

# **ENDLESS SUMMER-SWIMTIMES**

*Mission Viejo, California*

*Issue #3*

*July 17, 2005*

Welcome to the *Endless Summer-SwimTimes*, the e-newsletter for the 2005 Long Course National Championship participants. This is the Third of 6 issues that will come your way over the few weeks.

## **In This Issue:**

Meet Numbers, Sixth event, Estimate Time-line, Relays, Massage, Photography, and more!

### **Meet Statistics -**

While everyone is anxiously awaiting psych sheets, heat sheets and decisions on how the meet will be run here are some anecdotal statistics about the meet sign-ups:

There are **1107** swimmers entered in the meet.

**221** clubs will be represented.

The average age for the meet is **47.3**.

Oldest male swimmer is **90** and the oldest female swimmer is 96 years old.

There are **428** women and **679** men in the meet.

The average number of events per swimmer is **4.2**.

**114** swimmers purchased gold sponsorships for the meet and will be given VIP access to hospitality.

**This is the 3<sup>rd</sup> largest Long Course National Championship Meet in 10 years and 4<sup>th</sup> overall.** Having a 5 day format will help keep the days shorter.

**81%** of the entries were received on-line. And, **13%** were submitted the last 4 days!

Largest team has **99** swimmers entered in the meet, 2<sup>nd</sup> largest has **63**, third largest has **58** and fourth largest has **47** swimmers.

There are **65** teams with only one swimmer attending.

Coincidentally, there are also **65** unattached swimmers.

The preliminary meet roster and psych sheets will be available for review at <http://www.usms.org/comp/lcnats05/>

**Sixth Event** - The sixth event will be determined very soon. All swimmers who entered six events for this meet **may** have their designated sixth event removed from their entry.

**Estimate Time-line** - The **estimated** timeline for the meet will be posted in PDF format at <http://www.usms.org/comp/lcnats05/> . The Time Line is **ONLY** a guide to swimmers for use in determining the start of all events. It is the responsibility of all entrants to get to the pool for their event. It is prudent to give yourself about an hour of padding. It is normal and expected to have deviations in the timeline.

**Relays** - A relay may be entered until 4:00 PM the day before it is scheduled to be swum. Each relay costs \$12. Relay entries may be submitted to the meet host prior to the meet or at the relay desk in the registration area up until the close time for that specific relay. All relay members must have entered the meet and paid the individual or relay surcharge by the individual meet entry deadline. No deck entries, even for relay only swimmers.

Each swimmer must be a registered Masters swimmer. Each of the four members of any relay team must be properly registered with the same Masters club. Unattached swimmers may not swim on relay teams. Relay entry is in addition to individual events. A swimmer may swim each relay event only once (limit of 4 relay events per swimmer).

Relay forms are available for downloading at <http://www.usms.org/comp/lcnats05/relays.php>

**Social Event** - Social tickets are still available. Join us Friday evening for a California Beach Party with live entertainment by a local band, "The Nocturnes" with cool 'California Surf Sound' at a typical California beach setting, right down to the lifeguard towers and volleyball nets. No worries, sand between your toes is optional! Dinner will be served at the clubhouse. Don't miss this opportunity to mingle, relax and be entertained during this "Endless Summer Evening". Tickets are \$25.00 each. Contact the meet host to reserve your ticket NOW!

**Massage and Photography** - We have lined up 6 to 8 physical therapists specializing in sports massage providing massages, either hand massages or by one of the very successful massage therapy modalities called the "Deep Muscle Stimulator" - <http://www.d-m-s.com/> Something that many professional athletes are using. Customary massage fees are \$10 per 10 min. Actual prices may vary.

There will be several action photographers covering the meet. Be sure to give them your heat and lane assignments so they can take the photo of your best event! Photographs of various sizes will be available for purchase on site, or can be made into specialized posters and mailed to you.

**NEXT ISSUE COMING SOON:** Restaurant Map, Concessions, Island Music, General Meeting, and Vendor Village Update.

See you soon at the pool!

**Coach Mark Moore**

Meet Director