

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

The San Diego-Imperial Local Masters Swimming Committee (SI LMSC) organizes, governs, and coordinates masters swimming in the San Diego and Imperial Counties areas. Web address: <http://www.simastersswim.org>

SWIMMER INFORMATION

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

UNITED STATES MASTERS SWIMMING, INC. (USMS) is an organization founded in 1970 which "supports and encourages competition among its members and those of other nations." Member-run USMS coordinates and governs Masters Swimming in the United States. Adults age 18 and over are eligible to be members of and to participate in USMS. **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 Masters Association (SP), Arizona (AZ), and New Mexico (NM).

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

The San Diego-Imperial LMSC covers San Diego County and Imperial County.

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

USMS MEMBERSHIP (REGISTRATION) of ATHLETES: 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 individual or relay National Top Ten Times listings and for SI LMSC, National, and World records.

USMS MEMBERSHIP is valid for the calendar year from Jan. 1 to Dec. 31.

On-Line USMS Membership processing and printing or re-printing of individual USMS cards

Individuals can quickly apply for or renew USMS membership via the new on-line USMS Registration/ Membership site. Each swimmer can print and re-print his or her USMS card whenever needed as proof of membership for an entry form or to participate in a workout.

The **on-line USMS Registration/Membership** site for San Diego-Imperial LMSC is located at <https://www.clubassistant.com/club/USMS.cfm?i=44>

In order to **reprint your USMS card**, you must go to the above web address. Below the on-line Member Registration box, is the question "Are you already registered for this year and need your current USMS Registration Number for entering a meet?" Click on this link to go to the "Display Current USMS Registration Number" page where you have 2 options:

1. To display your USMS registration number only, fill out the form below and your registration number will be presented to you on the next page.
2. If you want a printable copy of your USMS membership card, you will need to fill out the Registration Card form [Click on the "Registration Card form" link and follow the instructions to print your card.]

Membership application via mail

You can also apply for or renew your USMS Membership by mailing a signed application form with your membership fee to the mail box address listed on the form. The membership application form can be found at on the SI LMSC web site under the Membership/ Registration link or at "<http://www.simastersswim.org/SI-USMS-RegMember-Form.pdf>."

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 swim Masters regardless of ability, speed, age, sex, or competitive swimming background.

REPRESENTATION and CLUB AFFILIATION: When registering with USMS through the SI LMSC, a swimmer must declare affiliation either as "unattached" (no 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 Unattached. In SI LMSC, the following clubs have current memberships:

USMS member CLUBS from San Diego-Imperial LMSC as of 2009:

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
La Jolla Swim Masters	(LJSM),	Team #44_-028
East County Family YMCA Masters	(ECFY),	Team #44_-029

CHANGING AFFILIATION from UNATTACHED 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) A swimmer can NOT compete in 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) A swimmer can change to UNATTACHED affiliation by filing a transfer form (with fee) and swim sanctioned events as "unattached" during the 60 day waiting period. Sixty days after having last represented a former club in a sanctioned event, a swimmer 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, the swimmer can compete unattached in sanctioned events if the swimmer officially transferred or changed to Unattached club status.

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."

INFORMATION SOURCES AND PUBLICATIONS:

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.

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 OFFICE:

c/o USMS Executive Secretary Tracy Grilli, PO Box 185, Londonderry, NH 03053-0185

Tel. #: 800-550-SWIM (800-550-7946) or 603-537-0203

Fax #: 603-537-0204

Hrs: Person or Voice Mail 9am-9pm Eastern STD Time

E-mail: "[usms\(at\)usms\(dot\)org](mailto:usms(at)usms(dot)org)"

USMS SWIMMER Magazine is sent to all USMS members as part of the USMS membership.

SAN DIEGO-IMPERIAL LMSC Web Site is located at "<http://www.simasterswim.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 (SI LMSC) NEWSLETTER** is transmitted annually.

AZ (Arizona) LMSC – all of Arizona. Web site: <http://www.azlmsc.org/>; LMSC Chair email is [ARIZChair\(at\)usms\(dot\)org](mailto:ARIZChair(at)usms(dot)org). Use an Arizona consolidated entry card to enter Arizona meets.

NM (New Mexico) LMSC – all of New Mexico. Web site: www.zianet.com/pdjang/nmms/. Use New Mexico consolidated entry card for New Mexico meets.

OR (Oregon) LMSC: Oregon (excluding Malheur County) and Washington Counties of Clark, Skamania, Cowlitz, & Klickitat west of Hwy 97. Email, OregChair@usms.org; web site <http://www.swimoregon.org>.

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. Web site: www.PacificMasters.org. Use PC consolidated entry cards for PC meets.

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 Association) LMSC - Los Angeles, Orange, Riverside, Santa Barbara, Ventura, San Luis Obispo, & San Bernardino Counties in California & the Nevada counties of Clark, Lincoln, Esmeralda, & Nye. Web site is <http://www.spma.net>. The SPMA office (Julie Heather, 626/296-1841) is at 957 N El Molino Ave, Pasadena, CA 91104. SP Chair email – [SPMAChair\(at\)usms\(dot\)org](mailto:SPMAChair(at)usms(dot)org). Use SPMA consolidated entry card to enter SPMA meets.

UT (Utah) LMSC – all of Utah. Web site www.utahmasters.org; Email - UtahChair@usms.org.

MASTERS SWIMMING COMPETITION

MASTERS SWIM MEET COURSES and SEASONS:

SHORT COURSE YARDS (25 yard course) - June 1 to the following May 31;

LONG COURSE METERS (50 meter course) - October 1 to the following September 30; and

SHORT COURSE METERS (25 meter course) - January 1 to December 31.

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

SANCTIONED and RECOGNIZED MASTERS EVENTS (Article 202, USMS Rule Book): A "**sanction**" is the written approval by the LMSC allowing a Masters event to occur. It 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-member swimmers and is modified for USMS-member swimmers. 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. 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. 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 (SI) MASTERS SWIM MEETS: SI Masters meets usually last 2-5 hours plus a 1 hour pre-meet warm-up. USMS Rules govern. Events usually are "timed finals" with no penalty for not swimming ("scratching") an event. Entry fees are not refunded for events not swum or events 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, SI meets are "seeded" (swimmers are given heat and lane assignments) based upon entry times regardless of age or sex to allow swimmers to compete against others of comparable speed. The results are posted by age groups for men and women prior to the conclusion of the meet; inform the meet director or referee of any problems immediately. All time sheets and results are re-checked and verified following the meet. Final, verified SI meet results are distributed to the proper national, regional, and local officials.

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

SWIMMING MEET ENTRY FORMS: For San Diego-Imperial meets, an entry form or consolidated entry card must be completely filled out including the entrant's full name as it appears on the USMS membership card. The entry form/card must be mailed by the due date along with the entry fee and **a copy of the swimmer's current USMS card** or foreign registration/travel permit (USMS Rules). The entry limit at all Masters meets is 5 individual events per day, however meet directors can limit the number to less than 5 per day. If "day-of-race" entries are allowed, it will be stated on the entry form; if not or if the form states "no late entries," then entries are due postmarked by the due date. Business 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**. After a meet, official times are verified, official meet results are generated, and officials times are added to the SI Top Ten Times list and USMS ranking database. Remember, meet directors, officials, and helpers are volunteers and are often fellow swimmers.

RELAYS: A relay team must be composed of four members of the same club (see Representation & Club Affiliation). "Unattached" (no club affiliation) and "one-event registered" swimmers are ineligible to swim on relays. One-event registration (not available in the SI LMSC) means registration is valid only for one specific event and affiliation is always unattached. Relays at SI meets are usually entered on the day of the meet (usually no entry fee & no award). 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 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 completely fill out 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.

Meets held in many LMSCs require entering the meet using that LMSC's consolidated entry card. **Arizona, New Mexico, Pacific, and Southern Pacific request that you enter their meets using their consolidated entry cards** 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.