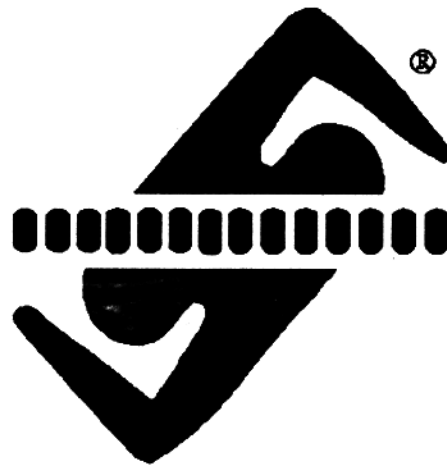


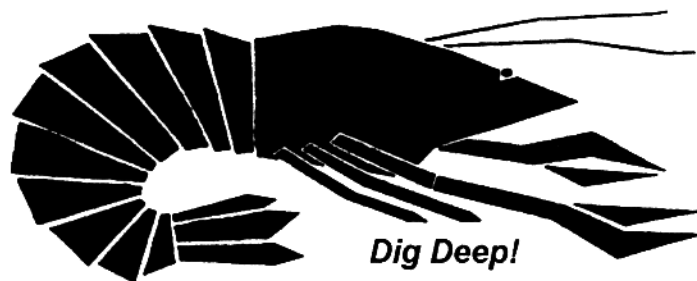
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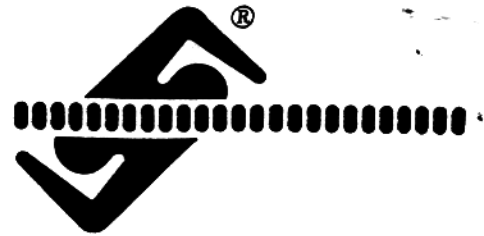
*1997 USMS
5 and 10 Kilometer
Postal Championships*



*Hosted by
Crawfish Masters Swim Team*



**United States
Masters
Swimming**



November 1, 1997

Dear 5K/10K Participant:

Congratulations on your outstanding effort in the USMS 5K/10K Postal Championship! This year, 89 swimmers completed the 5K swim, while 68 managed to finish the 10K. Thirty-seven teams participated in the event.

Special recognition must go to several individuals and groups. New USMS record-setters in the 5K were Nancy North, Karen Sadler, Betsy Jordan, Jim Barber, Sandy MacDonald, Robert Williams and Gary Weisenthal. 10K records were set by Sandy MacDonald and Robert Williams.

In the club competition, Greater Indiana Masters Swimming dominated the 5K event with 15 swimmers and 117 total points. In the 10K, the Crawfish Masters defended their title with 23 swimmers and 159 points.

No doubt the Aussies are in serious training for the 2000 Summer Olympic Games as 40 entries were received from Down Under. Way to go, mates!

Next year, the 5K/10K will be hosted by Inland Empire Masters. For entry information, contact Elin Zander, So. 13927 Traver Lane, Valleyford, WA 99036. Phone (509) 448-5250.

Also, the Crawfish Masters will be hosting the 1998 February Fitness Challenge. For an entry form, contact me by e-mail at ScottRabalais@compuserve.com, or by phone or fax at (504) 766-5937. Also, you can send an SASE to me at 3537 Christina Ave., Baton Rouge, LA 70820.

Keep up the distance swimming!

Sincerely,

Scott Rabalais
Event Director

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TEAM PARTICIPATION

ABBR	CLUB	5K-W	5K-M	10K-W	10K-M
BNM	BRISBANE NORTHSIDE (AUSTRALIA)			1	
BRAT	BOB RUTH AQUATIC TEAM	1			
CATM	CLEARWATER AQUATIC TEAM		1		1
CDW	DARWIN STINGERS (AUSTRALIA)			3	1
CONN	CONNECTICUT MASTERS		1		
CRAW	CRAWFISH MASTERS	2	4	11	12
DADS	DAD'S CLUB		1		2
FCCM	FOG CITY MASTERS CLUB	1		1	
GAJA	GEORGIA		2		1
GOST	GREATER OHIO SWIM TEAM		1		1
GRIN	GREATER INDIANA MASTERS SWIMMING	6	9		2
HBSC	HUNTINGTON BEACH SWIM CLUB		1		
LAKE	LAKESIDE MASTERS		1		
MICH	MICHIGAN MASTERS	2	1	1	3
MM	MACKAY MASTERS (AUSTRALIA)		1		
MOVY	MISSOURI VALLEY		1		
NBMS	NEWPORT BEACH MASTER SWIMMERS		1		1
NEM	NEW ENGLAND MASTERS		1		
NET	NET (AUSTRALIA)	3	1		
NOVA	IRVINE NOVAQUATICS			1	
OSB	OJAI-SANTA BARBARA	1		1	
PNA	PACIFIC NORTHWEST AQUATICS		2		4
QBN	BRISBANE NORTHSIDE (AUSTRALIA)	5	5		1
QSM	BRISBANE SOUTHSIDE MASTERS (AUSTRALIA)	5	4	1	2
QTM	TOWNSVILLE MASTERS (AUSTRALIA)	1	1		
QTT	QUEENSLAND TWIN TOWNS (AUSTRALIA)	1	1	2	
RMM	ROCKY MOUNTAIN MASTERS	1			
RUBA	RUTGERS UNIV/BERKELEY AQUATICS MASTERS				1
SAC	SACRAMENTO MASTERS		1		1
SAWS	SAWTOOTH MASTERS				1
SCM	SUNSHINE COAST MASTERS (AUSTRALIA)				1
SDSM	SAN DIEGO SWIM MASTERS	3	2	1	2
SPM	ST PETE MASTERS	4	4	1	3
TTEX	TEAM TEXAS	1		1	
TULS	TULSA MASTERS			1	
TXAM	TEXAS AQUATIC MASTERS		1		
UNAT	UNATTACHED		2		
UTAH	UTAH MASTERS	2		1	1
	TOTAL	39	50	27	41

1997 USMS 5 KILOMETER POSTAL CHAMPIONSHIP

5 KILOMETER - WOMEN

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

No Entries

25-29 Record: Nancy North 1:09.15 (1997)

1	NANCY NORTH	29	SDSM	1:09:15.00	11
2	STACEY W TOBEY	28	UTAH	1:10:18.66	9
3	WENDY LOWENGRUB	29	GRIN	1:14:02.50	8
4	ANN B HILL	27	CRAW	1:14:14.99	7
5	DONNA NICHOLSON**	29	QBN	1:25:56.31	6
6	ELISABETH HONN	25	GRIN	1:32:25.06	5

30-34 Record: Karen Sadler 1:10:14.71 (1997)

1	PENNY BOND**	34	QTM	1:05:35.45	11
2	KAREN SADLER	34	BRAT	1:10:14.71	9
3	CHRISTINE T SWANSON	34	SPM	1:29:27.00	8
4	INGRID TALL**	32	QSM	1:29:37.31	7
5	LISA CARTER**	34	QBN	1:39:33.99	6
6	DEBBIE ANDERSON	32	GRIN	1:46:29.93	5

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

1	STEPHANIE PORTER	35	GRIN	1:14:39.15	11
2	PATRICIA NARDOZZI	38	SPM	1:31:56.18	9

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

1	KARLENE WISE	44	TTEX	1:12:48.99	11
2	PAM GEIGER	44	SPM	1:23:34.99	9
3	NAN WITCHER	42	GRIN	1:28:25.63	8
4	LYNETTE SCHAEFER**	40	QBN	1:36:16.48	7
5	CHRIS PARSONS	44	QSM	1:50:06.35	6
6	BETTY COOK**	42	QTT	2:10:59.99	5

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

1	BARBARA DUNBAR	48	SDSM	1:10:38.91	11
2	PRISCILLA C KAWAKAMI	46	UTAH	1:15:30.97	9
3	LYNN RHUE	45	RMM	1:27:24.81	8
4	KATHERINE WATSON	49	OSB	1:32:07.10	7
5	BARBARA PRESCOTT	46	SPM	1:38:47.00	6
6	JUDY BROWN**	47	NET	2:02:38.65	5

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

1	CAROL WALDOCK**	50	QSM	1:39:17.59	11
2	FREDERICKA RAPP	53	MICH	1:41:19.79	9

** - denotes foreign swimmer

1997 USMS 5 KILOMETER POSTAL CHAMPIONSHIP

3	DIANA TUCKER	50	CRAW	1:44:42.99	8
4	ALICE G YIP	50	FCMC	2:01:21.33	7

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

1	IRENE KEEL**	56	QSM	1:51:45.66	11
2	NORMA DANIELS**	58	QBN	2:31:53.93	9

60-64 Record: Betsy Jordan 1:31:12.49 (1997)

1	BETSY JORDAN	60	SDSM	1:31:12.49	11
2	CAROL LOWENGRUB	60	GRIN	1:40:38.99	9
3	SHIRLEY KERR**	61	QBN	1:46:59.61	8
4	HELEN HOLMES**	63	QSM	2:11:59.47	7

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

No Entries

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

1	LOIS KIVI NOCHMAN	72	MICH	1:53:01.34	11
2	OPAL EDDY**	70	NET	2:21:57.14	9

75-79 Record: No US Record

1	NELL CAREW**	78	NET	2:50:08.25	11
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5 KILOMETER - MEN

19-24 Record: No US Record

No Entries

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

1	STEVE LEVINS	25	CRAW	1:33:40.99	11
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30-34 Record: Jeff Erwin 59:53.17 (1996)

1	ANDREW PULSIFER	31	GAJA	1:04:31.27	11
2	DENNIS J SCHILLY	31	TXAM	1:23:29.49	9
3	STEVE SNYDER	32	CATM	1:40:02.24	8

35-39 Record: Jim Barber 1:02:34.86 (1997)

1	JIM BARBER	37	GRIN	1:02:34.86	11
2	SCOTT RABALAIS	39	CRAW	1:03:29.99	9
3	BILL BOND	36	GAJA	1:08:59.60	8
4	DEAN VOYLES	35	GRIN	1:15:12.00	7
5	CHRIS PALFREY**	39	QTM	1:15:37.29	6
6	DAN NARDOZZI	38	SPM	1:31:17.82	5
7	PETER JOHN NOWLAND**	36	MM	1:35:17.67	4

** - denotes foreign swimmer

1997 USMS 5 KILOMETER POSTAL CHAMPIONSHIP

40-44 Record: Sandy MacDonald 1:01:33.63 (1997)

1 SANDY MacDONALD	41	SAC	1:01:33.63	11
2 NEIL WASSERMAN	42	GOST	1:04:25.38	9
3 NED S MAGGIORA	42	SDSM	1:06:42.01	8
4 ROBERT E WRIGHT	42	GRIN	1:06:45.12	7
5 LEE MENCH	44	SDSM	1:07:09.67	6
6 KERN DAVIS	42	SPM	1:16:50.00	5
7 JOEL STAGER	44	GRIN	1:18:58.34	4
8 LAWRIE FABIAN**	41	QBN	1:21:38.66	3
9 ANDREW McPHERSON	40	SPM	1:25:47.99	2
10 ALLEN F KOSSOY	44	MOVY	1:48:09.38	1
11 JOSE VARGAS	44	CRAW	2:05:44.99	

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

1 FRANK L THOMPSON	45	MICH	1:08:33.20	11
2 DAVID A TANNER	47	GRIN	1:10:41.00	9
3 GREGORY HARRISON	45	PNA	1:12:16.50	8
4 DICK SIDNER	48	GRIN	1:22:26.99	7
5 JOEL GREENBERG	47	GRIN	1:25:48.00	6
6 VANCE M EADDY	49	SPM	1:36:02.2	5
7 DONALD BRENNAN	48	UNAT	2:44:17.99	4

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

1 PETER GRACE**	50	QBN	1:27:04.62	11
2 JOHN MAZZA**	51	QBN	2:11:50.08	9

55-59 Record: Robert R Williams 1:13:49.02 (1997 - 10K split)

1 MEL GOLDSTEIN	58	GRIN	1:17:23.01	11
2 ALAN SOMERS	56	GRIN	1:18:47.99	9
3 BILLY SULZBY	55	UNAT	1:24:25.14	8
4 BILL HILL**	55	QBN	1:41:17.71	7
5 BRIAN LETCHER**	56	NET	2:04:06.12	6

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

1 GEORGE ERIC BRUNSTAD	63	CONN	1:22:26.28	11
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65-69 Record: Graham Johnston 1:12:17.40 (1996)

1 GRAHAM JOHNSTON	66	DADS	1:16:30.22	11
2 THOMAS T TAYLOR	66	PNA	1:29:48.00	9
3 FRANK E REYNOLDS	65	HBSC	1:30:20.31	8
4 STANLEY EDWARD JACOBS**	69	QSM	1:34:50.02	7
5 GEORGE MAINA**	66	QTT	1:40:11.99	6
6 JOHN GARDE**	65	QSM	1:43:02.47	5

1997 USMS 5 KILOMETER POSTAL CHAMPIONSHIP

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

1 STEVE WILKES**	74	QBN	1:34:51.20	11
2 JAMES K EDWARDS	74	NEM	1:41:33.99	9
3 ALEX TALL**	74	QSM	2:13:46.28	8
4 T R JOHNSON	74	NBMS	2:47:07.75	7

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

1 TONY VITALE	76	CRAW	2:18:11.99	11
2 HARRY REDPATH**	78	QSM	2:20:14.42	9

80-84 Record: Gary Weisenthal 2:15:35.65 (1997)

1 GARY WEISENTHAL	83	LAKE	2:15:35.65	11
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1997 USMS 10 KILOMETER POSTAL CHAMPIONSHIP

10 KILOMETER - WOMEN

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

1	JOAN CHEUK	20	CRAW	3:21:17.99	11
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25-29 Record: Sharon Blaha 2:22:40.00 (1985)

1	NANCY NORTH	28	SDSM	2:27:31.79	11
2	ANN HILL	28	CRAW	2:30:44.99	9
3	THERESA KLEIN	26	CRAW	2:45:44.99	8
4	KATHERINE TOUPS	29	CRAW	3:11:35.99	7
5	KERRY KAPPES	29	CRAW	3:43:13.99	6

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

1	BLAIR KELLY	34	CRAW	3:30:12.99	11
2	PAM RICE	32	CRAW	4:13:05.99	9

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

1	ROBYN MASTERS	38	UTAH	2:22:32.23	11
2	LESLIE HENSHAW	37	TULS	2:33:21.00	9
3	BARBARA BARNETT	36	NOVA	2:48:02.18	8
4	MARY WARREN	36	CRAW	3:16:48.00	7
5	MEG HAVILAND	39	CRAW	3:18:33.99	6
6	ELLEN YOUNG	37	CRAW	3:36:37.99	5

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

1	KARLENE WISE	44	TTEX	2:33:24.99	11
2	JO ANN HARRELSON	41	SPM	2:51:03.99	9
3	KERRY THOMPSON**	44	QTT	3:07:49.99	8
4	JANET SIMONSON	43	CRAW	3:08:07.99	7

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

1	DAWN THOMPSON**	47	CDW	3:16:11.14	11
2	KATHERINE WATSON	49	OSB	3:21:00.45	9
3	SHARYN C GILES**	47	BNM	3:32:48.30	8

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

1	FREDERICKA RAPP	53	MICH	3:38:46.36	11
2	ALICE G YIP	50	FCMC	4:16:02.09	9

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

1	VIRGINIA HEAD**	55	QSM	3:47:19.29	11
2	ELAINE EDWARDS**	59	CDW	4:29:40.99	9

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

No Entries

1997 USMS 10 KILOMETER POSTAL CHAMPIONSHIP

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

1	DOREEN BONDFIELD**	66	QTT	3:41:40.99	11
2	CHRISTINE JEFFS**	69	CDW	4:01:07.99	9

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)

No Entries

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

1	EDDIE SCHURMANN	27	CRAW	3:00:54.99	11
2	KIRK O'BRIEN	26	CRAW	3:32:14.99	9
3	MARK HERMAN	25	CRAW	3:51:38.99	8

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

1	ROBERT TODD WALTON	31	UTAH	2:46:29.06	11
2	CRAIG BARBER	30	CRAW	2:56:15.99	9
3	STEVE SNYDER	32	CATM	3:46:20.91	8

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

1	DAN GOERKE	38	GAJA	2:10:06.55	11
2	JIM BARBER	37	GRIN	2:11:34.49	9
3	SCOTT RABALAIS	39	CRAW	2:12:49.21	8
4	ALAN BRAATEN	39	CRAW	2:46:31.99	7
5	ERIC DYBDAHL	37	PNA	2:52:41.18	6
6	CARLOS OROZCO**	39	QSM	3:38:51.64	5

40-44 Record: Sandy MacDonald 2:04:57.01 (1997)

1	SANDY MacDONALD	41	SAC	2:04:57.01	11
2	NEIL WASSERMAN	42	GOST	2:12:38.82	9
3	ROB COPELAND	40	RUBA	2:16:49.89	8
4	NED S MAGGIORA	42	SDSM	2:20:46.13	7
5	TIMOTHY C KENNEDY	40	SPM	2:20:57.00	6
6	ROBERT E WRIGHT	42	GRIN	2:23:32.36	5
7	STEPHEN L FREEBORN	42	PNA	2:40:10.20	4
8	TIM RATCHFORD	40	CRAW	2:49:09.59	3
9	GRAHAM STEWART	40	CRAW	2:54:46.00	2

** - denotes foreign swimmer

1997 USMS 10 KILOMETER POSTAL CHAMPIONSHIP

10 ALLAN YOUNG**	42	CDW	3:12:07.49	1
11 KEVIN D DUDSON**	40	SCM	3:31:00.06	
12 RUDY KERAR	41	CRAW	4:30:33.66	
13 JOE WILLS	41	CRAW	4:46:14.99	

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

1 FRANK L THOMPSON	45	MICH	2:22:08.23	11
2 WILLIAM CERNEY	49	DADS	2:30:43.85	9
3 JOHN LORIMER	46	PNA	2:37:02.48	8
4 FRITZ SIMONSON	46	CRAW	3:03:54.99	7
5 THOMAS E MOYER	49	MICH	3:09:10.99	6

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

1 DONALD J KROEGER	53	MICH	3:14:33.00	11
2 JERRY LINDIG	50	CRAW	3:14:39.23	9
3 ALICK SWEET**	50	QBN	3:38:50.55	8

55-59 Record: Robert R Williams 2:30:58.01 (1997)

1 ROBERT R WILLIAMS	55	SDSM	2:30:58.01	11
2 STEVEN D THRASHER	55	PNA	2:37:33.25	9

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

1 DR KONRAD EULER	61	SPM	3:07:29.00	11
2 RICHARD E COOKE	61	SAWS	3:25:22.69	9

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

1 GRAHAM JOHNSTON	66	DADS	2:38:48.89	11
2 NED P ALLEN	66	SPM	4:28:23.19	9

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

1 T R JOHNSON	74	NBMS	5:56:28.95	11
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75-79 Record: Anthony J Vitale 4:12:47.03 (1996)

1 HARRY REDPATH**	78	QSM	4:47:15.48	11
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1997 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 # 247-002

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, 1997. Entries must be received by the event director by October 15, 1997.

ELIGIBILITY: Open to all USMS members with valid 1997 registration. **Entrants are required to submit a photocopy of 1997 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: Official 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 1997 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, except for national record purposes (see #5). The 5K swim is 100 lengths of a 50-meter pool. The 10K swim is 200 lengths of a 50 meter pool.

- * 5) A 5K national record may be established by using a swimmer's "split time" if the intent to record a split time is brought to the attention, in writing, of the event director. Also, the swimmer must complete the full distance of the scheduled event (10K) without being disqualified.

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.

TRAINING TIPS: For a copy of the article, "Training Tips for the 5K and 10K," send a SASE to: Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820. Requests may also be made by fax at (504)766-5937 or e-mail to ScottRabalais@compuserve.com

1997 USMS 5K & 10K Postal Championships

NAME: _____ SEX: _____ AGE: _____
(on date of swim)
 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 1997 USMS registration card and optional SASE for entry receipt verification. Entries must be received by event director by October 15, 1997.

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** _____