If you register in another LMSC or re-register after a gap between registration years, please notify the registrar that you were once a member of USMS so that your permanent ID can be located and a valid member number issued. Some of the membership numbers might be difficult to read. The letters "O/o" and "Q/q" are NEVER used, however the number ZERO (0) IS USED. Unfortunately, the letter "D" sometimes looks like a zero. The letters "I/i" and "L/l" are NEVER used; but the number ONE (1) IS USED. It may be difficult to distinguish between the letter "B" and the number eight (8), the letter "Z" and the number two "2," and the letter "S" and the number five "5."

REPRESENTATION and CLUB AFFILIATION: When registering with USMS through the SI LMSC, a swimmer must declare affiliation either as UC44 (unattached/no club; UC=united club) or with a club that is a current member of SI LMSC and USMS. A club must renew its membership before swimmers can represent the club. If a club has not renewed, then the club will not appear on the on-line registration form. Swimmers registering by paper form who list a club which has not renewed will be listed as UC44 (no club affiliation). In SI LMSC, the following clubs have current memberships:

USMS member CLUBS from San Diego-Imperial LMSC as of 2014:

San Diego Swim Masters	(SDSM),	Team #44_-001
Coronado Masters Association	(CMA),	Team #44_-002
La Jolla Cove Swim Club	(LJCS),	Team #44_-003
Heartland Swim Assn. Masters	(HSAM),	Team #44_-005
La Mesa Masters	(LMM),	Team #44_-007
Ramona Masters	(RW),	Team #44_-010
Solana Beach Swim Masters	(SBSM),	Team #44_-011
Oceanside Swim Masters	(OSM),	Team #44_-012
Carlsbad Swim Masters	(CARL),	Team #44_-014
Spartacus Training and Racing	(STR),	Team #44_-022
North County Swim Masters	(NCSM),	Team #44_-027
East County Family YMCA Masters	(ECFY),	Team #44_-029
Imperial Valley Desert Aquatics	(IVDA),	Team #44_-031
Wind-n-Sea Masters	(WIND)	Team #44_-033
Camp Pendleton Masters Swimming	(CPTT)	Team #44_-034
Fallbrook Masters Swim Team	(FALL)	Team #44_-035
UC44 (for those with no club affiliation)	(UC44)	Team #44_-000, cannot swim relays

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. Further information about club affiliation follows.

CHANGING AFFILIATION from UC44 (no 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, then 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 (no club) by filing a transfer form; you may swim in sanctioned events as unattached (“UC44”) during the 60 day waiting period. Sixty days after having last represented your former club in a sanctioned event (the 60-day “waiting” period), 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 as UC44 (no club affiliation) in sanctioned events **only if you officially transferred or changed to UC44 (no club) status.**

MEMBERSHIP of CLUBS

The annual club membership renewal period starts one month before individual membership renewals or on October 1. Renewals for existing clubs are sent via email on Oct. 1. This allows clubs one month to register before individuals begin to re-register with the club. Club renewal forms are also on the SI LMSC web at <http://www.simastersswim.org/member.html>. For questions, please contact the SI Registrar(at)usms(dot)org email address or the above links.

SI LMSC LEADERSHIP/VOLUNTEERS

The San Diego-Imperial Local Masters Swimming Committee (SI LMSC), is a not for profit public benefit association which includes all of San Diego County and Imperial County in the state of California. The USMS two-letter designation is "SI" and the numerical designation is "44." The old local three letter designation was "SDI." SI LMSC operates pursuant to the Bylaws of the San Diego-Imperial Local Masters Swimming Committee which were adopted by the SI LMSC on 10/20/1983, at which time all previous Bylaws were rescinded. The SI LMSC Bylaws includes amendments adopted up to and including March 25, 2012. The SI LMSC has jurisdiction delegated to it by United States Masters Swimming, Inc. (USMS) over the sport of masters swimming.

The objective of SI LMSC is to promote and develop swimming for the benefit of masters swimmers of all abilities aged eighteen (18) and over in accordance with the goals, objectives, rules, and standards prescribed by United States Masters Swimming, Inc. and by the San Diego-Imperial Local Masters Swimming Committee. The Executive Board is composed of the chair, vice chair, treasurer, secretary, and registrar. The Board of Directors is composed of the Executive Board Officers plus a representative from each group member, an at large director to represent the unaffiliated swimmers, the board appointed legal advisor, top ten recorder, sanction advisor, officials advisor, webmaster/communications advisor, coach representative, and SI LMSC Delegates to the House of Directors (delegates representing SI LMSC at the USMS annual meeting at the USAS convention).

The San Diego-Imperial Local Masters Swimming Committee (SI LMSC) is run by a group of hard-working volunteers who share a common interest in the sport of masters swimming. Many of these volunteers also serve at the national level.

Swimmers wishing to become involved with the SI LMSC are welcome. Familiarization with SI LMSC (<http://www.simasterswim.org/>) and USMS (<http://www.usms.org/admin/>) governance is desirable. SI LMSC General/Board meetings are held during/following most SI LMSC-sanctioned meets (check meet announcement information). There is an annual member meeting during/following an SI LMSC sanctioned meet. Please notify the SI LMSC Secretary that you would like to volunteer by emailing [SISecretary\(AT\)usms\(DOT\)org](mailto:SISecretary(AT)usms(DOT)org).

A list of the **current SI LMSC leadership volunteers** can be found at the following location, <http://www.usms.org/lmsc/lmscofficers.php?LMSCID=44>. The **general USMS description of LMSC Leadership Volunteer Roles** can be found at <http://www.usms.org/admin/lmschb/content/jobdesc>.

Prospective SI LMSC Leadership or Regular Volunteer Needs

1. Volunteers are needed as timers and meet helpers at all of the local SI LMSC Masters meets.
2. Become a certified official. Volunteer to officiate at a masters event if you are a certified official.
3. "Where can I work out?" is one of the most asked questions. Please help update the SI Places-to-Swim document on the SI LMSC web site. Updating is done twice annually, once in October prior to the Individual Registration Renewal period which starts on November 1 and a second time in April. SI Places-to-Swim can be found at <http://www.simasterswim.org/WorkOutLocations.pdf>. When the SI Places to Swim list is updated, then the SI Secretary updates the interactive, online list maintained by USMS at http://www.usms.org/placswim/?utm_campaign=top_nav&utm_medium=local_programs.
4. Volunteers can promote masters swimming and inform the community and USMS-registered members about the benefits of swimming and can provide "opportunities for adults to pursue fitness, fun, and competition." You could assist your club or workout group to host and run a masters meet.
5. Notify the SI Secretary [[SISecretary\(AT\)usms\(DOT\)org](mailto:SISecretary(AT)usms(DOT)org)] about new pool openings or a new masters workout location or changes to existing locations.

INFORMATION SOURCES AND PUBLICATIONS:

UNITED STATES MASTERS SWIMMING WEB SITE ADDRESS "www.usms.org": The USMS web site contains a tremendous amount of information including a Home Page, the National Top Ten and All American lists, National & World Records, calendars of events, National Championships entries, pool and open water and fitness event entries, Places to Swim, USMS Rules and Regulations, results from National Championships and other meets, LMSC locations, club web addresses, forums, links, the *USMS SWIMMER* page, articles, stories, and much more.

USMS NATIONAL HEADQUARTERS ADDRESS: 655 North Tamiami Trail, Sarasota, FL 34236; Toll Free: 800-550-SWIM (7946), Fax: 941-556-SWIM (7946); E-mail: "usms(at)usms(dot)org"

USMS SWIMMER Magazine is sent to all USMS members as part of the USMS membership. If you do not want to receive the magazine, you can opt out.

The USMS Top Ten (<http://www.usms.org/comp/tt/>) is published for each of the 3 courses (short course yards – SCY, long course meters LCM, and short course meters - SCM). The SCY season lasts from June 1 through May 31 of the following year. The LCM season is October 1 through September 30 of the following year. The SCM season is January 1 through December 31. To print a Top Ten list from 2006 onward, go to <http://www.usms.org/content/top10print>.

You can order a published official USMS Top Ten (TT) booklet for \$10 per issue (per course) or \$25 for a one year subscription for all 3 courses (SCY, LCM, and SCM). Send your request and check or money order to: United States Masters Swimming, Inc., P.O. Box 185, Londonderry NH 03053-0185 (tel. 800-550-SWIM). Be sure to specify which course you want and which year (i.e. 2010 SCY TT or 2010 TT all 3 courses). The booklet is published 3 months after the conclusion of the season to allow time for submission of the TT times after the end of the season, compilation of the TT times, proofing of the TT times by the LMSC top ten recorders and the USMS Records and Tabulation committee, corrections and formatting of the publication, printing, and mailing.

SAN DIEGO-IMPERIAL LMSC Web Site is located at <http://www.simastersswim.org> with information on masters swimming in the San Diego and Imperial Counties areas. SI LMSC encourages workout groups to accept swimmers regardless of club affiliation and to offer "drop in" workouts to visiting masters swimmers for a "per workout" fee.

The **SAN DIEGO-IMPERIAL LMSC NEWSLETTER** is posted/transmitted at least annually.

INFORMATION ABOUT ALL OTHER LMSCs (Local Masters Swimming Committees)

Go to the USMS web site "Local Programs" page and click on the LMSC location on the map. http://www.usms.org/lmsc/?utm_campaign=top_nav&utm_medium=local_programs

AZ (Arizona) LMSC – all of Arizona.

NM (New Mexico) LMSC – all of New Mexico.

OR (Oregon) LMSC: Oregon (excluding Malheur County) and Washington Counties of Clark, Skamania, Cowlitz, & Klickitat west of Hwy 97.

PC (Pacific) LMSC: CA north of San Luis Obispo, Kern, & San Bernardino Counties plus the Nevada Counties of Humboldt, Washoe, Lyon, Storey, Mineral, Douglas, Churchill, Pershing, Lander, and Carson City. .

PN (Pacific Northwest) LMSC: Washington state west of and not including Okanogan, Kittitas, Chelan, and Yakima counties and north of & not including Cowlitz, Skamania, and Klickitat counties.

SP (Southern Pacific Masters Swimming) LMSC - Los Angeles, Orange, Riverside, Santa Barbara, Ventura, San Luis Obispo, & San Bernardino Counties in California & the Nevada counties of Clark, Lincoln, Esmeralda, & Nye.

UT (Utah) LMSC – all of Utah.

MASTERS SWIMMING COMPETITION

MASTERS SWIM MEET COURSES and SEASONS:

SHORT COURSE YARDS (25 yard course) – Season runs from June 1 to the following May 31;
LONG COURSE METERS (50 meter course) – Season runs from Oct. 1 to the following Sep. 30; &
SHORT COURSE METERS (25 meter course) – Season runs from Jan. 1 to Dec. 31.

During each season, meet results are verified and uploaded to the USMS Event Ranking database. After each season, a compilation of local top ten times is submitted to the National Top Ten recorder. National Top 10 Rankings and local San Diego-Imperial records are tabulated yearly for each course.

SWIMMING RULES: The USMS Rule Book is published annually and is located on the USMS web site. It contains stroke, start, turn, and finish rules, requirements for running meets, open water rules, rules for officiating, adapted swimming rules, national/world/long distance records, and more. Proper start, stroke, turn, and finish techniques and USMS rules are enforced at masters meets.

SANCTIONED and RECOGNIZED MASTERS EVENTS:

A "**sanction**" is the written approval by the LMSC allowing a USMS event to occur. All participants must be USMS members. A sanction guarantees uniform masters swimming standards & rules, ensures fair & equal conditions during swim events, promotes safety & enjoyment for all swimmers, and provides insurance coverage & national recognition of performances. Pools must be certified for length in each competition lane, and a certification form must be on file. A "**recognized**" event allows both USMS-member and non-member swimmers to compete together providing an official USMS observer is present to guarantee that USMS rules are followed and to certify times for USMS members. It is the swimmer's responsibility to notify the LMSC Top Ten Recorder of any times to be submitted for consideration from recognized meets. Insurance coverage does not apply to non-USMS-members and is modified for USMS-members. SI LMSC requires meets to be run using the Hy-Tek Meet Management Program and strongly recommends that electronic timing be used.

SWIMMING EVENTS: Events offered at meets include 50, 100, 200, 400m/500yd, 800m/1000yd, and 1500m/1650yd freestyle; 50, 100, and 200 backstroke; 50, 100, and 200 breaststroke; 50, 100, and 200 butterfly; 100, 200, and 400 individual medley; 200, 400, and 800 freestyle relays; 200 and 400 medley relays. There are a number of different open water, long distance, and "postal" events.

NATIONAL or WORLD RECORDS: A **US Masters Age Group National Record** is the fastest, certified time swum by a USMS-member in a USMS sanctioned or recognized competition for yards, short course meters, long course meters, and specific long distance events. US Masters Swimming Age Group National Records are maintained for each individual and relay age group. A **FINA Masters Age Group World Record** is the fastest, verified time by a masters swimmer of any nationality in each short course and long course meter individual event and in the internationally recognized relay event distances. Due to FINA rules, the youngest age group is 25-29 for Masters Individual World Records and 100-119 (cumulative age) for Masters Relay World Records. National or World Records shall be documented with 3 stopwatches, 3 semiautomatic timing buttons, or fully automatic timing; a completed record application; signatures of all 3 timers; signature of the meet referee official; pool length certification; and age verification (birth certificate or passport).

SAN DIEGO-IMPERIAL LMSC RECORDS: Whenever an SI swimmer or relay swims an official time faster than the listed SI LMSC record for yards, short course meters, or long course meters, the swimmer or relay team must notify the SI LMSC Records Chair by sending an SI LMSC records application form. All swims must be done in pools for which an updated pool length certification form is on file. Additional verification of official times may be required such as electronic split sheets. The application form is on the SI LMSC Web site or can be requested from SISecretary(at)USMS(dot)org.

CERTIFIED MASTERS MEET OFFICIALS: SI Masters meet are officiated by Referee(s), Starter(s), and Judges (Stroke, Turn, & Relay Take-off) who have been certified by a USMS-approved certifying body or USA Swimming. Officials enforce the USMS Swimming Rules to **maintain uniform, fair, and safe standards and conditions for all masters swimmers** throughout the United States and to guarantee adherence to rules when World, National, and local Records are established or top ten times are swum. As a USMS-approved certifying body and when needed, SI LMSC certifies officials for local USMS events. The SI LMSC Officials Certification process includes a classroom clinic, an open-book exam, on-deck training, and in-water demonstrations. Trainees are welcome.

SAN DIEGO-IMPERIAL MASTERS SWIM MEETS: SI Masters meets last 3-6 hours plus a 1 hour pre-meet warm-up. USMS Rules govern. Events are "timed finals" with no penalty for not swimming ("scratching") an event. Entry fees are not refunded for events not swum or canceled due to weather or unforeseen problems. Some meets allow day-of-race ("deck") entry while others do not and have a specific entry due date. Meet officials may request "check in" for events. The lists of heat and lane assignments (HEAT SHEETS) for each event are posted at the meet. Swimmers are responsible for reporting to the starting blocks in the proper lane for the correct event and heat. Due to limited pool availability, meets are "seeded" based upon entry times regardless of age or sex to allow swimmers to compete against others of comparable speed. Results are posted by age groups for women and men by the end of the meet; immediately inform the meet director or referee of any problems. Official results are verified following the meet and distributed to the proper national, regional, and local officials, and official times are added to the SI Top Ten Times list and USMS ranking database. "One Event Registration (OEV)," valid for one specific event, is NOT available in the SI LMSC. OEV affiliation is unattached, and times are not eligible for event ranking or top ten times. Remember, meet directors, officials, and helpers are volunteers and are often fellow swimmers.

TIMING: USMS is "self-run." If you expect others to time your events, then please volunteer to time.

SWIM MEET ENTRY PROCEDURE: SI meets allow online entry in addition to submission of an entry form or consolidated entry card. Mailed forms must be complete including the signed liability waiver, the entrant's full name as it appears on the USMS membership card, the entry fee, and a copy of the swimmer's current USMS membership card or foreign equivalent. Additionally, foreign swimmers must complete a foreign guest swimmer form with liability release. The entry limit at all Masters meets is 5 individual events per day; meet directors can limit the number to less than 5. If "day-of-race" entries are allowed, it will be stated on the entry form; otherwise, entries are due postmarked or entered online by the due date. Postage metered envelopes must be received by the entry due date. Late or incomplete entries may be rejected. All swimmers competing in masters events, including relay-only swimmers, must fill out an entry form and sign the liability release. Swimmers **must bring their USMS membership card ("travel permit") to all meets.**

RELAYS: A relay team must be composed of four members of the same club (see Representation & Club Affiliation). "UC" (unattached, no club) and "one-event registered" (not available in SI LMSC) swimmers are ineligible to swim on relays. Relays at SI meets are entered on the day of the meet. Relay events include the 200, 400, & 800 freestyle relays and the 200 & 400 medley relays. Each of the 4 members of a medley relay swims one "stroke leg" (1/4 of the total distance) in the following order: backstroke, breaststroke, butterfly, & freestyle. Each member of a freestyle relay swims freestyle for 1/4 of the total distance.

There are women's, men's, and mixed (2 men + 2 women) relays in the following age groups:

- 1) for the 25 yard course, age groups are determined by the age of the youngest member - 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, ... years (as high as necessary);
- 2) for 50 meter and 25 meter courses, age groups are based on the cumulative ages of the four relay members - 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, ... years (as high as is necessary).

ENTRY PROCEDURES FOR MEETS & EVENTS OUTSIDE OF SAN DIEGO - IMPERIAL LMSC:
Rules for entering non-San Diego-Imperial LMSC meets vary. Read the specific entry form carefully.

USMS NATIONAL CHAMPIONSHIPS REQUIRE that entries be received by a specific entry due date usually 35 days prior to the first day of competition. LATE ENTRIES received after the due date are **NEVER** accepted. The meet director may establish a US Postal Service postmark deadline 7 days prior to the "entry received by" deadline (private/corporate/business meter postmarks will not be accepted as proof of postmark date). USMS individual and club membership numbers must be submitted on the paper or online entry form along with entry times. Entries received without a current USMS registration number or with "NO TIME" are automatically rejected. All competitors, including relay-only swimmers, must complete the entry form. A liability release must be individually signed during check-in at the National Championship and proof of USMS membership may be requested.

ENTERING MEETS IN OTHER LMSCs

Many LMSCs utilize online meet registration in addition to accepting paper entry forms. Entering a meet using a paper form in Arizona, New Mexico, and Southern Pacific LMSCs requires using that LMSC's consolidated entry card which must be properly filled out, signed, and accompanied by a legible copy of the swimmer's USMS registration card. Due dates are enforced.

SWIMMER SAFETY

UV Protection: Masters swimmers are more likely to have been exposed to the sun with minimal coverage and are at an increased risk for skin cancer including melanoma, the most deadly of skin cancers. The incidence of melanoma is increasing at a greater rate than any other cancer. While melanoma accounts for 5% of all skin cancers, it is responsible for 80% of skin cancer deaths.

Melanoma deaths can be greatly reduced if the skin cancer is caught in its early stages. Early diagnosis is important. Visit a dermatologist annually; map the location of your moles; monitor your moles on a monthly basis. Melanoma can be prevented or greatly reduced by avoiding excessive exposure to the sun and "bad" sunburns and by protecting the skin with sunscreens, clothing, and hats. There is an increased incidence of melanoma in adults 1) who received a bad sunburn in childhood through the immediate post teen years, 2) who experience chronic, unprotected exposure to the sun, and 3) who are light skinned or have a family history of melanoma (genetic factor).

Everyone has moles, and new ones can form at any time. The average number is 10-40 moles per person. Most are smaller than the circumference of a pencil eraser. In the December 2004 issue of The Journal of the American Medical Association (JAMA), Australian dermatologists suggested revising the old "ABCD" mnemonic for remembering the trouble signs to include "E." A = Asymmetry; B = Border irregularity; C = Color variation; D = Diameter greater than 6 mm or 1/4 inch; E = Evolving or changing symptoms such as itching and tenderness, surface changes such as bleeding, and color changes. If you have any of the above ABCDE signs or note any changes, get your mole checked out immediately (ASAP).

Wear sunscreen which protects you from both UV-A and UV-B rays. SPF 30-45 or higher is better. At least one ounce (30ml) of sunscreen is required to properly cover exposed skin when wearing a swimsuit. Apply it at least 20-30 minutes before exposure to the sun and after swimming.

UV protect your eyes: Your skin isn't the only thing that needs to be protected from sunlight, don't forget about your eyes! Use sunglasses and goggles that absorb at least 90% of UV sunlight.

Lightening: Lightening causes more deaths annually in the United States than any other natural hazard, including blizzards, hurricanes, floods, tornadoes, earthquakes, and volcanic eruptions. Get out of the water at the first sign of a thunderstorm and stay out for at least 15 minutes after the last sign of thunder and lightening. Many pools have a 30 minute out-of-the-water rule.

SAN DIEGO-IMPERIAL (SI) LOCAL MASTERS SWIM COMMITTEE (LMSC)

WORKOUT AND POOL ETIQUETTE RECOMMENDATIONS

1. Most workout groups designate lanes by speed. Ask the coach on deck for the lane speed designations or ask the coach to recommend a workout lane. Choose a lane with swimmers of your speed and notify them that you are joining the lane. In choosing a lap swim lane, take an empty lane if one exists, otherwise try to join a lane with swimmers of your speed. Don't interrupt their workout, but always notify them that you are joining the lane during a rest interval.
2. Don't block the pace clock or any workout boards while on deck. Workout swimmers in the water need to be able to see pace clocks and workout boards or posted workouts.
3. Get into the pool carefully by entering the pool feet first in a controlled manner and stay out of the way of other swimmers. Don't park yourself in front of the "T" in the middle of the wall which is where people will turn. If you must rest while others continue the workout, do not block the turning area which is from the "T" to the left of the "T" (from the approaching swimmer's perspective). Move to the right and hug the lane line.
4. "Circle" or "side-by-side" or "solo" swimming: If there are two in a lane and circle swimming is not a pool rule, you and your lane mate may decide to swim either side-by-side (you swim up and back on one side of the lane) or in a circle pattern (counter clock-wise within the lane in the U.S.). If there are three or more in the lane, you **MUST** circle swim (counter clock-wise). Be aware that a few countries, such as England and Australia, swim clockwise, so if you are with one or more foreigner, make sure they understand that circle swimming means counter clock-wise in the U.S.
5. When circle swimming, pay attention to where the other swimmers are and to where you turn on the wall. Be aware that you need to angle left as you approach the wall so that you turn on the "T" or to the left of the "T" or "+" in the middle of the wall while avoiding the swimmer in front of you. This will allow you to push off of the wall and avoid a head-on collision with the swimmer behind you.
6. Don't take or borrow someone else's gear even if they are not using it; get your own gear.
7. If you are joining a workout already in progress, you must do the workout that they are doing and join in so that you are swimming the same set and are on the same interval at exactly the same point in the set. Some workout groups allow late arriving swimmers to start the workout at the beginning, but only if there is a free, open lane with no other swimmers present. Please ask the coach if there is any doubt.
8. If you need to pass a slower swimmer, gently tap the swimmer on the foot once or twice so that the swimmer knows you have caught them and want to pass; then pass on the left. Slower swimmers need to allow faster swimmers to pass. If you are being passed at a turn, briefly stop (to the right of the lane from the incoming swimmer's perspective) and allow the swimmer to pass and turn before you push off. Anytime you need to stop, do it at a wall, not in the middle of the pool, and squeeze yourself as far into the corner (right side as you are approaching the wall) as possible to allow other swimmers room to turn or finish. If necessary, get out of the pool to stay out of everyone's way.
9. In a crowded lane with more than three people during a set, be sure to allow wall space for the person behind you to touch. Unless you are the leader, you may need to touch and move to the center of the lane to allow the swimmers behind you to finish at the wall.