

Inaugural DAM Brute Squad Postal Swim

Hosted by Davis Aquatic Masters

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. # 38-09-19

EVENT: The Brute Squad events - 200 yd Butterfly, 400 yd IM and 1650 yd Free.

RULES:

1. All 3 events must be swum in this specific order; 200 yd Fly, 400 yd IM, 1650 yd Free
2. All 3 events must be completed within a 90 minute consecutive window. Ex. If you start your 200 yd Fly at 6:00 am, your 1650 yd Free must be completed by 7:30 am, on the same day.
3. Swimmers may rest between events as long as desired, provided Rule 2 is followed.
4. The recorded time begins at the start of the 200yd Fly and ends at the finish of the 1650 yd Free. Resting time between swims is included in the cumulative time.
5. Results and awards are based on cumulative times.

DATE: As per rules, the Brute Squad must be swum between Nov 1 and Nov 30, 2009. **All individual and relay entries must be received by Monday, Dec. 7, 2009.**

OBJECTIVE: To offer a 25-year DAM tradition to our fellow 'Masters' swimmers. Swim the 3 most beloved, short course events in 90 minutes - 200 Fly, 400 IM, 1650 Free in their entirety in any 25-yard pool you choose. Event results are sent in electronically or by mail so you can compare yourself to other swimmers completing the same 3 events. Some people swim the Brute Squad for competition, others complete it for bragging rights; all who wish to participate are welcome. The cumulative times submitted determine the order of finish. If two or more swimmers report the same cumulative time, a tie will be declared.

LOCATION: You may swim the Brute Squad in any 25-yard length pool.

ELIGIBILITY: This is a PMS-sanctioned event and all participants must be registered for 2009 with USMS (or the equivalent organization for non-U.S. swimmers). **A copy of your current 2009 or 2010 registration card must accompany your entry.**

INDIVIDUAL EVENTS: Men and women compete separately in age groups of five-year increments: 18-24, 25- 29, 30-34,...100+. The swimmer's age on the day he or she actually completes his or her Brute Squad events will determine his or her age group.

RELAY EVENTS: Relay events will be contested in 3 categories: 3 men, 3 women, or 2 mixed (2 men + 1 woman -or - 2 women + 1 man). Each relay member **MUST** also enter the individual event and be registered with the same PMS Club. Unattached swimmers are not permitted on relays. The youngest relay member's age

shall determine the relay's age group. Age groups are 18+, 25+, 35+, ... 95+. The cumulative times for the individual swims will be the relay time.

FEES: \$10.00 for each individual entry and \$15.00 for each relay entry. Fees are nonrefundable and are payable by check or money order only, to Davis Aquatic Masters.

AWARDS: The top 5 finishers in each age group in the individual event and the top 3 relay teams in relay events will receive special, Inaugural DAM Brute Squad Postal Swim Awards.

RULES: The 2009 USMS Rules govern these events. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. No more than two swimmers may share a lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming).

An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps and record cumulative splits every 100, for all 3 events. The timing of the event may be done with a stopwatch or electronic timing device. Cumulative split times must be recorded to the nearest second (final times for Brute Squad records to the nearest 100th). A split sheet must be kept for each swimmer and a copy included with the entry form. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

SPLIT SHEETS: Please use the official split sheet for this event: <http://www.damfast.org/longdist>

T-SHIRTS: Fabulous long-sleeved T-shirts celebrating your participation in the Inaugural Brute Squad Postal Swim are available for you to order. This is **NOT** a T-shirt you will see at every meet! Cost: \$15.00

RESULTS: Complete results will be available by mail or via the internet. Preliminary results will be posted on the DAM and PMS websites at www.damfast.org and www.pacificmasters.org by December 25, 2009, for two weeks. All corrections must be sent to the event director during those two weeks. Final results will be posted approximately one week later.

RELAY ENTRY FORMS: Please visit www.damfast.org to download forms or send a SASE to:

2009 Brute Squad Postal Swim
c/o Davis Aquatic Masters
PO Box 921 Davis, CA 95617

QUESTIONS: Contact Event Director: Sharon Blaha, DAMBruteSquad@gmail.com