

# THE JON STEINER MEMORIAL MILE TAM's 1650 Postal January & February 2009

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. Sanction # 38-09-01



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. 19, 2008 and February 28, 2009.

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

ELIGIBILITY: All swimmers registered with USMS for 2009 are eligible to participate.

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](http://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. **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.

**Note regarding online entries:** If you enter online:

- You save \$4
- You can pay by credit card
- You can submit a copy of your split sheet and USMS card electronically
- Upshot: you can eliminate snail mail!

**Leveraging other swims:** We will accept splits from other sanctioned swims. For example:

- The first 1650 of your hour swim
- Computer generated splits from any other USMS sanctioned event
  - Such as the SUN Masters Annual Valentine's Meet

POSTMARK DEADLINE: All entries must be postmarked or submitted online by March 10, 2009.

ENTRY FEES: For individual entries: \$12.00. 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 \$4 DISCOUNT IS AVAILABLE FOR ONLINE ENTRIES, WHICH WE STRONGLY ENCOURAGE:** [www.tammasters.org/PoolMileEntry](http://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. Awards, results, and T-shirts will be sent/posted in mid April.

**\*\*\* NEW AWARD \*\*\*:** Each year, the team with the highest percentage of membership participating in the event will receive a trophy. Three teams will win, one each from among small, medium, and large team entries. Simply inform the event director ([jon@haveman.org](mailto:jon@haveman.org)) that your team is participating and of the total membership of your team.

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

**SPLIT SHEET**

A customizable Split Sheet is available at: [www.tammasters.org/links.html](http://www.tammasters.org/links.html)

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

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:.....

If you enter online, you can stop here, but be sure to mail, fax, or submit a scan of your splitsheet with your entry.

**2009 TAM 1650 POSTAL SWIM ENTRY FORM**

Name..... Age ..... Please circle: M F Date of Birth: .....

**MY TIME:** ..... : ..... (Time must be recorded to the one-hundredth of a second.)

USMS No.:..... Club .....(abbrev. OK)

E-mail address:\_\_\_\_\_

Address.....City..... State ..... Zip .....

Telephone: (.....).....

T-SHIRTS: T-shirts are available for \$16 each; XX large are \$18. If you wish to order a T-shirt, please indicate size:

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

Signature..... Date of Event:.....

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