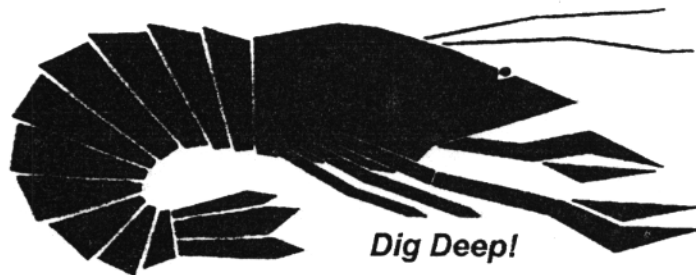


*1996 USMS
5 and 10 Kilometer
Postal Championships*



*Hosted by
Crawfish Masters Swim Team*



**United States
Masters
Swimming**



November 1, 1996

Dear 5K/10K Participant:

Congratulations on your outstanding effort in the USMS 5K/10K Postal Championship! This year, 91 swimmers completed the 5K swim, while 67 managed to finish the longer 10K. Fifty teams participated in the event.

Special recognition must go to several individuals and groups. Jeff Erwin, 32, Sawtooth Masters, became the first swimmer in USMS history to break one hour in the 5K (59:53.17). He also won the 10K in his age group with an overall-fastest time of 2:09:09.50. On the women's side, Suzanne Heim, 36, Terrapin Masters, posted the fastest 5K and 10K ever for women in 1:05:32.25 and 2:14:08.75, respectively.

Bear with me as I give a pat on the back to my Crawfish Masters, who had another banner year in the 10K. Twenty-seven Crawfish completed the 10K swim, accumulating a whopping 179 points. St. Pete Masters took the 5K women's and combined crowns, and Michigan Masters captured the 5K men's title.

A few suggestions about the entry procedure:

- 1) A copy of your USMS card is required with entry;
- 2) Always enter any USMS event with your name as listed on your USMS card;
- 3) The entry must be signed by the swimmer in two places -- the liability release and time verification;
- 4) Splits must be recorded in a cumulative manner (example: 1:30, 3:02, 4:35, etc.);
- 5) Final times must be recorded to the one-hundredth of a second. In cases where no hundredths were shown, ".99" was inserted.
- 6) Entries must be in the hands of the event director no later than the stated deadline. Late entries will be returned.

Next year, the Crawfish Masters will once again host the USMS 5K and 10K Postal Championships. You are automatically on the mailing list, so expect an entry form around May 1. Thanks so much for participating, and keep up the great job in the pool!

Sincerely,

A handwritten signature in cursive script that reads "Scott Rabalais".

Scott Rabalais
Event Director

USMS Inc. National Office • Dorothy Donnelly, Executive Secretary • 2 Peter Avenue, Rutland, MA 01543 • (508) 886-6631 • FAX (508) 886-6265

President Mel Goldstein 6456 Broadway Indianapolis, IN 46220 (317) 253-8289 (317) 253-8289 FAX	Vice President Dr. James Miller 1447 Johnston Willis Drive Richmond, VA 23235 (804) 330-3335 (804) 320-2717 FAX	Secretary Suzanne Rague 935 NW 170th Pl. Beaverton, OR 97006 (503) 531-9051 (503) 531-9051 FAX	Treasurer Lucy Johnson PO Box 3368 Long Beach, CA 90803 (310) 433-5299 (310) 433-5185 FAX	Legal Counsel Jack Geoghegan 155 Osborn Rd. Rye, NY 10580 (914) 967-8167 (914) 967-6236	Past President Daniel F. Gruender 3329 Valencia Lane Phoenix, AZ 85018 (602) 946-5805 (602) 955-6176	Zone Chairman Betsy Durrant 211-66th St. Virginia Beach, VA 23451 (804) 422-6811 (804) 422-6811
--	---	--	---	---	--	---

TEAM PARTICIPATION

ABRV	CLUB	5K-W	5K-M	10K-W	10K-M
AKMS	ALASKA MASTERS	3	1		1
ARIZ	ARIZONA MASTERS	2	3		1
BAT	BATHURST (AUSTRALIA)		1		
BLS	BAYLOR/LONE STAR MASTERS				1
BOLT	ULTRASPORT Y-BOLTS MASTERS			1	1
BRAT	BOB RUTH AQUATIC TEAM	2			
CATM	CLEARWATER AQUATIC TEAM MASTERS		1		1
CDW	DARWIN STINGERS (AUSTRALIA)			1	
CHMS	CRESCENT HILL MASTERS CLUB				1
CONN	CONNECTICUT MASTERS		1		1
CRAW	CRAWFISH MASTERS		1	12	15
CVM	CHULA VISTA MASTERS	1			
DADS	DADS CLUB		2		2
DAM	DAVIS AQUATIC MASTERS		1		
DC	DOLPHIN CLUB	1		1	
DOC	DOC'S TEAM		1		
DSMC	DUNEDIN SUN MASTERS CLUB	1			
FCMC	FOG CITY MASTERS CLUB	1			
GOLD	GOLD COAST MASTERS		2		
GOST	GREATER OHIO SWIM TEAM				1
GRIN	GREATER INDIANA MASTERS SWIMMING	2	1		1
HBSC	HUNTINGTON BEACH SWIM CLUB		1		
HUMU	HUMUHUMUNUKUNUKUAPUAA			1	1
MICH	MICHIGAN MASTERS	2	5	2	2
MINN	MINNESOTA MASTERS		2		3
MMA	MACKAY MASTERS AUSTRALIA		1		
MOVY	MISSOURI VALLEY	1			1
NEM	NEW ENGLAND MASTERS		1		
NET	ETTALONG AUSSI MASTERS (AUSTRALIA)	2			
NEWP	NEWPORT BEACH MASTER SWIMMERS		1		1
OSB	OJAI-SANTA BARBARA	1		1	
PCAT	PLANO WETCATS	1	2		
PNA	PACIFIC NORTHWEST AQUATICS	1	2		2
PSV	PSV (HOLLAND)				1
QBN	BRISBANE NORTHSIDE MASTERS (AUSTRALIA)		1		
QSM	QUEENSLAND SOUTHSIDE MASTERS (AUSTRALIA)	4	3		1
QVG	VIRGINIA MASTERS SWIM CLUB (AUSTRALIA)				1
RINC	RINCONADA MASTERS		1		1
SAWT	SAWTOOTH MASTERS		2		2
SCM	SUNSHINE COAST MASTERS (AUSTRALIA)	2			
SDSM	SAN DIEGO SWIM MASTERS	2			
SLAM	ST LOUIS AREA MASTERS	1			
SPM	ST PETE MASTERS	8	6		
TERA	TERRAPIN MASTERS SWIM TEAM	1		1	
TGM	TEAM GREENVILLE MASTERS				1
TOC	THE OLYMPIC CLUB	2			
TTSM	TWIN TOWNS SERVICES MASTERS S.C. (AUSTRALIA)	1	3		
TXAM	TEXAS AQUATICS MASTERS			1	1
UCS	UNIVERSITY CIRCLE SWIMMERS		1		
UNAT	UNATTACHED	2		1	
WILD	WILDCAT MASTERS			1	
	TOTAL	44	47	23	44

TEAM SCORES

ABRV	5K-W	ABRV	5K-M	ABRV	5K-TOTAL	ABRV	10K-W	ABRV	10K-M	ABRV	10K-TOTAL
SPM	59	MICH	44	SPM	99	CRAW	98	CRAW	81	CRAW	179
QSM	32	SPM	40	MICH	63	MICH	17	MINN	24	MICH	32
AKMS	22	QSM	27	QSM	59	BOLT	11	DADS	22	MINN	24
SDSM	20	TTSM	27	TTSM	38	DC	11	SAWT	20	DADS	22
TOC	20	DADS	22	ARIZ	30	OSB	11	PNA	19	SAWT	20
MICH	19	ARIZ	19	AKMS	26	TERA	11	MICH	15	PNA	19
UNAT	19	MINN	18	GRIN	24	TXAM	11	CHMS	11	TXAM	19
BRAT	16	SAWT	18	PCAT	23	CDW	9	CONN	11	BOLT	16
SCM	16	GOLD	17	DADS	22	HUMU	8	GOST	11	HUMU	15
GRIN	15	PCAT	16	SDSM	20	UNAT	8	NEWP	11	CHMS	11
ARIZ	11	PNA	13	TOC	20	WILD	7	ARIZ	9	CONN	11
MOVY	11	CONN	11	UNAT	19			BLS	9	DC	11
NET	11	CRAW	11	MINN	18			GRIN	9	GOST	11
TERA	11	RINC	11	SAWT	18			QSM	9	NEWP	11
TTSM	11	GRIN	9	GOLD	17			RINC	9	OSB	11
CVM	9	HBSC	9	PNA	17			QVG	8	TERA	11
DSMC	9	NEM	9	BRAT	16			TXAM	8	ARIZ	9
DC	8	UCS	9	SCM	16			AKMS	7	BLS	9
OSB	8	BAT	8	CONN	11			HUMU	7	CDW	9
PCAT	7	DAM	8	CRAW	11			CATM	6	GRIN	9
SLAM	6	QBN	8	MOVY	11			BOLT	5	QSM	9
PNA	4	CATM	6	NET	11			PSV	4	RINC	9
FCMC	2	DOC	6	RINC	11			TGM	4	QVG	8
		NEWP	6	TERA	11			MOVY	3	UNAT	8
		AKMS	4	CVM	9					AKMS	7
		MMA	3	DSMC	9					WILD	7
				HBSC	9					CATM	6
				NEM	9					PSV	4
				UCS	9					TGM	4
				BAT	8					MOVY	3
				DAM	8						
				DC	8						
				OSB	8						
				QBN	8						
				CATM	6						
				DOC	6						
				NEWP	6						
				SLAM	6						
				MMA	3						
				FCMC	2						

1996 USMS 5 KILOMETER POSTAL CHAMPIONSHIP

5 KILOMETER - WOMEN

19-24 Record: Kira Dale 1:07:26.99 (1996)

1	KIRA DALE	24 UNAT	1:07:26.99	11
---	-----------	---------	------------	----

25-29 Record: Sheri Predmore 1:10:47.33 (1995)

1	KARYN CLARK**	29 QSM	1:09:50.68	11
2	SAMANTHA ROYER	25 AKMS	1:11:16.44	9
3	WENDY LOWENGRUB	28 GRIN	1:12:16.06	8
4	SACHI SAWAMURA	29 GRIN	1:17:28.00	7

30-34 Record: Leslie Cooper 1:10:25.46 (1993)

1	KAREN SADIER	33 BRAT	1:11:17.35	11
2	MAUD ORLANDO	33 DSMC	1:16:36.32	9
3	LAURA BURTCH	32 DC	1:16:59.26	8
4	CATHERINE WYMAN	33 ARIZ	1:32:30.00	7

35-39 Record: Suzanne Heim 1:05:32.25 (1996)

1	SUZANNE HEIM	38 TERA	1:05:32.25	11
2	MARGUERITE MEYER	37 TOC	1:09:34.99	9
3	CATHY SHONKWILER	36 UNAT	1:09:54.37	8
4	MARY SWEAT	39 PCAT	1:13:33.99	7
5	MARGARET K HOPPER	39 SLAM	1:15:07.34	6
6	WANDA BROWN	39 BRAT	1:15:42.97	5
7	SHELLY DAVIS	37 ARIZ	1:18:30.00	4
8	LAURA KALEEL	36 SPM	1:20:07.99	3
9	JILL VOORHIS	36 SPM	1:25:10.23	2

40-44 Record: Danielle Ogier 1:10:04.99 (1996)

1	DANIELLE OGIER	43 TOC	1:10:04.99	11
2	JOANN HARRELSON	40 SPM	1:18:40.14	9
3	PAM GEIGER	43 SPM	1:20:29.08	8
4	JOANNE WAINWRIGHT	41 AKMS	1:21:57.53	7
5	DOLLY E LARKIN	43 AKMS	1:46:36.19	6

45-49 Record: Barbara G Dunbar 1:09:55.88 (1996)

1	BARBARA G DUNBAR	47 SDSM	1:09:55.88	11
2	ANNE M PAGE	48 SPM	1:22:31.01	9
3	KATHERINE WATSON	48 OSB	1:23:52.10	8
4	SUE NEEDHAM**	46 SCM	1:30:11.96	7
5	BARBARA PRESCOTT	46 SPM	1:37:42.31	6
6	CAROL WALDOCK**	49 QSM	1:39:28.68	5
7	JANE A MOORE	45 PNA	1:45:12.09	4

1996 USMS 5 KILOMETER POSTAL CHAMPIONSHIP

8	JUDY BROWN**	46 NET	2:08:36.23	3
9	ALICE G YIP	49 FCMC	2:33:03.62	2

50-54 Record: Sarah L Brougher 1:20:18.99 (1994)

1	MARY O ANDERSON	54 MOVY	1:27:33.99	11
2	LINDA BESSEMER	54 CVM	1:32:39.99	9
3	FREDERICKA RAPP	52 MICH	1:45:15.28	8
4	KATALIN MORDEN**	54 QSM	2:00:48.36	7

55-59 Record: Jayne Lambke 1:26:34.99 (1995)

1	JAYNE LAMBKE	57 SPM	1:26:52.99	11
2	BETSY T JORDAN	59 SDSM	1:27:17.45	9

60-64 Record: Kate Knight-Perry 1:45:02.34 (1995)

1	KATE KNIGHT-PERRY	61 SPM	1:53:05.99	11
2	HELEN HOLMES**	62 QSM	2:08:34.00	9

65-69 Record: Lois K Nochman 1:49:11.68 (1994)

1	DOREEN BONDFIELD**	65 TTSM	1:42:49.75	11
---	--------------------	---------	------------	----

70-74 Record: Lois Nochman 1:46:45.10 (1996)

1	LOIS NOCHMAN	71 MICH	1:46:45.10	11
2	NORMA PATRICIA RUDOLPH**	73 SCM	1:55:29.10	9
3	OPAL EDDY**	70 NET	2:46:09.18	8

5 KILOMETER - MEN

19-24 Record: No US Record

No Entries

25-29 Record: Michael Collins 1:04:54.20 (1992)

1	THOMAS SCHARDT	28 MICH	1:20:27.86	11
2	ALLEN RAVER	27 GRIN	1:43:00.90	9

30-34 Record: Jeff Erwin 59:53.17 (1996)

1	JEFF ERWIN	32 SAWT	59:53.17	11
2	TODD D CLARK	31 UCS	1:06:27.22	9
3	MICHAEL COLLINS	30 DAM	1:08:40.99	8
4	ERIC NORDLUND	32 MICH	1:10:47.81	7
5	STEVE SNYDER	31 CATM	1:40:39.99	6

** - denotes foreign swimmer

1996 USMS 5 KILOMETER POSTAL CHAMPIONSHIP

35-39 Record: Scott F Rabalais 1:03:41.01 (1996)

1	SCOTT F RABALAIS	37 CRAW	1:03:41.01	11
2	JIM STEWART	39 MINN	1:04:03.21	9
3	GREG DOZER	39 ARIZ	1:06:34.00	8
4	PETER NUNAN	38 ARIZ	1:08:23.00	7
5	DAVID BOUDREAUX	38 GOLD	1:11:04.82	6
6	FRED LEADBETTER	36 SPM	1:16:45.71	5
7	BRUCE WYMAN	35 ARIZ	1:23:30.00	4
8	PETER JOHN NOWLAN**	35 MMA	1:35:17.67	3

40-44 Record: Larry Wood 1:05:42.12 (1995)

1	TIMOTHY C KENNEDY	40 SPM	1:09:51.00	11
2	FRANK L THOMPSON	44 MICH	1:12:02.58	9
3	GREGORY HARRISON	44 PNA	1:14:03.00	8
4	CRAIG A TRIBUZI	42 PCAT	1:15:52.06	7
5	JOEL STAGER	43 DOC	1:17:39.20	6
6	HUGH C MOORE	42 PNA	1:19:37.57	5
7	TIM PETERS	41 AKMS	1:40:12.96	4
8	JOHN VOORHIS	42 SPM	2:01:32.87	3

45-49 Record: Keith Bell 1:06:12.31 (1995)

1	WILLIAM CERNY	48 DADS	1:10:06.99	11
2	THOMAS MOYER	48 MICH	1:20:03.99	9
3	ALICK SWEET**	49 QBN	1:41:49.00	8

50-54 Record: John Selmer 1:15:44.00 (1996)

1	JOHN SELMER	51 RINC	1:15:44.00	11
2	VINCE HERRING	53 MINN	1:21:18.99	9
3	DONALD J KROEGER	52 MICH	1:24:58.00	8
4	PETER R BETZER	54 SPM	1:27:21.77	7

55-59 Record: Ernie Leskovitz 1:17:00.28 (1995)

1	ERNIE LESKOVITZ	59 GOLD	1:18:27.99	11
2	WILLIAM H CROWLEY	57 PCAT	1:26:32.99	9
3	BRIAN LETCHER**	55 BAT	1:55:30.82	8

60-64 Record: George Brunstad 1:20:13.32 (1996)

1	GEORGE BRUNSTAD	62 CONN	1:20:13.32	11
2	FRANK E REYNOLDS	64 HBSC	1:28:53.03	9
3	DR KONRAD EULER	61 SPM	1:32:58.99	8
4	RICHARD COOKE	60 SAWT	1:38:47.97	7
5	RALPH PERRY	63 SPM	2:02:59.99	6

1996 USMS 5 KILOMETER POSTAL CHAMPIONSHIP

65-69 Record: Graham Johnston 1:12:17.40 (1996)

1	GRAHAM JOHNSTON	65 DADS	1:12:17.40	11
2	STANLEY JACOBS**	68 QSM	1:25:04.06	9
3	GEORGE MAINA**	67 TTSM	1:37:29.00	8

70-74 Record: James K Edwards 1:38:24.50 (1995)

1	ROYCE JACKSON**	71 TTSM	1:37:14.53	11
2	JAMES K EDWARDS	73 NEM	1:40:15.99	9
3	DON ROBERTSON**	70 TTSM	2:00:42.23	8
4	ALEX TALL**	73 QSM	2:03:50.00	7
5	T.R. JOHNSON	73 NEWP	2:49:42.61	6

75-79 Record: J Johnston 1:55:08.71 (1991)

1	HARRY REDPATH**	77 QSM	2:07:23.00	11
---	-----------------	--------	------------	----

1996 USMS 10 KILOMETER POSTAL CHAMPIONSHIP

10 KILOMETER - WOMEN

19-24 Record: S Bella Browstein 2:25:23.15 (1988)

1	JOAN CHEUK	19 CRAW	3:48:59.91	11
---	------------	---------	------------	----

25-29 Record: Sharon Blaha 2:22:40.00 (1985)

1	ANNE HILL	27 CRAW	2:39:37.74	11
2	ANN SPEED	25 CRAW	2:49:05.51	9
3	MEG RICHERT	29 UNAT	3:27:08.62	8

30-34 Record: Patricia Mattson 2:17:19.08 (1985)

1	LAURA BURTCH	32 DC	2:37:50.28	11
2	LESLIE J STANLEY	34 CRAW	2:38:49.39	9
3	JANET RENNER	34 HUMU	2:43:30.08	8
4	JULIE PAULY	31 WILD	2:46:16.32	7
5	MICHELLE HAVER	33 CRAW	3:08:53.11	6

35-39 Record: Suzanne Heim 2:14:08.75 (1996)

1	SUZANNE HEIM	38 TERA	2:14:08.75	11
2	LINDA T GAMBLE	37 CRAW	2:50:46.39	9
3	MICHELE PERRET	35 CRAW	3:10:25.36	8
4	MARY WARREN	35 CRAW	3:19:14.42	7
5	SUSAN BERG	37 CRAW	3:25:13.32	6
6	ELLEN YOUNG	36 CRAW	3:38:12.06	5

40-44 Record: Danielle Ogier 2:22:35.99 (1993)

1	KARLENE WISE	43 TXAM	2:34:18.82	11
2	SUE LOKAY	41 CRAW	4:14:06.27	9
3	CATHERINE SCHIEVE	40 CRAW	4:23:00.56	8

45-49 Record: Barbara Dunbar 2:24:49.60 (1995)

1	KATHERINE WATSON	48 OSB	3:11:58.58	11
2	DAWN THOMPSON**	46 CDW	3:25:10.87	9

50-54 Record: Helen Buss 2:47:12.49 (1990)

1	VICKI BUCCINO	50 BOLT	3:10:46.35	11
2	JENNIFER PARKS	52 MICH	3:12:56.99	9
3	FREDERICKA RAPP	52 MICH	3:44:31.34	8

55-59 Record: Clarine Anderson 3:12:13.99 (1992)

No Entries

1996 USMS 10 KILOMETER POSTAL CHAMPIONSHIP

60-64 Record: Ruth Manfredi 3:58:01.00 (1986)

No Entries

65-69 Record: Lois K Nochman 3:38:50.23 (1993)

No Entries

70-74 Record: Lois Nochman 3:48:10.65 (1995)

No Entries

75-79 Record: Ivy Brown 4:19:19.99 (1990)

No Entries

10 KILOMETER - MEN

19-24 Record: Steve Cohen 2:11:58.09 (1993)

1	MIKE DIBENS	23 CRAW	2:34:46.63	11
2	JOHN S ARGRAVES	22 ARIZ	2:55:00.99	9
3	MATT PATOUT	24 CRAW	3:10:10.88	8

25-29 Record: Mike Volk 2:04:50.00 (1989)

1	WILLIAM F POLK	27 CHMS	2:28:13.76	11
---	----------------	---------	------------	----

30-34 Record: Bobby Patten 2:03:08.74 (1993)

1	JEFF ERWIN	32 SAWT	2:09:09.50	11
2	ROBERT HUDEK	34 BLS	2:12:03.02	9
3	GREG MILLARD	33 QVG	2:35:13.87	8
4	AARON ALTURA	33 HUMU	2:36:42.91	7
5	STEVE SNYDER	31 CATM	3:39:00.00	6

35-39 Record: Jim McConica 2:07:09.01 (1988)

1	SCOTT F RABALAIS	38 CRAW	2:10:52.23	11
2	JIM STEWART	39 MINN	2:15:33.14	9
3	WAYDE E MULHERN	37 MINN	2:35:47.91	8
4	JOHN RYBCZYK	36 CRAW	2:44:08.72	7
5	ALAN BRAATEN	38 CRAW	2:56:06.60	6
6	PAUL LARUE	35 CRAW	3:18:31.68	5

40-44 Record: Neil Wasserman 2:14:30.16 (1996)

1	NEIL WASSERMAN	41 GOST	2:14:30.16	11
2	ROBERT E WRIGHT	42 GRIN	2:17:43.00	9
3	STEPHEN FREEBORN	41 PNA	2:39:37.99	8
4	BRAD GAMBLIN	40 AKMS	2:40:17.99	7
5	BILL CRAWFORD	42 CRAW	3:03:44.70	6

** - denotes foreign swimmer

1996 USMS 10 KILOMETER POSTAL CHAMPIONSHIP

6	PAT MURPHY	40 CRAW	3:09:26.47	5
7	AD BROUWERS**	40 PSV	3:18:24.99	4
8	ALLEN F KOSSOY	43 MOVY	3:50:04.74	3
9	TONY DUPLACHIN	44 CRAW	4:21:57.75	2
10	RUDY KERAR	40 CRAW	4:24:21.34	1
11	JOSE M VARGAS	43 CRAW	4:27:47.74	
12	JOE WILLS	40 CRAW	5:08:31.42	

45-49 Record: Keith Bell 2:16:34.69 (1995)

1	WILLIAM CERNEY	48 DADS	2:27:19.99	11
2	THOMAS E MOYER	48 MICH	2:52:35.47	9
3	JERRY W LINDIG	46 CRAW	3:12:31.17	8

50-54 Record: Steven Thrasher 2:28:24.08 (1993)

1	STEVEN D THRASHER	54 PNA	2:31:35.11	11
2	JOHN SELMER	51 RINC	2:34:16.00	9
3	PAUL M HEBERT JR	50 CRAW	2:39:40.52	8
4	VINCE HERRING	53 MINN	2:53:13.77	7
5	DONALD J KROEGER	52 MICH	3:05:31.97	6
6	ERIK J MEYER	50 BOLT	3:30:25.71	5
7	WILFRED C LYON	52 TGM	4:52:13.03	4

55-59 Record: Charless LeBourgeois 2:39:52.59 (1993)

No Entries

60-64 Record: Graham Johnston 2:34:53.99 (1995)

1	GEORGE BRUNSTAD	62 CONN	2:47:29.78	11
2	RICHARD E COOKE	60 SAWT	3:26:27.68	9
3	THOMAS J HETZEL	60 TXAM	4:36:35.99	8

65-69 Record: Graham Johnston 2:35:50.99 (1996)

1	GRAHAM JOHNSTON	65 DADS	2:35:50.99	11
---	-----------------	---------	------------	----

70-74 Record: H Howe 2:57:58.03 (1994)

1	T.R. JOHNSON	73 NEWP	5:51:37.20	11
---	--------------	---------	------------	----

75-79 Record: Anthony J Vitale 4:12:47.03 (1996)

1	ANTHONY J VITALE	75 CRAW	4:12:47.03	11
2	HARRY REDPATH**	77 QSM	4:38:32.00	9

1996 United States Masters Swimming 5 Kilometer and 10 Kilometer Postal Championships

HOST: Crawfish Masters Swim Team, Baton Rouge, La.

SANCTION: Sanctioned by Southern Masters Swimming for USMS, Inc. Sanction # 246-001

EVENT DIRECTOR: Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820 (504)766-5937

EVENT: The 5 Kilometer and 10 Kilometer swims are separate National Championship events.

LOCATION: Any 50 meter pool.

DATES: The swim must be completed between May 15 and September 30, 1996. Entries must be received by the event director by October 15, 1996.

ELIGIBILITY: Open to all USMS members with valid 1996 registration. **Entrants are required to submit a photocopy of 1996 USMS registration card.**

FOREIGN ENTRIES: Foreign swimmers 19 years of age and older are invited to participate; proof of Masters membership is required. Please mail foreign entries as early as possible to meet deadline! Foreign swimmers are not eligible for USMS records or All-American status.

AGE GROUPS: Age group is determined by actual age on date of swim. Swimmers who change age groups during the event period may swim twice and enter in each age group. Age groups for both male and female are 19-24, 25-29, 30-34, 35-39, etc. (in five-year increments) to 100+.

AWARDS: USMS Long Distance National Championship medals will be awarded to the top three finishers in each age group for the 5K and 10K Championships. Championship patches will be awarded to each age-group winner.

SCORING: Unofficial club scoring will be tabulated based on the top ten finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be kept for men, women and combined in the 5K and 10K.

RULES: The 1996 USMS Rules for Long Distance Swimming govern this event. These include:

- 1) No drafting: two or more swimmers in one lane must maintain at least 10 meters of separation except when passing;
- 2) One or more adults must be present for the entire swim in the capacity of starter/head timer/referee;
- 3) A lap counter/timer/witness must record cumulative splits every 100 meters on the entry form split sheet. It is suggested that two watches with fresh batteries be used to ensure that an official swim time can be recorded to the nearest hundredth of a second;
- 4) You may enter both the 5K and the 10K. However, you may NOT use a split time from the 10K for the 5K. The 5K swim is 100 lengths of a 50-meter pool. The 10K swim is 200 lengths of a 50 meter pool.

FEES: The entry fee for each event is \$8.00, payable to Crawfish Masters Swim Team. Please do not send cash. Foreign entrants: Please submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

RESULTS: Results will be mailed to each participant. Please allow approximately one month after entry deadline for delivery of results, T-shirts and awards.

T-SHIRTS: Commemorative T-shirts may be purchased for the 5K and/or 10K. Please indicate preference on entry form. Cost per shirt is \$12. For non-US delivery, include additional \$3 per shirt for foreign postage.

CRAWFISH MASTERS 10-K SWIM: The Crawfish Masters Swim Team is hosting a 10-K Pool Swim at the L.S.U. Natatorium on Saturday, June 22, 1996. The event includes free airport-hotel-pool-social transportation, a Friday evening "Pasta at the Pool," a Saturday evening "Celebration Dinner" and automatic entry in the 1996 USMS 10K Postal Championships. Counter/timer provided by Crawfish Masters. For more information, contact event director Scott Rabalais at (504)766-5937 or send a SASE to above address. Entries limited to the first 48 and accepted on a first-come, first-serve basis. USMS membership required.

1996 USMS 5K & 10K Postal Championships

NAME: _____ SEX: _____ AGE: _____

ADDRESS: _____ PHONE: (____) _____ - _____

CITY: _____ STATE: _____ COUNTRY: _____ ZIP: _____

USMS #: _____ CLUB: _____ BIRTHDATE: ____/____/____

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 those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO 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: _____

Split Sheet				
100 _____	2100 _____	4100 _____	6100 _____	8100 _____
200 _____	2200 _____	4200 _____	6200 _____	8200 _____
300 _____	2300 _____	4300 _____	6300 _____	8300 _____
400 _____	2400 _____	4400 _____	6400 _____	8400 _____
500 _____	2500 _____	4500 _____	6500 _____	8500 _____
600 _____	2600 _____	4600 _____	6600 _____	8600 _____
700 _____	2700 _____	4700 _____	6700 _____	8700 _____
800 _____	2800 _____	4800 _____	6800 _____	8800 _____
900 _____	2900 _____	4900 _____	6900 _____	8900 _____
1000 _____	3000 _____	5000 _____	7000 _____	9000 _____
1100 _____	3100 _____	5100 _____	7100 _____	9100 _____
1200 _____	3200 _____	5200 _____	7200 _____	9200 _____
1300 _____	3300 _____	5300 _____	7300 _____	9300 _____
1400 _____	3400 _____	5400 _____	7400 _____	9400 _____
1500 _____	3500 _____	5500 _____	7500 _____	9500 _____
1600 _____	3600 _____	5600 _____	7600 _____	9600 _____
1700 _____	3700 _____	5700 _____	7700 _____	9700 _____
1800 _____	3800 _____	5800 _____	7800 _____	9800 _____
1900 _____	3900 _____	5900 _____	7900 _____	9900 _____
2000 _____	4000 _____	6000 _____	8000 _____	10000 _____

Official Time: ____:____:____

We certify that on ____/____/____ (date), the entrant completed the 5K____/10K____ (check only one event) in the official time recorded above.

Signature of Swimmer (required)

Signature of Verifier (required)

Mail completed and signed entry form with fees for entry, T-shirt and foreign postage payable to Crawfish Masters Swim Team. **Include copy of 1996 USMS registration card** and optional SASE for entry receipt verification. **Entries must be received by event director by October 15, 1996.**

MAIL TO:
Crawfish Masters Swim Team
c/o Scott Rabalais
3537 Christina Ave.
Baton Rouge, LA 70820 USA

FEES: Entry Fee (\$8 US) \$8.00
T-shirts (\$12 each) Size(s): S__ M__ L__ XL__ XXL__ _____
Check: 5K shirt(s)____ 10K shirt(s)____
Foreign T-shirt postage (\$3 per shirt) _____
TOTAL payable to **Crawfish Masters Swim Team** _____