



## MASTER SPLASH

Colorado Masters Swimming Association

Short Course Yards

January–April, 2008

# Happy New Year 2008!

**Heather Hagadorn—COMSA Chairperson**

COMSA would like to welcome you back to another year of new, fun and interesting challenges!

The New Year is starting off busy: meets at Highlands Ranch and Longmont, and the One Hour Postal at Highlands Ranch. Karlyn and Eric will return for another swim clinic in early February. The Short Course Yards meets continue in February, March and April, and culminate with Nationals at the University of Texas, May 1-4. Team contacts and meet details will be posted at [www.comsa.org](http://www.comsa.org).

We will continue to host more clinics and non-competitive events this year, and if you have an idea for something new and interesting, please contact your favorite Board Member and work with any one of us to coordinate the details.

### Hello Wyoming!

Just recently, the Wyoming swimmers merged into COMSA. We would like to welcome everyone from Wyoming!

### New Volunteers!

COMSA had a few new volunteers in 2007:

- Morgan Edwards is the Fitness and Coaches Chair
- Jeff Magourik is the Open Water Chair
- Brian Tsuchiya is the Sanctions Chair

We also have some volunteers who switched or added positions:

- Marcia Anziano has picked up the Safety Chair position
- Kim Crouch is now the webmaster

Thank you to everyone who has given their time to help COMSA serve nearly 2300 members! Most of our volunteers work full time and have busy family lives, so we all appreciate help from everywhere.

### Nominations!

Inside this newsletter you will find the forms to submit your nominations for the Lt. Governors cup and the Coach of the Year. If you feel someone has done an exceptional job supporting COMSA or your team please submit your nominations to Chris Nolte. Awards will be presented at the State Meet in March.

It is also time to elect our officers. Anyone who would like to become a COMSA officer should contact Heather Hagadorn at [heatherlh@msn.com](mailto:heatherlh@msn.com). Officer positions are: Chair, Vice Chair, Secretary, Treasurer and Registrar.

### Farewell...

This year we lost two very dedicated volunteers: Kevin Nash and Jack Buchannan. They shaped the swimming world in so many ways and our hearts go out to their loved ones.

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# Convention Wrap Up

## Heather Hagadorn—COMSA Chairperson

In September 2007, COMSA had nine delegates representing our masters swimmers at the USAS convention in Anaheim, CA. During the convention, the yearly budgets are approved, elections of officers take place, organizational rules and bylaws may be amended, and the general direction of the organization is set for the coming year. The USMS Convention is held as part of the annual US Aquatic Sports convention, together with USA Swimming, USA Diving, USA Synchronized Swimming, and USA Water Polo.

### *Meets and Open Water Swims*

2008

Bread Basket Zone meet – March 28-30, University of Denver (to be held in conjunction with the State Meet)  
Worlds – April 15-25, Perth, Australia  
Short Course Nationals – May 1-4, Austin, TX  
Long Course Nationals – August 14-17, Mount Hood, OR  
Open Water - NEW! 25K OW Event will be offered on July 19, 2008 in Noblesville, IN  
Additional Open Water Championship Events: <http://www.usms.org/longdist/ldnats08/>

2009

Short Course Yards: Clovis, CA.  
NEW! The 1 Mile Open Water Championship will be held in conjunction with Nationals!  
Long Course Meters: IU Natatorium, Indianapolis, IN.  
Open Water – Changes have taken place since the original choices were made, so please see [www.usms.org](http://www.usms.org) for final results.

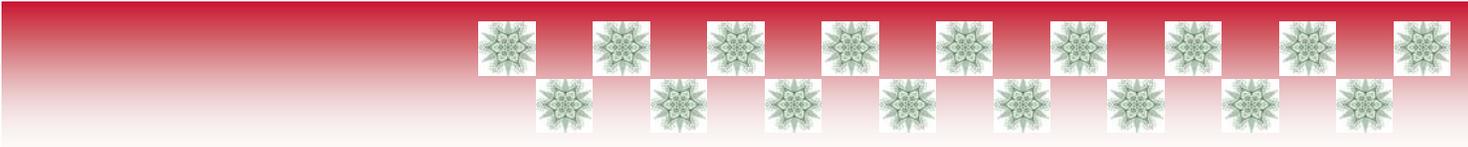
### *Rules & Legislation*

Discussion around moving the Postal events from Long Distance to the Championship committee took place, and a migration plan is being worked on. Discussion also took place to separate “regional club” and “local club” awards from each other for Championship events, however several details need to be more clearly defined, so no changes were made. The topic will likely be broached again at the next convention, and the premise of the changes should not impact the COMSA clubs in any way. There were no significant rule changes this year.

### *Membership & Registration*

USMS raised the cost of membership by \$5.00, so COMSA has increased the membership price to \$40. A \$5.00 discount is offered to anyone who uses the renewal forms that were mailed or hand delivered to all members in November.





# USAS Convention Highlights

## *Membership & Registration continued*

USMS has also implemented a new on-line Registration system. The system will be available only to Registrars for the first year, and is planned to be available to all members for the 2009 registration year.

## *Service to Members*

USMS is primarily a volunteer organization, which often means that it is difficult to implement new projects or make major changes very quickly. USMS is looking into hiring more staff, or outsourcing some larger projects to better serve the needs of our members.

Some examples include: Online Registration (planned to go public in 2009), website tools for streamlining communication, methods to efficiently upload meet results, obtain cords, and more...



## *Convention 2008*

Starting in May, 2008, COMSA will be looking for volunteers to represent Colorado and Wyoming at the Convention in Atlanta, GA, September 24-28. Please watch the COMSA website for more information!

## **When You Think of Colorado Swimming, You Think of Jack Buchannan**



### **Cindy Hughes—One of Jack's surrogate daughters**

Where do you start? A man who lived and breathed swimming for longer than most of us have been around has left us this week. November 5, 2007 Jack Buchannan left for a much better pool. No chlorine, not too hot, not too cold and never more than 2 in a lane!

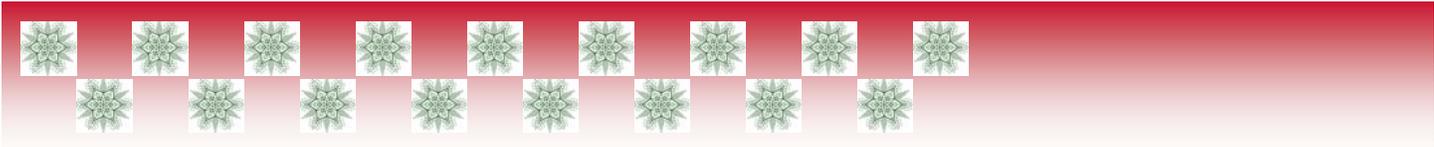
Jack loved to read about people and what they were doing, who had babies, who got married, who went on what vacation, who was swimming what events and how did they do in them. In honor of him, I prepare this tribute to my friend, my surrogate Dad, Jack Buchannan.

Jack Buchannan lived life to the fullest; loved to rise early to start his day, and never wasted a minute.

Let's start with 'the old days' – as Jack like to call them. Those of you who know Jack, knew he loved to reminisce about the way it was. Walk down memory lane with me....

Long before Jack was involved with masters swimming, he coached high school swimming and founded the Colorado Association of Swimming Officials organization in the 60s. When you hear the starting gun go off at your next meet, think of Jack.

While teaching and coaching at Englewood, he also coached the DAC Masters. In the 1971, a national meet was



# In Memory of Jack Buchannan

held in Amarillo, Texas and Rocky Mountain Masters was born. More meets were held during the 70s and it was at one of these meets the negotiations to create USMS and separate from AAU were held. Jack was involved. Jack didn't create COMSA, but because of Jack, COMSA was created. Think of Jack when you send in your 2008 renewal dues.

According to his swimmers, Jack was a very good coach and enjoyed working with swimmers of all ages. He wanted people to find the love of swimming that he had found. Thus in 1973, he founded the Englewood Englemeisters masters swim team, which hosted meets at Englewood High School. The team grew as Jack helped swimmers of all ages develop into strong athletes, increasing the number of returning swimmers. He encouraged new swimmers with suggestions like, "Try a few hundreds on an interval rather than just swimming a straight quarter mile, and beat the clock!" Amazingly, almost every team around the state has or had someone who swam with the Englemeisters. Back in those days, Jack's enthusiasm boosted the team's success and he made swimming a social event. As one former Englemeister said, "Not a social gathering, but a social event. Dinner and drinks at Holly South were as much a part of the workout as the kick set." State meet preparation was the team getting together at Jack & Peg's with typewriters all at the ready for heat sheet typing and a weekend of fun with the Englemeister extended family.

As the USMS National Meet Coordinator for Rocky Mountain Masters, Jack made sure that everyone on the entire team benefited; swimming is not an individual sport. He helped RMM produce good results by taking people from all over. According to one of his swimmers, he'd sponsor swimmers who couldn't afford to attend the USMS Nationals, never asked for repayment, just told them to enjoy swimming.

Jack wore many hats during those years: high school swim coach, machine shop instructor, and drivers ed instructor. When he retired from teaching, he and Peggy lived up the hill in Evergreen. Peggy founded Evergreen Masters and Jack was there to volunteer and offer his sage advice. They started the Evergreen Fall Meet and Brunch.

He was the organizer, mentor, and coordinator of COMSA. The first masters swim meet was at Englewood High School in 1972 and the first Nationals meet was at San Mateo that same year. He knew so many things about swimming and swimming pools. When it came to swimming and pools, he'd tried most things and knew what worked. As a teacher at Englewood, he was involved in the design and building of the pool. At the time, it was state-of-the-art. While other teams fell apart, the Englemeisters didn't. He knew the importance of teamwork. He knew the value of a good president and stressed the importance of having good leadership. As registrar, he had the pulse of COMSA. He knew everybody and everybody knew Jack!

As COMSA developed, Jack continued to be a faithful volunteer. Along with serving as the 3<sup>rd</sup> registrar for 14 years (longer than any one else and probably any one ever will), he put together relays for Nationals. Many of you may remember state meets at the George Meyer Pool. Jack seeded heats, was there checking people in, announcing the swim meet, making sure swimmers were ready for their races, and counting for Peggy's 500 or 1000 races.

Nationally, USMS gained a great deal from Jack's input as he attended the conventions since 1984. Most of us just show up at our pools for practice 3 days a week. Maybe we swim a meet or two; or maybe we swim in every meet that is available. Behind the scenes, there are many things to be done so that we can just jump in the pool. Jack volunteered by serving on many committees between 1984 and 2007, including the Legislation Committee from 1995-2003, the Coaches Committee in 1998, the Registration Committee from 200-2004, the Insurance Committee from 2002-2005, and the Recognition and Awards Committee from 2006-2007. When you go to practice next time, think of Jack.



## Forever Working for Masters Swimming

Jack retired from official COMSA service a few years ago, but he remained involved and attended the USMS national convention in September with Peggy. He was also honored with the Dorothy Donnelly Award in 2003 for his service to USMS, which is the highest award given a volunteer.

Jack always worked for the betterment of Masters swimming. An original Englemeister and current COMSA swimmer said it best – “no one has worked more diligently and continuously as Jack Buchanan, “Mr. Colorado Masters Swimming”. There is not a single award or even a named meet that will do the man justice and honor him for his contribution to not only the sport but also his true love of the people who were his beneficiaries and friends.”

So the next time you go to practice, remember Jack. Concentrate on your stroke, make those turns count, and think about what you’re doing. He’d like that.

J  
A  
C  
K

- Loved Peggy
- Full of wisdom about life
- Loved dogs
- Liked to be involved—did you notice, he volunteered for everything?
- Forever a teacher—have you ever had him watch you swim and then tell you how to fix your stroke and to go practice it over and over and over again?
- Social Butterfly—“meet me for coffee/breakfast/lunch/dinner!”
- World Traveler—have you heard Jack and Peggy talk about their trips? They’ve been everywhere and have friends in every place.
- Forgiving
- A big Teddy Bear
- Poetry in motion was Jack on skis.
- Jack’s Joke of the Day – how many of you received cartoons or jokes from Jack daily. I’ll miss that.
- Adopted so many strays – those of us with no family in town, Peggy and Jack became Mom and Dad.

*Thanks to Susan Nolte, Jack Truby, Nancy Brueggeman, John Tobin and Dennis West for helping me honor Jack.*

## Tips from the Registrar

Marcia Anziano—Registrar

Renewal notices were sent to individuals or handed out to workout groups in mid-November. Remember that your 2007 membership expires on December 31, 2007. When sending in the renewal forms, make sure that you SIGN and DATE them. If they are not signed and dated, they will be returned and this just delays the processing.

Rumors about the new online registration system are out and about. The new system at this point is only for the registrar's use. For this year, it will probably be status quo for most swimmers. However, the goal is to move to online registration for swimmers in the future, whether that be late 2008, or 2009. It is finally in the works.

Please PLAN AHEAD. Our goal is two week turn around on cards, but this is not always possible. We are all volunteers, and sometimes we have other real life activities that interfere with our volunteer time. Please do not wait until the last minute and ask for your cards. We will continue to try and serve you on a timely basis.



# Fall Clinic a Big Success

## Morgan Edwards—Coaches Chair

Colorado Masters Swimming Association was fortunate to be able to arrange USMS sponsorship of a Coaches Mentor Clinic and Swimmers Technique Clinic held at Fitzsimons Pool on November 3<sup>rd</sup> and 4<sup>th</sup>. Marcia Anziano, COMSA Registrar, arranged for Kerry O'Brien, Head Coach - Walnut Creek Masters, Walnut Creek CA, to be the featured coach. Kerry is a much sought after presenter for this type of clinic for both coaches and competitors; his many awards and certifications include USMS Coach of the Year and Level 5 American Swimming Coaches Association Masters Coach.

The weekend activities were organized into three sessions. The coaches' mentor clinic was held on Saturday morning, followed by a swimmers' technique clinic for freestyle and backstroke Saturday afternoon, and a breaststroke and butterfly clinic on Sunday morning. 24 swimmers and 8 coaches attended the weekend's activities.



Coach Kerry O'Brien (right) discusses freestyle technique used in "Scripting 100's" with coaches from several local Denver area workout groups.

The coaches' session focused on Coach Kerry's "Full Body Check-Up" technique tutorial which identified the important elements associated with key parts of the body (hands, elbows, shoulders, head, chest, hips, knees, and feet) for each stroke. In addition to discussion of technique, Coach Kerry provided information about organizing and conducting workouts and building a team. He has certainly been successful in his approach to masters swimming as WCM has over 400 swimmers on their team and has earned many USMS National Championship Team titles. Moreover, WCM was recently named USMS Team of the Year for 2007. The COMSA coaches who attended this event were learning from one of the best in Masters Swimming.

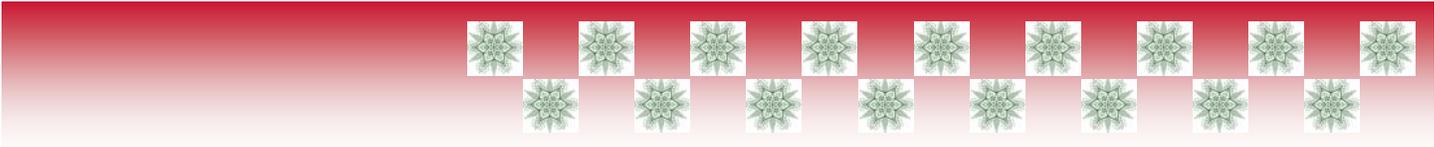


Coach Kerry O'Brien instructs clinic participants on his "Weightless Hands for Fly" technique as part of his Full Body Check-Up series for stroke improvement at the recently held COMSA sponsored clinic.

The swimmers' clinic sessions allowed for equal time devoted to classroom discussion (with video presentations) and in-the-water instruction. Coaches who attended the Mentor Clinic assisted Coach Kerry by advising the participants about stroke improvement based on his "Full Body Check-Up" approach to each of the strokes. Comments from swimmers after the completion of the sessions indicated that participants thought this activity aided them in identifying and correcting flaws in their strokes.

Participation by COMSA members in clinics like this one do much to benefit both swimmers and coaches in their desire to improve their knowledge and skills associated with all aspects of competitive swimming. If you were not able to attend this COMSA sponsored event, please "save this date" for the next clinic: Freestyle with Karlyn Pipes-Neilsen and Eric Nielsen to be held at Fitzsimons Pool on Feb 2-3, 2008 (3 sessions). Register early; don't be left out.

**Next Up!!**  
**In Depth Freestyle Clinic**  
With Underwater Video  
February 2, 2008



# Full Body Check Ups

## Butterfly and Backstroke

Morgan Edwards—Coaches Chair

The following information was presented by Kerry O'Brien, head coach of the Walnut Creek Masters, to the swimmers and coaches at the Fall Clinic. Coach Kerry breaks down the stroke into body parts. Think about the following points of your stroke while you swim. Try them in a series of 25's, focusing on one aspect during each 25.

### Butterfly



- Hands – Palms back during recovery, hands enter at shoulder width, “Weightless” hands (land on the surface), “Lunge, don’t plunge”
- Elbows – Locked during recovery, hands and elbows reach shoulders at the same time (straight line), high during catch and pull phase
- Shoulders – Above head during catch, just above surface during recovery
- Head – Early breathing, head in before hand entry, always looking more down than forward
- Chest – Drops between shoulders during hand entry, begins body dolphin-ing motion
- Hips – High during hand entry, lowest point during finish of stroke
- Knees – Follows the motion of the hips, control the amount of the bend on the upbeat
- Feet – Always on the same plane, cannot pass each other (flutter)

### Backstroke

- Hands – Thumb to little finger, finger forward on entry (directional momentum)
- Elbows – Locked during recovery, bent 75-90 degrees during power pulling
- Shoulders – Begin the arm recovery, rotating on the axis (stacking)
- Head – In-line with spine, very still
- Chest – At surface level, sternum in and shoulder bowed (rounded)
- Hips – In line with shoulders (same plane), no sitting, hips drive the hand entry
- Knees – Slight bend on the upbeat, below the surface
- Feet – Toes pointed back and loose ankles
- Hands – fingertips pointed forward during extension (directional momentum), fingertips pointed down during catch, fingertip down during recovery, fingertips down during the breath



**Put your skills to work in one of the upcoming swim meets! Check for updated meet information on the COMSA website, [www.comsa.org](http://www.comsa.org).**



# ***In-Depth Freestyle Clinic with Underwater Video***

*With Karlyn Pipes-Neilsen & Eric Neilsen*

Saturday, February 2<sup>nd</sup> from 2:00 pm-8:00 pm

**Location:** Fitzsimons Pool, 1924 Wheeling St. Aurora, CO 80010 **Hosted by COMSA**

The clinic will cover the following:

- Small group environment...8-10 participants
- Multiple video taping sessions with above/below filming and analysis
- Step-by-step freestyle stroke progression
- Learn the tools to become a more self-aware swimmer
- A DVD of your video sent to you
- Light dinner provided along with training tips, nutrition & recovery suggestions

**Karlyn Pipes-Neilsen:** In 2007, Karlyn set over 30 Masters World records for the 45-49 age group and is the 2004 World Masters Swimmer of the Year. For more visit **[www.aquaticedge.org](http://www.aquaticedge.org)**

**Eric Neilsen:** Eric is an All-American masters swimmer, ran a 2:56 Boston marathon in 2007 and competed at the 2007 Ironman Triathlon World Championships. Eric has over 16 years of experience coaching swimmers and triathletes, is a personal trainer and a Level 4 ASCA swim coach.

**Cost is \$150 space is limited to 10.** Complete form below check payable COMSA to: Marcia Anziano, 190 Roslyn St #805, Denver, CO 80230 Questions? Marcia at marfer@att.net or (303) 367-1323

Karlyn's DVD ***Go Swim Freestyle Swimming with Karlyn Pipes-Neilsen*** will be available for \$35

✂-----

In-Depth Freestyle Clinic with underwater video @ Fitzsimons Pool, Aurora, CO

Saturday. February 2<sup>nd</sup> from 2:00 pm to 8:00 pm (light dinner provided)

First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact info: \_\_\_\_\_

Age(s): \_\_\_\_\_ Level of swimming:  beginner  intermediate  masters  multi-sport

Goal for the clinic: \_\_\_\_\_

2008 USMS Registration number: \_\_\_\_\_ (please attach copy of card)

Cost  \$150 Amount enclosed: \_\_\_\_\_

Complete registration form below with check payable COMSA and send to:

Marcia Anziano, 190 Roslyn St #805 Denver, CO 80230



# Freestyle Swim Clinic with Video

with Karlyn Pipes-Neilsen and Eric Neilsen

**How would YOU like to swim FASTER with less effort?**

Two sessions: Sunday, February 3<sup>rd</sup> from 8:00-12:00pm or 1:00-5:00pm

**Location:** Fitzsimons Pool, 1924 Wheeling St Aurora, CO 80010 **Hosted by COMSA**

The clinic will cover the following:

- Before and after videotaping
- Step-by-step freestyle stroke progression
- Emphasis effective breathing techniques and body balance
- Training tips, nutrition & recovery suggestions

**Karlyn Pipes-Neilsen:** In 2007, Karlyn set over 30 Masters World records for the 45-49 age group; she was inducted into the International Masters Swimming Hall of Fame & is the 2004 World Masters Swimmer of the Year. For more info, Google Karlyn or visit [www.aquaticedge.org](http://www.aquaticedge.org)

**Eric Neilsen:** Eric is an All-American masters swimmer, ran a 2:56 Boston marathon in 2007 and will be competing at the Ironman Triathlon World Championships in Kona in October. Eric has over 16 years of experience coaching swimmers and triathletes, is a personal trainer and a Level 4 ASCA swim coach.

**Space is limited. Cost is \$95 if postmarked by Jan. 21<sup>st</sup> and \$105 thereafter.** Complete form below check payable COMSA to: Marcia Anziano, 190 Roslyn St #805, Denver, CO 80230 Questions? Marcia at marfer@att.net or (303) 367-1323

Karlyn's DVD **Go Swim Freestyle Swimming with Karlyn Pipes-Neilsen** will be available for \$35

✂-----

Freestyle Clinic with video @ Fitzsimons Pool, Aurora, CO

Sun, Feb. 3<sup>rd</sup> 8-12:00pm     Sun, Feb. 3<sup>rd</sup> 1-5:00pm     Either time is fine...let me know!

First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (    ) \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact info: \_\_\_\_\_

Age(s): \_\_\_\_\_ Level of swimming:     beginner     intermediate     masters     multi-sport

Goal for the clinic: \_\_\_\_\_

2008 USMS Registration number: \_\_\_\_\_ (please attach copy of card)

\$95 Postmarked before 1/21/08     \$105 After 1/21/08    Amount enclosed: \_\_\_\_\_

Complete registration form below with check payable COMSA and send to: Marcia Anziano, **190 Roslyn St #805, Denver, CO 80230**

# 2007 USMS National Postal Championship Series

Nicole Vanderpoel—Long Distance Chair

## Colorado Continues to Go Postal!

It's hard to believe 2007 is quickly coming to a close and with that comes the end of yet another Long Distance Postal Championship Series Challenge. Masters Swimmers in Colorado are quickly becoming some of the most successful National Postal Championship Participants in the Country; both in terms of number of swimmers who successfully complete a Postal and their National ranking. We are extremely proud of our Masters Swimmers' Postal Accomplishments and are looking forward to even greater participation in the Postal Swims in the future!



In review, USMS holds five Long Distance Postal Championships each Year. These include the One Hour Postal January, the 5K and 10K Postal in the Spring/Summer and lastly, the 3,000 Yd. and 6,000 Yd. Postal in the Fall. If you participate in any one of these Postal Championships here in Colorado, you receive our very own "Colorado Goes Postal" Swim cap for each Postal swim! In addition, if you successfully complete all 5 Postal Swims during the year, then you receive a USMS Postal Patch to honor your achievement and are recognized Nationally for your accomplishment. In 2006, there was one lone Masters Swimmer in Colorado who completed all 5 Postal Swims, and this year there are three! These Swimmers include Mike Nims, Tom Evans and Yours Truly, Nicole Vanderpoel.

Complete a postal swim and receive this great cap!

If you want to see for yourself how your fellow Colorado Master's Swimmers fared in any one of these Postal Swims, you can go to [www.USMS.org](http://www.USMS.org). Under "Competition" and scroll down to Long Distance Championships and you can find the results for all of the Postal Swims up to the 5K and 10K. In addition, the USMS Long Distance Link provides some very interesting information regarding how to train for a Postal Swim and what your splits should be for a goal time in a Postal Swim. Check it out if you haven't already.

### "Why Swim a Postal?"

The following are a few responses from the 2007 Postal Participants:

- "Because I want to be a Mermaid when I grow up!"
- "Because I am training for the Ironman Florida!"
- "Why not!"
- "I want to see how well I can swim a given distance."
- "I want one of those cool Colorado Goes Postal caps."
- "I want a different challenge."
- "To get a great work out."
- "I have no idea!"

While we are on the subject of results, Colorado Masters Swimmers combined scores placed 3<sup>rd</sup> out of 21 teams participating Nationally in the 5K and 10K Postal Swims. (There were 3 Women and 5 men who successfully completed the 10K and 9 Women and 5 Men who successfully completed the 5K). By the way, we did it without any altitude adjustment!

As a Long Distance Swimmer, I would like to thank COMSA for sponsoring the organized Postal events, as well as those Coaches who have donated their own water so that swimmers have the opportunity to complete the Postal Swims.

Congratulations and thank you to all of you crazy Colorado Masters Swimmers who participated in any one of the 2007 National Postal Championships and a big thank you goes out to your Counter/Verifiers for doing their part by taking split after split after split!

Here's looking forward to Happy Swimming in the New Year and the 2008 Postal Championship Series.



# 2008 USMS One Hour Postal

Nicole Vanderpoel—Long Distance Chair

**31<sup>ST</sup> Annual  
National Championship  
One Hour Postal Swim  
Saturday, January 12<sup>th</sup>, 2008  
7:00 am**

Just think of it...The Holidays are over. The New Year is upon us. You made a New Year's Resolution to stay in shape and challenge yourself with regards to your swimming. What better way to do so than participate in the **2008 USMS National One Hour Postal Swim!**

The One Hour Postal Swim has become USMS's most popular National Postal Championship. We have seen its popularity grow right here in Colorado! In fact, in the 2007 One Hour Postal National Championship, Colorado Masters Swimming placed 1<sup>st</sup> out of all medium sized teams in the US. Most Impressive!

The 2008 One Hour Postal is sponsored by the Indy Swim Fit Masters. The objective is to swim as far as possible in One Hour and you must complete your One Hour Postal during the month of January. Each participant must be registered with USMS for 2008. When completing the Entry Form, please indicate your team as CMS (Colorado Masters Swimming) so that we can participate once again as a Team! The Information, Split Sheet and Entry Form can be found on the USMS website at [www.usms.org/longdist/ldnats08/1hentry.pdf](http://www.usms.org/longdist/ldnats08/1hentry.pdf).

The 2008 One Hour Postal will be held at **Northridge Recreation Center** in Highlands Ranch on **January, 12<sup>th</sup>, 2008**. We will start the One Hour Postal **promptly at 7:00 am**. There will be 3 heats (3 hours approximately). Because this is the most popular Postal and you are allowed to split a lane with only one other swimmer, you must reserve your lane and preferred start time (7:00, 8:00 or 9:00) by e-mailing [nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com). Split Sheets and Clip Boards will be provided, but you need to bring your own stop watch and "Person" to count/verify your splits for you. In addition, please bring a copy of your 2008 USMS Registration Card.

COMSA would like to thank Matt Beck with HRCA Masters (Highlands Ranch Community Association) for generously donating the Pool Time for the One Hour Postal! We appreciate your support of Master's Swimming in Colorado.

So, all of you Colorado Distance Enthusiasts, now you really have something to look forward to in the New Year. Challenge yourself! Your reward will be the very cool "**COLORADO GOES POSTAL**" cap given to you by COMSA and the internal satisfaction that you did it! So, hurry up and e-mail me at [nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com) to reserve your lane and time!

Happy Holidays and Happy Swimming!



## 2008 Upcoming Meet Schedule

- Highlands Ranch Masters Invitational, Saturday, January 5th
  - Longmont Winter Sprinter, Sunday, January 13th
  - Boulder Pentathlon, Saturday, January 19th
  - Loveland Sweetheart Meet, Saturday, February 23rd
- Colorado SCY State Championships and Breadbasket Zone Championships, March 28-30
  - USMS National Championships, May 1-4, University of Texas



# Time for Award Nominations

## Chris Nolte—Awards Chairperson

The Lt. Governor's Cup has been given every year since 1983 to a male and female member of COMSA that best exemplifies the support and advancement of COMSA's goals and ideals. We recently lost a person and COMSA member that fits this description very well. He was one of the pioneers of COMSA and helped create many of the goals and ideals that COMSA represents today. Jack Buchanan is a main reason why any of us are now swimming masters in Colorado. Although it would have come to Colorado by someone at some point, it was Jack along with a few others that actually did bring it to Colorado. He was involved with masters swimming at local and national levels for longer than many people in masters have been alive. He helped create what COMSA is today. Although he has not been actively involved locally in the past few years, he was still involved nationally and was still around supporting people in COMSA locally. There is nobody that gave more to Colorado Masters Swimming over his lifetime than Jack Buchanan. There will probably never be another person that will lend as much guidance and unrelenting support for all of us, our organization and the sport we love.

The COMSA board has decided that it would be fitting to rename this award after Jack and would be the most fitting thing we could do as COMSA to honor and remember Jack Buchanan for his work and support of COMSA throughout the years. Starting with this year, the award name will become the **Jack Buchanan COMSA Service Award**

It is time to begin thinking about nominations for Coach of the Year and the Jack Buchanan COMSA Service Award. Below you will find information about these awards. Please send your nominations via email or letter to: Chris Nolte at [chris\\_nolte@comcast.net](mailto:chris_nolte@comcast.net) or mail to: **Chris Nolte, 9849 S. Concord Ct., Highlands Ranch, CO 80130**. Be sure to include which award you are nominating the person for. **NOMINATION FORM – DEADLINE MARCH 12, 2008**

### CRITERIA FOR NOMINATION

#### Jack Buchanan COMSA Service Award

One male and one female will be chosen by a committee of past recipients. Nominees must be members of COMSA. Selection will be based on contribution to Masters Swimming and COMSA – not swimming skill.

#### COMSA Coach of the Year

Nominee must be a member of COMSA. Nominee must have been a participant for at least one year. Selection is based on contributions made to the team with respect to camaraderie, technical advice, motivation, and support of team members. The strength of the letters will be considered along with the size of the team.

Name of Nominee: \_\_\_\_\_

I nominate the above for \_\_\_\_\_ because:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# 7<sup>th</sup> Annual Highlands Ranch Masters Invitational

## Saturday, January 5<sup>th</sup>, 2008

### Meet Information

Sanctioned by USMS - 32-08-01-S

- FACILITY** The recently rebuilt Northridge Recreation Center in Highlands Ranch, Colorado at 8801 S. Broadway. Take C-470 to Broadway, exit South on Broadway and take Broadway South about a half mile to the Rec. Center on the East side of Broadway.  
An 8-Lane, 25-Yard competition pool with separate diving-well and hot tub for continuous warm-up and cool down. Colorado Timing Systems touchpads and 1 line scoreboard will also be used.
- TIMES** Saturday, January 5<sup>th</sup>, 2008 7:30AM Warm-Up - 8:30AM Start
- AGE GROUPS** 18-24, 25-29, 30-34, 35-39, 40-44,.....100+ No awards at this meet.
- ELIGIBILITY** Only current USMS registered members with a USMS 2008 Registration Card.
- ENTRIES** Entry forms accompanied by entry fees and a copy of your USMS card, are DUE (Not just postmarked) in the hands of the Entry Coordinator by Saturday, December 29<sup>th</sup>, 2007 at 5:00PM.
- Send entries to:  
Matt Beck / HRA  
8801 S. Broadway  
Highlands Ranch, CO 80126
- Contact Information:  
Phone – (303) 471-8942 E-mail (Preferred) – [texbeck25@aol.com](mailto:texbeck25@aol.com)
- Entry Fees:  
Flat Fee of \$20.00 for up to **5 events**  
**Make Checks payable to HR Masters**
- RULES** Rules to be enforced per the 2007/2008 USMS Rule Book

#### Events and Event Numbers

<u>Women</u>	<u>Men</u>	<u>Event</u>	
1	2	500 Free*	(10-15 Min. break after last heat of event 2)
3	4	50 Butterfly	
5	6	100 Backstroke	
7	8	200 Breaststroke	
9	10	50 Freestyle	
11	12	100 Butterfly	
13	14	200 Backstroke	
15	16	200 Ind. Medley	
17	18	50 Breaststroke	
19	20	100 Freestyle	
21	22	200 Butterfly	
23	24	50 Backstroke	
25	26	100 Breaststroke	
27	28	200 Freestyle	
29	30	100 Ind. Medley	

**\*Note:** In the interest of time, men and women may be combined and swim in the same heat in any event. **BREAKS** may also be put into the meet depending on the number of entries. 500 will be swum fast to slow, all other events will be swum slow to fast.

# 7<sup>th</sup> Annual Highlands Ranch Masters Invitational

## Saturday, January 5<sup>th</sup>, 2008

### Entry Form

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

MALE or FEMALE (Circle one) USMS Number \_\_\_\_\_

Birthday \_\_\_\_\_ Age \_\_\_\_\_

Team \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Event #	Distance	Stroke	Time
_____ 50 100 200 500	Free Back Breast Fly IM	_____	_____
_____ 50 100 200 500	Free Back Breast Fly IM	_____	_____
_____ 50 100 200 500	Free Back Breast Fly IM	_____	_____
_____ 50 100 200 500	Free Back Breast Fly IM	_____	_____
_____ 50 100 200 500	Free Back Breast Fly IM	_____	_____

Example...

2 50 100 200 500 Free Back Breast Fly IM 5:00.00

**Amt. Due (Check made to HR Masters) = \$20.00 TOTAL for all entries up to 5 events**

"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 of 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: \_\_\_\_\_

**Send form to : Matt Beck / HRA, 8801 S. Broadway, Highlands Ranch, CO 80126**

**DUE IN ENTRY COORDINATOR'S HANDS BY Saturday, December 29<sup>th</sup>, 5:00PM – NO EXCEPTIONS!!  
PAYMENT AND COPY OF USMS CARD MUST ACCOMPANY ENTRIES!!**

## Swim Meet for Adults!

**Date** Sunday January 13, 2008  
**Location** Centennial Pool  
 1201 Alpine St.  
 Longmont, CO 80501  
**Cost** Early Bird \$15  
 Day of Race \$20

### How to Register?

**Mail, Fax, Walk-In:**  
 Centennial Pool

**Fax Number:**  
 303-678-1653

**Online:**  
 active.com



### Day of Time Line

**7:30-8:30am**  
 Day of Registration & Check-In  
**8:00am**  
 Warm-Ups Start  
**9:00am**  
 Meet Starts

### Meet Details

- Both USMS & non-USMS are welcome
- Please submit estimated swim times for events
- Heats will be created by estimated swim times
- Can swim up to 5 individual events plus 2 relays
- After the 500 yard swim there will be a short break to form the Medley Relays
- Relays will be formed on day of race
- Diving-well will be available for warm-up/ cool down through-out the meet
- Results will be available on the City of Longmont's website

**Swim Fast, Swim Hard, Make Friends and Have Fun!**

**Call us with any questions! Centennial Pool 303-651-8406**

## City of Longmont's Winter Sprinter Entry Form Swim Meet for Adults!

**Name:** \_\_\_\_\_  
**Male** **Female** **Age:** \_\_\_\_\_ (of the age you will be on 01/13/08)  
**Age Group:** 18-24 25-34 35-44 45-54 55-64 65-74 75-84 85+  
**Birth Date:** \_\_\_\_\_ **Email:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**City, State, Zip:** \_\_\_\_\_  
**Phone #:** \_\_\_\_\_  
**Entry Fee Enclosed:**  \$15 Early Bird  \$20 Day of Race  
**Payment:**  Cash  Check\*  Charge (Visa/MC/Discover/AMEX)  
 \*Checks made out to: City of Longmont  
**Card#:** \_\_\_\_\_ **Exp Date:** \_\_\_\_\_

### Events: (25 Yard Pool)

<b>1- 500 Free</b> Time:	<b>2- 200 Medley Relay</b>	<b>3- 50 Back</b> Time:
<b>4- 200 IM</b> Time:	<b>5- 100 Free</b> Time:	<b>6- 100 Breast</b> Time:
<b>7- 50 Fly</b> Time:	<b>8- 100 Back</b> Time:	<b>9- 50 Breast</b> Time:
<b>10- 100 Fly</b> Time:	<b>11- 50 Free</b> Time:	<b>12- 100 IM</b> Time:
<b>13- 200 Free Relay</b>		

### Please read and sign the liability waiver below:

I understand that there are certain risks involved with participating in any recreational activity. I expressly understand, agree that neither the City of Longmont Colorado, a municipal corporation, nor any of its officers, agents, volunteers, assistants, or employees, shall be held responsible or made subject to any claims, including any claim for negligence, seeking to assess damages or liability for or arising from personal injury or property damage to myself or other person in whose behalf this form is now signed as a result of actual or proposed participation in the above named programs. I, on behalf of myself and my child, hereby agree to **HOLD THE CITY OF LONGMONT, ITS OFFICERS, AGENTS, VOLUNTEERS, ASSISTANTS, AND EMPLOYEES, HARMLESS ON ACCOUNT OF ANY SUCH CLAIM.**

Signature of Participant \_\_\_\_\_

Date \_\_\_\_\_

## 2008 COMSA State Meet & Breadbasket Zone Short Course Swimming Championships

Sanction: 32-08-02-S

### Facility:

The University of Denver El Pomar Natatorium is a part of the Ritchie Center on the University of Denver campus. The pool is a 50-meter by 25-yard course; a Colorado Electronic Timing System with a horn start and backup timing will be used. There are bleachers that seat up to 375 people, with additional areas above the bleachers and outside the pool area.

Parking and other information will be made available at [www.comsa.org](http://www.comsa.org)

### Time & Dates:

Day 1 – Friday, March 28<sup>th</sup>, 2008 12:00pm Warm-Up / 1:00pm Start  
Day 2 – Saturday, March 29<sup>th</sup>, 2008 7:30am Warm-Up / 8:45am Start  
Day 3 – Sunday, March 30<sup>th</sup>, 2008 7:30am Warm Up / 8:30am Start

### Eligibility:

Swimmers must be at least 18 years of age or older; this is a USMS Sanctioned championship meet. A valid 2008 United States Masters Swimming (USMS) membership number is required to compete. Acceptable entries must comply with one of the following:

1. A valid 2008 USMS registration is required. All USMS members MUST supply a photocopy of their membership card.
2. If you are not currently a USMS member you must include, with this entry, a completed COMSA membership form with a separate check made out to COMSA.
  - **Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected.**
  - USMS/COMSA membership forms available at the following web addresses: [www.comsa.org/register.htm](http://www.comsa.org/register.htm)
  - For registration issues contact the COMSA Registrar via email, at [marfer@att.net](mailto:marfer@att.net)

### Rules:

2008 USMS Rules apply including a NO FALSE START RULE and whistle alerts announcing the start of each race. No paddles during warm-ups. Feet first water entries only except for designated sprint lanes and during competition, otherwise disqualification could result.

### Entries:

#### Fees

\$10.00 Surcharge per Swimmer  
\$ 4.00 per Individual Event (max of five events per day)  
\$25.00 late fee (if received after entry deadline)  
No charge for relays

Fees must accompany entry Registration Form + Consolidated Entry Form, and must be paid in U. S. dollars by credit card, check or money order.

**Make Checks Payable to:** University of Denver

#### Deadlines

Entry Cards and fees are DUE in hand (Not just postmarked) by **Monday, March 10<sup>th</sup>, 2008 at 5:00pm**

**Late entries** received from Monday, March 10<sup>th</sup>, 2008 at 5:01pm to **Friday, March 21<sup>st</sup>, 2008 at 5:00pm** must include a **\$25.00** late fee or the entry will be rejected! If the entry fee is charged to Visa/MasterCard and received late, we will automatically include late fee. Late entrants will be included in all individual placing and points earned will count towards their team; however, we do not guarantee a participation award to late entrants.

**Relays will be deck entered.** Morning Relay declarations are due 15 minutes before the end of the second warm up. Midday Relay declarations are due by the end of Event 9 on Saturday and Event 35 on Sunday. Afternoon declarations are due by the end of the midday break. Members who swim in relays and not individual events must still sign up for the meet with a \$10.00 Entry Fee, and they must be members of USMS.

#### Mail or Deliver Entries to:

Recreation at the Ritchie Center  
COMSA State Meet Entry  
2201 East Asbury Ave.  
Denver, CO 80208

**Attention: Carin Orr, Aquatics and Fitness Manager**

No entry verifications will be made via the phone

#### Event Seeding and Meet Check-in:

Slow to fast in all events, including the 1000 and 1650 freestyle events. "NO Time" entries will not be accepted. All events are timed finals. Men and Women may be combined in events of 200 yards or longer at the discretion of the meet director. All swimmers will have a touch pad and one back-up timer; all events will have one swimmer per lane.

You must arrive and check in by the time noted. **No exceptions will be made!**

## Event Seeding (continued):

**Competitors must provide their own Counter!** – We will provide **one timer** per lane. This timer will not be able to count.

Positive check-in for Friday's Events:

- 1000 check-in will end at 12:30 PM
- 1650 check-in will end at 1:30 PM

Check-in for Saturday and Sunday:

- Positive Check-in by 8:00 AM, Required for the 400 IM and 500 Free
  - Ongoing all day, each day (all other events will be pre-seeded)
- Lane assignments may be changed at any time, at the meet director's discretion (especially to make the meet run more efficiently).

## Age Groups, Relays and Scoring:

### Age Groups

Age for the meet is determined as of **March 30<sup>th</sup> 2008**. The swimmer must be at least 18 years of age to start the meet.

**Individual Events:** 18-24, 25-29, 30-34, 35-39, 40-44,..... 100+

**Relay Events:** 18+, 25+, 35+, 45+, etc. (in ten year increments as high as necessary determined by the age of the youngest relay member)

- Each swimmer's first and last name must be listed, or the entry will not be accepted. All members of the relay must be USMS members and be individually registered for the meet (\$10.00 flat fee/surcharge per swimmer for relay-only events).

### Scoring

Swimmers may compete in up to 5 individual events per day; 12 maximum, plus relays. If more than 5 individual events are entered on a single day, the meet host reserves the right to eliminate any of the additional events entered over 5.

**Individual Events:** 11-9-8-7-6-5-4-3-2-1

**Relays:** 22-18-16-14-12-10-8-6-4-2

**Team Awards:** Team awards will be scored by total point counts, Men and Women combined. Top six point-scores will be awarded.

### Participation Awards / T-shirts:

Each swimmer will receive a participation award. To guarantee that you receive a meet T-shirt (available for purchase) you must **pre-order and select your size on the entry form**. A limited number of extra T-shirts may be available at the meet.

### Heat Sheets & Results:

Each participant will receive **one** heat sheet at meet check-in as supplies last. **Additional heat sheets \$2**. Results will be available on the COMSA web site at [www.comsa.org](http://www.comsa.org).

## Brute Squad Award

The elite group of aquatic wonders who complete the 200 Fly, 400 IM, and 1650 Free will be presented a T-shirt during a break before the 800 Free Relay on Sunday.

## Sprint Squad Award (Back by Popular Demand!):

The elite group of aquatic speedsters who complete in the 50 Free, 50 Fly, 50 Back, 50 Breast and the 100 IM, will be presented a T-Shirt during a break before the 200 Free Relay on Sunday.

## Jack Buchanan COMSA Service Award:

This award will be presented to the male and female swimmer who has made major contributions to Masters Swimming, in honor of Jack Buchanan, a true Pioneer of COMSA. This award will be presented during the opening ceremony. A nomination form will be available at [www.comsa.org](http://www.comsa.org).

## Lou Parker Award:

The "Coach of the Year" award will be presented during the opening ceremony on Saturday to recognize the outstanding COMSA Coach of the Year. Recipients must be COMSA members. A nomination form will be available at [www.comsa.org](http://www.comsa.org).

## Individual Awards:

There will be **individual ribbons** awarded to 1<sup>st</sup> – 8<sup>th</sup> place for individual races only. There will be no ribbons for relays.

An **individual high-point award** will be presented for the top male and top female point scorer in each age group.

## Entry Confirmations:

Psych Sheets will be posted at [www.comsa.org](http://www.comsa.org) approximately 1-2 weeks prior to the first day of the meet. Contact the meet director for corrections to errors found on the psych sheets. Entry confirmations can be provided if a self-addressed, stamped envelope is included with the entry form.

**We will not verify entries by phone, nor can we guarantee notification if your entry is rejected for any reason.**

The University of Denver is not responsible for entries we do not receive. Entries may be rejected for failure to complete the entry form, failing to include the entry fees, or late receipt.

## Records:

The meet host will print two copies of the timing system results for COMSA record keeping, so that USMS records may be accounted for. If you think you broke a record, please request a copy of your own as a back-up.

# 2008 COMSA State Meet & Breadbasket Zone Short Course Championships - Registration Form

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

## T-Shirts

Size (circle one): S - M - L - XL - XXL - XXXL

- Sprint Squad (Free for those who complete all Sprint Squad events)  
 Brute Squad (Free for those who complete all Brute Squad events)  
 Meet T-Shirt (\$15 in addition to meet entry fee)

## Meet Entry Check-List (Be sure to check EACH item)

- Signed Consolidated Entry Form, attached ([www.comsa.org/forms/ConsEntry.pdf](http://www.comsa.org/forms/ConsEntry.pdf))  
 Signed Meet Registration Form (this page)  
 Check or Credit card for payment (check made out to University of Denver)  
 Copy of Valid 2008 USMS Membership Card  
 or New USMS Form and Check to COMSA for the \$40 Fee ([www.comsa.org/register.htm](http://www.comsa.org/register.htm))

## Meet Schedule

**Day 1 – Friday, March 28<sup>th</sup>, 2008**

**12:00pm Warm-Ups; 1:00pm Meet Starts**

**Event# (seeded slow to fast)**

- 1 1000 Freestyle (mixed)  
 2 1650 Freestyle (mixed)

**Day 2 – Saturday, March 29<sup>th</sup>, 2008**

**7:30am Warm-Ups; 8:30am Annual COMSA meeting; Opening ceremonies**

**8:45am Meet Starts**

WOMEN		MEN
3	400 IM	4
	30 Break/Warm - up	--
5	200 Medley relay	6
7	200 Free	8
9	100 IM	10
11	50 Breast	12
13	400 Free Relay* (Or 10 break)	--
15	400 Medley Relay*	--
17	100 Fly	18
19	200 Breast	20
21	50 Free	22
23	100 Back	24
25	200 Mixed Free Relay	--

**Day 3 – Sunday, March 30<sup>th</sup>, 2008**

**7:30am Warm-Ups / 8:30am Start**

WOMEN		MEN
27	500 Free	28
-	30 Break/Warm-up	--
29	200 Mixed Medley Relay	--
31	50 Back	32
33	200 Fly	34
35	100 Free	36
37	200 IM	38
39	800 Free Relay* (or 10 min break)	--
41	50 Fly	42
43	200 Back	44
45	100 Breast	46
47	200 Free Relay	48

**\* Longer Relays:** These relays will be swum Women, Men and Mixed together. A swimmer may swim only one relay in each event. **These relays will not count toward team points.**

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: THE UNIVERSITY OF DENVER, 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** \_\_\_\_\_

Signing waiver is payment authorization for entrants paying by credit card.

## Credit Card Payment

Visa MasterCard Amex Discover

\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Name on Card: \_\_\_\_\_

## Fees (Limit of 5 individual events per day; 12 maximum + relays):

\$ 10.00 Surcharge / Swimmer \$10.00  
 \$ 4.00 per Individual Event #\_\_\_\_ \$\_\_\_\_.00  
 \$25.00 late fee \$\_\_\_\_.00  
 \$15.00 Meet T-Shirt (select size above) \$\_\_\_\_.00

**Total** \$\_\_\_\_\_

(Check is payable to University of Denver)

**COLORADO LOCAL MASTERS SWIMMING COMMITTEE — CONSOLIDATED ENTRY CARD**

Swimmer's Name \_\_\_\_\_ Age: \_\_\_\_\_ Male: \_\_\_\_\_ Female \_\_\_\_\_

USMS # \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Event #	FREE (Submitted Time)	Event #	BACK (Submitted Time)	Event #	BREAST (Submitted Time)	Event #	FLY (Submitted Time)	Event #	I.M. (Submitted Time)
	50 : .		50 : .		50 : .		50 : .		100 : .
	100 : .		100 : .		100 : .		100 : .		200 : .
	200 : .		200 : .		200 : .		200 : .		400 : .
	400/500 : .	MEET NAME & DATE: _____  CLUB IF NOT COLORADO: _____  TEAM NAME: _____				MEET FEES # of Events X _____ = \$ _____  Surcharge = \$ _____  TOTAL = \$ _____			
	800/1000 : .								
	1500/1650 : .								
T-shirt Size (if applicable): S M L XL XXL		SIGNATURE REQUIRED ON BACK							

fold here ---- fold here

**PLEASE READ CAREFULLY:** Late or incomplete entries (no fee, incomplete entry card, incomplete entry data, no copy of USMS Registration Card), or entries postmarked after the due date **MAY BE REJECTED.**

ALL Masters swimmers will be required to send a photocopy of their USMS Registration Card along with their entry card. ALL Masters swimmers may be asked to show their USMS card, if requested, at the meet. **THERE WILL BE NO EXCEPTIONS.**

"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 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."

Please Sign AND Date: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Make checks payable to and mail to the address specified on the Meet Information Sheet.

Friends, Fitness, & Competition



We're on the Web!  
www.comsa.org

Phone: 303-367-1323

80250-2167  
Denver, Colorado  
PO Box 102167

Swimming Association  
Colorado Masters

First Class Mail  
U.S. Postage  
Paid  
Littleton, CO  
Permit NO. 37

## Timing Volunteers Needed!!

We are pleased to once again hold the COMSA State Meet and Breadbasket Zone Championships at DU. In order to insure a positive meet experience for all participants, we are asking for Volunteers to time at the 2008 State Meet and Breadbasket Zone Championships.

**Don't worry swimmers**, we do not seek your assistance in timing as it is your job to swim and to swim fast; but rather we seek the assistance of **family and friends** who might want to get a front row seat to watch you swim! Ideally, we would like to have timers time for only 2 to 3 hour shifts throughout the weekend. The time and dates of the sessions will be as follows: **Friday, March 28<sup>th</sup> from 1:00 pm - approximately 6:00 pm; Saturday, March 29<sup>th</sup> from 8:30 am - 1:30 pm; Sunday, March 30<sup>th</sup> from 8:30 am - 1:30 pm.**

Volunteers will receive a very cool "**2008 COMSA Volunteer**" T-shirt and complimentary refreshments and food provided by DU throughout the meet. High School and Middle School Students are more than welcome to time as well. Please pass this on to your spouses, children and friends. Your assistance will be greatly appreciated by COMSA and all participating swimmers.

Potential Volunteers please contact Nicole Vanderpoel at [nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com) and indicate the **date and time** you would be available to time as well as a **phone number** where you may be contacted. Approximately 20 Volunteers will be needed per shift and the duration of the shifts will depend upon the number of Volunteers recruited. The shifts will last no longer than 3 hours! If you are only available for 2 hours, that's awesome, please indicate that in your e-mail. We promise to make it a fun experience for all and would like to thank you and your Volunteers in advance for your time and effort!