

THE JON STEINER MEMORIAL MILE TAM's 1650 Postal January & February 2008

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. Sanction # 38-08-01

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. 22, 2007 and February 29, 2008.

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

ELIGIBILITY: All swimmers registered with USMS for 2008 are eligible 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) the 1650**; relay entries are scored on total combined time for the four (4) 1650s.

RULES: All USMS and PMS 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: You may enter online at www.tammasters.org/PoolMileEntry, by using the entry form below or a consolidated entry form. A split sheet with 50 yard/meter splits signed by at least one timer must be attached to the entry form. Enter relays online or by filling out the attached relay form. **EACH INDIVIDUAL ENTRY MUST BE ACCOMPANIED BY A COPY OF THE SWIMMER'S CURRENT USMS CARD.** Mail entries to TAM 1650, c/o Jon Haveman, 204 Ross St, San Rafael, CA 94901.

POSTMARK DEADLINE: All entries must be postmarked by March 10, 2008.

ENTRY FEES: For individual entries: \$10.00. For relay entries: \$4.00 for each four (4) person relay entry in addition to the individual swimmers' entry fees. Checks should be made payable to "Tamalpais Aquatic Masters". Entry fees are not refundable or transferable. **Credit cards** will be accepted with online entry. **A \$2 DISCOUNT IS AVAILABLE FOR ONLINE ENTRIES, WHICH WE STRONGLY ENCOURAGE:** 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).*

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

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

----- Entry Form -----

Name..... Age Please circle: Male Female; MY TIME: :
Address.....City..... State Zip Date of Birth:
Telephone: (.....).....Club USMS No.:..... E-
mail address:..... I will accept results by email only _____ (Please check) T-

SHIRTS: T-shirts are available for \$15 each; XX large are \$17. If you wish to order a T-shirt, please indicate the size you want:
T-shirt (Please circle): No Yes 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 Date of Event:..... Signature

..... **PLEASE BE SURE YOUR ENTRY FEE, SIGNED SPLIT SHEET, AND COPY OF YOUR CURRENT USMS CARD ARE ATTACHED.**

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SPLIT SHEET A Customizable Split Sheet is available at:

www.tammasters.org/links.html

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

E-mail (if online entry):.....

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:.....

RELAY ENTRY FORM

Name:	Age:	Time:
Name:	Age:	Time:
Name:	Age:	Time:
Name:	Age:	Time:

Please circle: Men's Women's Mixed Youngest Age:

Club Name:..... Total Time:.....