



# 2004 United States Masters Swimming National Short Course Championships



**Indiana University Natatorium  
Indianapolis, Indiana April 22-25, 2004**

## Meet Information

*Please read the following information carefully and refer to the checklist on the entry form to avoid misunderstandings or problems regarding the conduct of the meet. All times listed are Eastern Standard Time.*

### Location

Indiana University Natatorium, 901 West New York Street, Indianapolis, Indiana 46202. On the campus of IUPUI.

### Facilities

The IU Natatorium is an indoor facility with spectator seating for 4700 and a 50 meter championship pool with two 25 yard courses, each with eight nine-foot lanes and a water depth of nine to ten feet. The IU Natatorium includes an eight lane, 25 yard diving tank and a 50 meter instructional pool, available for continuous warm-up during the meet.

### Website

Meet information, entry forms, on-line registration and current hotel and car rental information are available at [www.usms.org](http://www.usms.org).

### Hotels

When making reservations, request "US Masters Championship" room block for discounted rate.

**University Place** \$129 (S/D) (2 ½ Blocks)  
800-627-2700

**Courtyard by Marriott Downtown** \$129 (S/D) (.4 of Mile) 800-321-2211

**Courtyard by Marriott Capitol** \$119 (S/D) (.4 of Mile) 800-321-2211

IMPORTANT: Rooms at the above hotels have been blocked for the 2004 USMS SC Championships until January 31, 2004, to get the discounted rate. Make your reservations early!

### Meet Shuttle Service & Parking

There will be NO hotel shuttle service to the hotels listed, as all hotels are within easy walking distance to the IU Natatorium. Parking is available in the Vermont Street Garage. A four day parking pass (\$20) will be available for purchase at the meet registration area. R/V trailer parking is not permitted.

### Travel

Indianapolis is serviced by all of the major airlines at the Indianapolis International Airport.

### Ground Transportation

Transportation from the airport to the downtown hotels (12 minutes) is available by taxi or hotel shuttles.

### Temperature and Climate

The IU Natatorium is an indoor facility and has a climate control environment. Temperatures in Indianapolis in the Spring will range from 55-65 degrees.

### Registration

All participants must register prior to competing to sign an emergency card, safety information statement, and liability release. Registered swimmers will receive a meet program, optional social tickets, and other meet information. Registration will be held at the Natatorium on the upper level on Wednesday, April 21, from noon to 7 pm and on Thursday, April 22 through Sunday, April 25 from 6:30 am until the end of each day's last event. Check-in for all events and relays will be available in this area.

### Eligibility

The Championships are open to any registered Masters swimmer at least 19 years of age as of April 25, 2004. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swim Committee (LMSC). If there are questions about affiliation, you shall be entered as "unattached". Foreign entries must include a copy of the swimmer's Masters Swimming registration card and fees in U.S. dollars.

### Age Groups

Age for the meet is determined as of 4/25/04. Individual Events: 19-24, 25-29, 30-34, 35-39, ...100-104. Relay Events: 19+, 25+, 35+, 45+, etc. (in 10-year increments as high as necessary to be determined by the age of the youngest relay member).

### Final Results

Complete final results may be ordered in advance or at the Awards Table during the meet. Cost will be \$15.00 per copy. Split results will be available at computer terminals during the meet. The USMS website will post results.

### Seeding

**All events will be deck seeded unless meet management determines that the meet can be completed in a timely manner by pre-seeded individual events of 200 yards or less.**

Women's heats will precede men's heats for each event except for the 1000 and 1650 Free. Women and men will be seeded together for the 1000 and 1650 freestyles, slow to fast regardless of age, by time only. In all other events, all women's heats will be completed before the men's heats start. The 400 IM will be seeded slowest to fastest by entry time for each sex regardless of age. All other events will be seeded by age group with the oldest age groups first, slowest to fastest within each age group.

### Check-in Deadline for Deck Seeded Events

**For all deck seeded events, check-in is required for each event and may be done in person in the registration area or via the internet at [www.usms.org](http://www.usms.org).** Coaches or teammates may check in for those swimmers whose travel plans do not permit check-in by the dead-

lines. Failure to check-in will result in the swimmer being scratched from the event. Heat sheets will be available each morning for Friday, Saturday, and Sunday's events. If meet is pre-seeded, heat sheets will be in the meet program and deck seeded distance events will be posted.

### Check-in Times

**For all deck seeded events on Friday, Saturday, and Sunday, you must check-in the day before between 6:30 am and 4 pm for the events you plan to swim the next day.** For Thursday's events, you must check in by 7:00 am that day for the women's and men's 1000 free and approximately one hour prior to the estimated time the other events will start that day. You may also check in for Thursday's events on Wednesday between 12 pm and 7 pm in person or via the Internet.

### Warm-up Times

The competition pool will be open for warm-up on Wednesday, April 21 from noon until 7 pm. On competition days, the competition pool will be open for warm-up from 6:30 am until 7:50 am and the warm-up pools will be available from 6:30 am until conclusion of the final event. The competition pool will be open for warm-up for 30 minutes following the last event each day.

### General Meeting

All swimmers, coaches, and officials should be represented at the general meeting at the Natatorium on Wednesday, April 21 at 6 pm. Matters pertinent to the operation and conduct of the meet will be discussed.

### Time Verifications (formerly OVCs)

Swimmers needing verification of time(s) or wish their times to be entered into the USA Swimming Database (for entry into USA-S national meets) should complete a form at the meet and prior to the swim. Contact the Administration Referee: Bob Brown at 503-806-0783 or [rlhlbrown@mobile.att.net](mailto:rlhlbrown@mobile.att.net)

### Social

YMCA Indy SwimFit is planning a meet social at the NCCA Hall of Fame, a great experience for all who attend. The social will include entrance into the Hall of Fame dinner. The social will be limited to the first 300. Tickets can be purchased in advance on this entry or at registration if available. Cost is \$25.

### Platinum/Gold Medal Sponsorship

Gold Medal Sponsors will be recognized in the official program as supporters of Masters swimming, entitled to V.I.P. hospitality on deck, and receive a commemorative gift. Cost of one sponsorship is \$50. Platinum sponsors will also receive tickets to the Fri/Sat/Sun finals of the 2004 FINA World Championships October 7-11. Cost is \$100. Order sponsorships on the meet entry form.

## WOMEN'S QUALIFYING TIMES

EVENT	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	:27.84	:27.53	:28.18	:27.97	:28.27	:29.65	:31.47	:34.72	:37.23	:39.33	:42.90	:48.93	:56.54	1:25.68
100 Free	1:01.58	1:00.27	1:01.55	1:00.64	1:02.55	1:05.70	1:10.40	1:18.91	1:23.82	1:28.62	1:38.69	1:51.85	2:18.74	2:50.76
200 Free	2:13.97	2:13.44	2:14.57	2:11.91	2:16.33	2:25.95	2:34.81	2:56.96	3:10.67	3:20.80	3:35.93	4:12.66	5:06.13	8:11.99
500 Free	6:09.64	5:58.75	6:01.02	5:57.10	6:07.15	6:30.33	6:56.49	7:52.94	8:25.83	9:08.86	9:49.21	11:28.36	15:21.50	No Time
1000 Free	13:12.72	12:56.12	12:41.67	12:40.13	12:57.23	13:32.66	14:32.89	16:34.93	18:29.24	19:25.52	21:28.35	29:20.65	27:37.66	No Time
1650 Free	23:31.81	22:00.73	21:28.00	21:27.57	22:21.26	22:55.03	25:11.07	28:29.55	31:01.28	35:05.45	37:02.78	44:33.98	No Time	No Time
50 Back	:32.47	:32.37	:32.78	:32.52	:33.87	:35.80	:37.52	:42.80	:45.97	:48.68	:54.01	:58.31	1:08.15	1:51.29
100 Back	1:10.27	1:08.87	1:10.02	1:10.15	1:12.31	1:17.34	1:22.86	1:32.57	1:39.90	1:49.98	1:59.28	2:10.58	2:30.01	3:52.94
200 Back	2:34.78	2:32.05	2:35.01	2:32.10	2:39.10	2:49.02	3:00.94	3:21.81	3:40.67	4:01.57	4:19.19	5:02.31	5:35.50	6:16.72
50 Breast	:36.53	:36.36	:36.74	:37.13	:37.38	:39.57	:42.04	:45.88	:49.64	:52.64	:57.33	1:04.79	1:29.36	1:51.60
100 Breast	1:18.10	1:18.97	1:18.43	1:20.75	1:21.24	1:25.41	1:32.64	1:40.69	1:49.66	1:56.22	2:09.98	2:28.40	2:57.04	No Time
200 Breast	2:55.19	2:52.18	2:53.09	2:56.45	2:59.36	3:08.98	3:25.71	3:42.42	3:56.67	4:31.55	4:47.21	5:55.46	8:44.31	No Time
50 Fly	:30.57	:30.47	:30.72	:30.47	:31.19	:32.44	:35.17	:39.90	:43.73	:49.40	:54.98	1:09.36	1:59.58	No Time
100 Fly	1:07.81	1:08.05	1:07.90	1:08.21	1:10.38	1:14.45	1:25.25	1:40.80	1:48.49	2:12.77	2:19.07	3:45.52	No Time	No Time
200 Fly	2:37.36	2:39.90	2:38.03	2:40.31	2:49.96	2:55.71	3:27.33	3:55.25	4:20.54	5:03.73	5:07.23	7:58.99	No Time	No Time
100 IM	1:09.88	1:09.38	1:10.54	1:10.04	1:12.83	1:16.90	1:20.58	1:29.39	1:37.94	1:47.91	2:00.06	2:20.25	3:16.05	4:22.76
200 IM	2:32.15	2:31.23	2:32.70	2:32.35	2:39.42	2:47.02	3:07.01	3:19.76	3:40.71	4:15.96	4:26.80	6:17.60	6:54.62	No Time
400 IM	5:37.84	5:25.80	5:28.80	5:30.01	5:45.58	6:00.47	6:52.60	7:20.88	8:10.45	10:06.24	11:36.58	11:56.45	No Time	No Time

## MEN'S QUALIFYING TIMES

EVENT	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	:24.41	:23.63	:23.97	:24.39	:24.46	:25.19	:26.12	:27.12	:28.99	:30.44	:32.65	:36.77	:40.92	:54.88
100 Free	:53.84	:52.66	:52.71	:53.24	:54.13	:55.36	:58.21	1:00.58	1:05.18	1:09.32	1:14.05	1:27.74	1:41.05	2:28.08
200 Free	2:00.57	1:57.56	1:58.36	1:57.96	2:00.92	2:03.66	2:09.02	2:15.89	2:28.95	2:36.17	2:51.18	3:17.93	3:59.60	4:52.46
500 Free	5:41.30	5:28.01	5:27.65	5:26.21	5:31.01	5:43.30	6:00.59	6:16.95	6:53.55	7:17.82	8:09.37	9:25.14	11:37.55	12:58.52
1000 Free	12:51.94	12:16.47	11:35.05	11:29.39	11:48.39	12:01.57	12:46.23	13:17.49	14:39.20	15:59.96	17:24.43	20:27.13	28:46.26	28:15.53
1650 Free	21:41.85	21:01.20	20:04.38	19:29.27	19:52.64	20:31.37	21:26.29	22:34.30	25:06.56	27:17.81	30:31.77	35:36.83	37:21.19	No Time
50 Back	:29.23	:28.38	:28.49	:28.84	:29.19	:30.31	:31.26	:33.42	:36.41	:38.28	:41.59	:48.15	:57.53	1:09.67
100 Back	1:02.57	1:00.64	1:00.87	1:02.38	1:02.99	1:05.01	1:08.02	1:13.99	1:20.57	1:24.98	1:34.91	1:46.87	2:12.77	2:59.10
200 Back	2:19.98	2:14.60	2:14.86	2:16.20	2:18.58	2:23.69	2:31.34	2:45.88	3:00.49	3:07.95	3:39.40	3:56.61	5:35.46	6:35.42
50 Breast	:31.80	:30.86	:31.35	:31.09	:31.76	:32.85	:34.09	:35.28	:38.13	:39.95	:43.67	:49.07	:56.05	1:48.74
100 Breast	1:10.64	1:07.67	1:08.39	1:08.30	1:09.81	1:12.77	1:15.26	1:17.82	1:25.15	1:31.78	1:39.04	1:53.52	2:19.01	3:33.63
200 Breast	2:39.03	2:32.17	2:33.80	2:31.98	2:35.50	2:43.52	2:48.36	2:55.96	3:10.98	3:28.86	3:46.34	4:31.93	5:13.37	No Time
50 Fly	:27.03	:26.00	:26.29	:26.66	:26.91	:27.72	:28.60	:29.96	:32.71	:35.75	:40.18	:48.47	1:07.06	No Time
100 Fly	:59.82	:58.36	:58.45	:58.63	1:00.24	1:01.40	1:04.43	1:09.32	1:18.36	1:30.44	1:42.33	2:18.37	2:36.30	No Time
200 Fly	2:25.48	2:16.15	2:16.62	2:15.55	2:20.80	2:25.41	2:39.29	2:53.58	3:17.31	3:57.88	4:23.64	6:47.90	No Time	No Time
100 IM	1:02.47	1:00.12	1:01.17	1:01.73	1:02.11	1:04.70	1:07.05	1:10.51	1:17.00	1:22.56	1:29.67	1:48.12	2:13.53	3:21.91
200 IM	2:19.28	2:13.04	2:13.95	2:15.06	2:17.72	2:23.97	2:28.50	2:39.46	2:55.23	3:06.46	3:28.48	4:08.09	5:06.91	No Time
400 IM	5:14.16	4:49.75	4:56.41	4:55.52	5:03.36	5:15.42	5:26.04	5:49.35	6:29.36	7:02.67	7:57.78	10:53.58	No Time	No Time

Please see the USMS web site ([www.usms.org](http://www.usms.org)) for the National Qualifying Times formulas

### Meet Management

**Meet Director:** Mel Goldstein

5735 Carrollton Ave.

Indianapolis, IN 46220

317-253-8289 [goldstein@mindspring.com](mailto:goldstein@mindspring.com)

**Meet Referee:** Lucy Duncan

235 Poplar Grove Dr.

Danville, IN 46122

317-745-6817 [lucyuss@aol.com](mailto:lucyuss@aol.com)

### Entry Procedures

Use **official entry form** or a photocopy of the entire form. Read all instructions and fill out the form completely. **Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected. A legible copy of the swimmer's Masters registration card (foreign swimmers) must accompany the entry form.** Failure to include a Masters registration card may result in the swimmer being charged a fee before being allowed to compete. A USMS swimmer changing club affiliation prior to the meet must send either a USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

### On-line Entries

On-line entries are encouraged. This method provides immediate confirmation that the entry has been received. To enter on-line visit [www.usms.org](http://www.usms.org) after 2/1/04.

### National Qualifying Times

Competitors may enter a maximum of three (3) individual events without meeting the National Qualifying Times (NQTs) established for those events. Competitors may enter up to three additional events in which they have swum a time equal to or better than the NQTs in the past two

years. The NQTs for all events are listed above. Designate the events in which the NQTs have been met with a "T" in the designated column. There are no NQTs for 90 and over age groups.

### Entry Times

All events must include an entry time. "NT" entries will be rejected.

### Number of Events

If you qualify, you may enter up to three individual events per day with a maximum of six events during the meet. A swimmer may enter either the 1000 or 1650 freestyle, but not both.

### Sixth Event Rule

If, in the opinion of the USMS Championship Committee, the meet is deemed too large to be run efficiently, every swimmer's sixth event will be dropped. If six events are entered, indicate with the number "6" your least desired event in the designated column. If no indication is given, the last event entered on the entry form will be dropped. No changes of the designated 6th event will be allowed after March 18. No refunds will be given for the dropped event.

### Fees

Fees are \$4 per individual event plus \$30 surcharge per swimmer. Fees must accompany the entry form and must be paid in US dollars by check or money order. **Do Not Send Cash.** The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in US dollars will be required before the entrant is allowed to swim. Refund requests must be in writing and received by March 18, 2004. No refunds will be given for events not swum. The \$30 surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers

must submit an entry form with payment by the entry deadline. All fees should be payable to "United States Masters Swimming"

### Relay Events

Relays may be entered at any time until 4:00 pm the day before the relay is scheduled to be swum. After that time, only the swimmers on the relay may be changed. Such changes must not affect the age group of the relay. The relay entry fee is \$12 per relay. Forms are available for downloading at [www.usms.org](http://www.usms.org)

### Mail Entry and Fees

Postmarked by March 11, 2004 or received by March 18, 2004. Mail to:  
Short Course Nationals  
USMS National Office  
P.O.Box 185  
Londonderry, NH 03053-0185

### Questions?

Call Mel Goldstein at 317-253-8289 or email [goldstein@mindspring.com](mailto:goldstein@mindspring.com) All telephone calls for information before 9 pm EST.

### Entry Deadline

All U.S. entries must be postmarked with an official US postmark (no business meters) by March 11, 2004 OR received by March 18, 2004. Entries received after this date will be returned to sender. Online entries are encouraged and will be accepted until midnight EST on March 18, 2004. No telephone or email entries will be accepted. Mail entries early. Include a SASE (Self Addressed Stamped Envelope) with entry for proof of receipt. Do not send certified or overnight mail requiring signature. Allow sufficient time for mail delivery. Photocopy completed entry form and personal checks for your records and verification.

Mail entry and fees to:  
 Short Course Nationals  
 USMS National Office  
 P.O. Box 185  
 Londonderry, NH 03053-0185

## 2004 USMS National Short Course Championships Official Entry Form



**Indiana University Natatorium  
 Indianapolis, Indiana April 22-25, 2004**

*Sanctioned by the Indiana LMSC for USMS, Inc. - Sanction number 164 S 01*

Name\* \_\_\_\_\_ \*Print name as it appears on USMS registration card.  
Last First Middle Initial

Address \_\_\_\_\_  
Street City State ZIP Country

E-Mail \_\_\_\_\_ Day Phone \_\_\_\_\_ Eve. Phone \_\_\_\_\_  
A/C A/C

Emergency \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_ Sex \_\_\_\_\_  
Name Phone No. (on 4/25/04) (Month/Day/Year) M/F

Club Name or Unattached \_\_\_\_\_ USMS or International Reg. # \_\_\_\_\_

**BEFORE COMPLETING, READ MEET INFORMATION ON PREVIOUS PAGES.**  
**Check in for all deck seeded events. Check in ends at 4 pm EST the day before event is swum for all Friday-Sunday events. For Thursday, check in will start THE DAY BEFORE and end 7 am Thursday for the 1000 and one hour before the start of the 1650.**  
*Entries must be U.S. postmarked by March 11, 2004 or received by March 18, 2004*

Event No.	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6
<b>Warm-Up 6:30-7:50am</b>				<b>THURSDAY, APRIL 22, 2004</b>	<b>Start 8:00 a.m.</b>			
1				1000 FREESTYLE**	2			
3				1650 FREESTYLE**	4			
<b>Warm-Up 6:30-7:50am</b>				<b>FRIDAY, APRIL 23, 2004</b>	<b>Start 8:00 a.m.</b>			
5				100 BUTTERFLY	6			
7				50 BREASTSTROKE	8			
9				100 BACKSTROKE	10			
11				200 FREESTYLE	12			
13/14	SEE RELAY FORM			200 MIXED MEDLEY RELAY	13/14	SEE RELAY FORM		
15	SEE RELAY FORM			200 FREE RELAY	16	SEE RELAY FORM		
17				400 INDIVIDUAL MEDLEY	18			
<b>Warm-Up 6:30-7:50am</b>				<b>SATURDAY, APRIL 24, 2004</b>	<b>Start 8:00 a.m.</b>			
19				100 INDIVIDUAL MEDLEY	20			
21				200 BUTTERFLY	22			
23				50 BACKSTROKE	24			
25				100 FREESTYLE	26			
27				200 BREASTSTROKE	28			
29	SEE RELAY FORM			200 MEDLEY RELAY	30	SEE RELAY FORM		
31				500 FREESTYLE (WOMEN)	****	Men's 500 Sunday	***	***
<b>Warm-Up 6:30-7:50am</b>				<b>SUNDAY, APRIL 25, 2004</b>	<b>Start 8:00 a.m.</b>			
33				200 BACKSTROKE	34			
35				50 FREESTYLE	36			
37				200 INDIVIDUAL MEDLEY	38			
39				50 BUTTERFLY	40			
41				100 BREASTSTROKE	42			
43/44	SEE RELAY FORM			200 MIXED FREE RELAY	43/44	SEE RELAY FORM		
****	Women's 500 Sat.	***	***	500 FREESTYLE (MEN)	46			

**Entry Checklist**

Entry form filled out completely?

"T" and "6" events clearly marked? ("T" is for NOT's that have been met. Mark "6" only if entering 6 events.)

Seed times in proper columns?

No more than three events per day entered?

Liability release signed and dated?

Fees payable to "USMS" enclosed?

International registration card attached?

SASE enclosed? (Indicate purpose on envelope.)

Entry postmarked by March 11, 2004, or received by March 18, 2004, deadline?

**QUESTIONS? Call 317-253-8289 before 9 pm EST**

**\*\*You may enter either the 1000 or 1650 Free, not both. Women and men will swim together in the 1000 and 1650 Free.**

**Internet Entries will be accepted starting 2/01/04. Please see [www.usms.org](http://www.usms.org) for additional information.**

**Liability Release:** "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, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature \_\_\_\_\_ Date \_\_\_\_\_

**FEES:**

Meet Surcharge (required for all events)	\$30
Number of Individual Events _____ x \$4	_____
Final Results _____ x \$15	_____
Social Event _____ x \$25	_____
Gold Medal Sponsor _____ x \$50	_____
Platinum Sponsor _____ x \$100	_____
<b>TOTAL FEES ENCLOSED</b>	_____

Check or money order payable to  
 United States Masters Swimming