

# long course nationals

by Bill Edwards

## Championship in The Woodlands August 10-13

**>M**ore than 1,000 Masters swimmers are expected to arrive in The Woodlands, Texas, beginning August 10 for the United States Masters Swimming National Long Course Championship.

True to its name, The Woodlands is an arboretum of contentment bordering the Piney Woods region of the Lone Star State, about 30 miles north



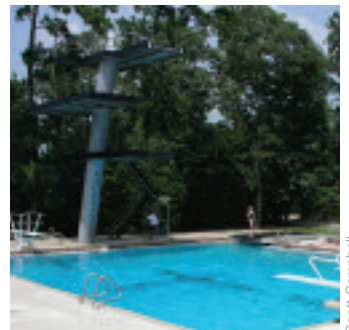
Scott Campbell

of Houston. Many planners say this city of around 90,000 is the best example anywhere of a “master-planned community,” where a designer’s job is to address most human needs within walking distance, or at least a short commute. Indeed, it appears The Woodlands has everything—good jobs, fine dining, personal and business services, entertainment and sports—and all in one singularly attractive place.

“Texas is very friendly,” says Tom Boak, USMS treasurer, director of the 2007 National Long Course Championship, and one of the original residents of the 34-year-old community. “In The Woodlands, the whole idea is that people should be able to stay right here in the



Scott Campbell



Scott Campbell



Anja Spilkerbosch



Scott Campbell

## USMS NATIONAL WOMEN'S LCM QUALIFYING TIMES

EVENT	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
50 Free	:35.08	:34.03	:34.37	:33.75	:33.51	:34.77	:35.78	:39.46	:41.93	:44.54	:50.26	:53.98	1:01.43
100 Free	1:16.62	1:12.75	1:15.54	1:14.00	1:14.13	1:16.62	1:20.20	1:26.05	1:38.06	1:40.46	1:57.64	2:08.40	2:18.97
200 Free	2:47.33	2:40.56	2:44.09	2:40.69	2:38.68	2:44.42	3:00.32	3:06.26	3:31.77	3:44.17	4:02.98	4:31.03	5:02.99
400 Free	5:59.12	5:40.56	5:43.31	5:37.57	5:28.72	5:39.81	6:06.83	6:29.38	7:21.54	7:54.94	8:31.77	9:26.12	11:36.20
800 Free	12:52.35	11:47.36	11:45.67	11:49.93	11:26.05	11:50.74	12:51.25	13:28.66	15:09.65	16:28.66	19:10.25	19:26.00	25:20.22
1500 Free	24:59.83	22:59.09	24:33.31	23:39.54	22:46.39	23:54.31	25:51.74	27:18.04	29:59.47	32:59.11	39:20.43	40:05.05	No Time
50 Back	:41.14	:40.20	:40.55	:41.10	:39.71	:42.15	:44.28	:46.85	:53.38	:56.80	1:02.70	1:12.29	1:12.74
100 Back	1:28.97	1:26.35	1:28.39	1:28.18	1:27.09	1:30.87	1:39.10	1:43.16	1:56.21	2:05.98	2:21.20	2:33.43	2:46.62
200 Back	3:14.70	3:05.04	3:09.46	3:03.50	3:07.98	3:16.52	3:27.39	3:44.58	4:06.49	4:26.63	5:02.22	5:37.17	6:21.73
50 Breast	:46.53	:44.71	:44.99	:45.81	:45.13	:46.56	:48.84	:51.41	:56.33	1:00.54	1:08.80	1:12.54	1:35.71
100 Breast	1:40.87	1:37.85	1:39.41	1:38.87	1:39.66	1:42.04	1:48.90	1:55.16	2:06.09	2:14.78	2:27.56	2:43.67	4:27.24
200 Breast	3:37.57	3:36.68	3:37.23	3:32.86	3:38.38	3:44.39	3:55.72	4:11.82	4:33.86	4:58.96	5:24.10	5:56.02	7:22.13
50 Fly	:38.63	:36.61	:37.45	:37.40	:36.39	:38.24	:40.11	:43.45	:48.97	:54.67	1:04.27	1:13.94	1:38.64
100 Fly	1:29.23	1:23.36	1:26.23	1:24.62	1:25.50	1:27.68	1:37.68	1:45.90	2:05.53	2:20.13	3:15.56	2:54.23	4:41.23
200 Fly	4:08.76	3:25.64	3:28.59	3:10.36	3:12.77	3:20.22	3:51.23	4:12.31	5:03.05	5:23.02	No Time	8:18.83	13:11.02
200 IM	3:06.50	3:03.25	3:08.65	3:07.19	3:06.56	3:14.36	3:30.86	3:44.50	4:15.10	4:35.90	5:15.24	5:28.17	7:49.42
400 IM	6:51.52	6:31.17	6:37.56	6:33.04	6:43.92	6:48.14	7:35.82	8:07.78	9:02.02	9:56.61	12:38.72	12:07.35	18:42.73

## USMS NATIONAL MEN'S LCM QUALIFYING TIMES

EVENT	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
50 Free	:29.88	:29.34	:29.21	:29.65	:29.87	:30.44	:30.50	:32.75	:33.39	:36.17	:37.41	:40.74	:47.26
100 Free	1:06.69	1:04.28	1:05.19	1:05.77	1:05.66	1:07.35	1:08.00	1:12.99	1:15.98	1:25.80	1:24.95	1:37.15	1:58.09
200 Free	2:29.12	2:22.37	2:23.72	2:21.56	2:24.44	2:26.55	2:29.77	2:41.49	2:48.85	3:07.27	3:08.42	3:38.71	4:16.28
400 Free	5:49.05	5:10.20	5:08.17	5:05.92	5:03.83	5:07.19	5:18.01	5:45.17	6:02.75	6:28.67	6:49.61	s8:11.63	9:09.64
800 Free	11:43.29	11:23.65	10:59.96	10:56.98	10:43.53	10:49.39	11:10.53	11:47.64	12:43.94	14:12.35	14:13.00	16:25.71	18:56.82
1500 Free	24:27.13	24:46.42	21:58.69	21:33.71	21:38.71	21:10.51	21:56.17	23:41.45	25:41.90	28:23.01	28:29.26	35:36.25	38:45.58
50 Back	:36.93	:36.10	:34.71	:35.12	:35.73	:36.00	:37.01	:40.42	:41.65	:46.51	:47.30	:53.56	1:03.94
100 Back	1:20.22	1:19.23	1:17.15	1:16.34	1:18.54	1:19.17	1:21.67	1:27.77	1:35.87	1:47.78	1:46.40	2:06.75	2:28.29
200 Back	3:08.16	2:48.27	2:49.29	2:48.16	2:48.46	2:48.77	2:58.39	3:11.56	3:25.03	3:56.35	3:52.66	4:32.30	5:12.81
50 Breast	:39.99	:38.07	:38.45	:38.07	:38.48	:38.70	:40.53	:41.70	:43.06	:48.11	:50.16	:54.17	1:11.83
100 Breast	1:35.66	1:25.39	1:24.24	1:24.84	1:27.65	1:26.40	1:31.22	1:34.39	1:38.97	1:52.91	1:55.00	2:07.90	2:41.45
200 Breast	4:16.25	3:13.10	3:07.16	3:06.63	3:14.51	3:11.68	3:18.14	3:29.03	3:40.39	4:03.98	4:23.62	4:44.23	6:16.94
50 Fly	:32.52	:31.10	:31.17	:31.52	:32.08	:32.53	:32.78	:34.83	:35.74	:40.06	:43.96	:54.75	1:32.20
100 Fly	1:15.29	1:12.52	1:11.92	1:10.48	1:11.83	1:13.33	1:15.51	1:23.96	1:29.10	1:43.34	1:53.90	2:30.77	3:48.65
200 Fly	2:58.74	2:55.45	2:51.35	2:47.56	2:51.43	2:54.23	3:04.53	3:28.80	3:49.80	4:15.93	4:41.55	8:41.48	8:39.77
200 IM	2:51.23	2:47.38	2:44.66	2:44.54	2:45.15	2:47.67	2:54.24	3:05.26	3:19.13	3:46.31	3:56.31	4:23.40	6:28.12
400 IM	6:40.90	5:57.91	5:58.80	5:53.86	5:56.79	5:58.87	6:20.32	6:54.31	7:16.33	8:14.22	8:44.54	10:35.14	14:20.41

community to live, work and play. That means it's also a good place to visit. I think Masters swimmers are going to have a great time here."

Swimmers have been a privileged lot in The Woodlands since before the first shovelful of earth was turned at the community back in 1973. Boak, a custom homebuilder, first met with Dick Smith, two-time Olympic diving coach, in 1973 to design a world-class aquatic facility that would become The Woodlands Athletic Club (WAC)—site of the 2007 Long Course Nationals.

Opened in March 1975, WAC quickly became recognized nationally as a source of diving and swimming

talent. Olympic diver Laura Wilkinson trains at WAC with Kenny Armstrong, who was Wilkinson's coach when she won a gold medal in 2000 in Sydney. The WAC is also the home facility for The Woodlands Swim Team, perennial Texas age group state champs and co-hosts of the long course Masters event this year, and for The Woodlands Masters Swim Team.

"Once everyone is here, the swim team will take responsibility for the operation of the event so that Masters swimmers can coach, swim and enjoy themselves," Boak said. "It's going to be a model of cooperation."

This won't be the first time



### Register Online Starting May 1

- Visit [www.usms.org/comp/lcnats07](http://www.usms.org/comp/lcnats07) for information about this event.
- You may swim three events without qualifying.
- Medals will be awarded for first through 10th places in each age group.
- A USMS Championship patch will be given to each individual and relay team member for the first event won.
- See [www.lcnationals2007.net](http://www.lcnationals2007.net), [www.usms.org](http://www.usms.org) and [www.usmsswimmer.com](http://www.usmsswimmer.com) for additional details.

the WAC, The Woodlands Masters Swim Team and The Woodlands Swim Team have cooperated on a major meet, either. Boak says he directed events at the site for the Short

Course Nationals in 1982, and the Long Course Nationals in 1987 and 1990. The center also has hosted the FINA Diving World Cup several times. This year's long course

**2007 United States Masters Swimming National Long Course Championships**  
The Woodlands, Texas  
August 10-13, 2007

**Location**

The Woodlands Athletic Club  
11111 Winterberry Place  
The Woodlands, TX 77380  
281-863-1500

**Facilities**

The Woodlands Athletic Club (WAC) is home to The Woodlands Masters Swim Team (WMST), The Woodlands Swim Team (TWST), and The Woodlands Diving Team. The facility has an outdoor 50-meter championship pool with nine eight-foot-wide lanes and a water depth that varies from four to seven-and-a-half feet. The WAC also has a 25-yard indoor pool with six lanes, and an outdoor diving well with lanes—both of which will be available throughout the meet for warm-up and warm-down.

**Air Service**

George Bush Intercontinental Airport (IAH) is located approximately 25 miles from the listed hotels and The Woodlands Aquatic Club. Hobby Airport (HOU) is about 40 miles away. Continental is the official airline for the 2007 championships. Valid travel dates August 4-18, 2007. For discounts, contact your travel professional or Continental's MeetingWorks at 800-468-7022. Outside the U.S., contact your local Continental office. Continental offers a discount if you book online at [www.continental.com](http://www.continental.com). Enter the Z code ZUE5 and Agreement Code DDHDSM in the Offer Code Box when searching for flights.

**Ground Transportation**

Transportation from Bush and Hobby airports is available by SuperShuttle Houston. At either airport, follow the signs to "Ground Transportation" and go to the SuperShuttle service desk. Rates from Bush airport are \$19 one-way and \$38 round trip. Rates from Hobby airport are \$35 one-way and \$70 round trip. Book a shuttle reservation online at [www.SuperShuttle.com](http://www.SuperShuttle.com). Receive a discount by entering group discount code 4S7SG. Budget Car Rental is the official car rental company for the meet. For reservations, call toll free 1-800-772-3773, or make a reservation online at [www.budget.com](http://www.budget.com). Refer to Convention Discount #U064529.

**Eligibility**

The Championships are open to any registered Masters swimmer who is at least 18 by August 9, 2007. Eighteen-year-olds must enter by the entry deadline, and only 18-year-olds may register with USMS on August 9 at the venue. If a swimmer wishes to affiliate with a Masters club, the club and swimmer both must be registered with the same Local Masters Swim Committee (LMSC). If there are unresolved issues about affiliation, the swimmer shall be entered as "unattached." **Please clear up affiliation questions early by contacting the meet director, Tom Boak.** International entries must include a copy of the swimmer's Masters Swimming registration card and fees in U.S. dollars.

**Age Groups**

Age for the meet is determined as of December 31, 2007, except that 18-year-olds must be 18 by August 9, 2007.

**Registration**

Prior to warm-ups or competition, all participants must register at the meet by signing an emergency card, safety information statement and liability release. Registration will be held at the WAC on Thurs., Aug. 9, from noon to 8 p.m., and on Fri., Aug. 10 through Mon., Aug. 13 from 6:30 a.m. until the end of each day's competition.

**Seeding**

**All events 100 meters or less will be pre-seeded.** 200s will be pre-seeded if the meet timeline allows. Otherwise, they will be deck-seeded by gender, time and age group. Men's heats will precede women's heats for each event except for the 400, 800 and 1500 Free. Men and women will be seeded together for the 800 Free and 1500 Free and will be seeded slowest to fastest by entry time regardless of age or gender. The 400 IM will be seeded slowest to fastest by entry time for each sex, regardless of age. All other events will be seeded by age group with the oldest age groups first, and slowest to fastest within each age group. All events start from the deep end of the pool (7.5 feet).

**Check-in for Events 200 Meters and Longer**

Positive check-in is required separately for all individual events 400 meters and longer. If the 200s are deck seeded, positive check-in also will be

required for the 200s. If the meet timeline allows, the host will pre-seed the 200 meter events and require check-in only for the 400 IM, 400 Free, 800 Free and 1500 Free, which may be done in person, in the registration area, or via Internet at [www.usms.org](http://www.usms.org). The decision on whether to pre-seed the 200s will be announced on the Internet at [www.usms.org](http://www.usms.org) by July 31, 2007.

**Heat and Psych Sheets**

Psych sheets for all individual events will be available at [www.usms.org](http://www.usms.org) on or about July 26, 2007. Heat sheets for pre-seeded events will be available online around August 2, 2007. Heat sheets for deck-seeded events will be available at the pool deck and at the four main hotels each morning for the day's events.

**Warm-up Times**

Designated lanes in the competition pool will be open for warm-ups on Thurs., Aug. 9 from noon to 8 p.m. The competition pool will be open for warm-ups from 6:30 a.m. to 7:50 a.m. on competition days. Warm-up pools—the indoor pool and the diving tanks—will be available each day from 7:50 a.m. until conclusion of the last event of the day. On Friday through Sunday, the competition pool will be open for warm-ups for 30 minutes after the last heat of the first event, the 400 Free and 400 IM. The competition pool will be open for warm-ups for 30 minutes after the last event each day.

**Scratches**

Any swimmer failing to report to the proper lane in the correct heat of his or her event shall be scratched from that event and shall not be permitted to swim that event at another time.

**General Meeting**

All swimmers, coaches and officials should be represented at the general meeting at the WAC on Thurs., Aug. 9 at 7 p.m. to discuss matters pertinent to the operation and conduct of the meet.

**Gold Medal Sponsorship**

Gold Medal Sponsors will be recognized in the official program as supporters of Masters swimming. Gold Medal Sponsors will receive a commemorative gift and will be entitled to V.I.P. hospitality, which will include breakfast, lunch, snacks and drinks. The cost

of a Gold Medal Sponsorship is \$65. Order sponsorships on the meet entry form.

**Entry Procedures**

To enter any event, use the official entry form or a photocopy of the entire form. Read all instructions and fill out the form completely. Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected (except for 18-year-olds who plan to enter by the meet entry deadline, but who will register with USMS at the venue on August 9). A legible photocopy of the swimmer's Masters registration card must accompany the entry form for international entrants. Participants who fail to include a copy of their Masters registration card may be charged an additional fee before being allowed to compete. A USMS swimmer whose club affiliation differs from what is listed on his/her USMS registration card must send either a new USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

**Online Entries**

Online entries are encouraged. This method provides immediate confirmation of the entry. To enter online, visit [www.usms.org](http://www.usms.org).

**National Qualifying Times/Number of Events/Sixth Event**

Competitors may enter up to three events without meeting the national qualifying time (NQT), or a maximum of six events if they meet the NQTs (i.e., have swum a time equal to or better than the NQTs in the past two years). All swimmers are limited to three events per day. All events must include an entry time. If the meet is deemed too large, an athlete's sixth event will be dropped. On the entry form, indicate this event with a "6" in the designated column. Distance Events: Swimmers may enter both the 800 Free and the 1500 Free provided they meet the NQT in both of these events.

**Fees**

Fees are \$4 per individual event, plus a variable surcharge per swimmer. The surcharge varies according to date of entry. (See surcharge amounts in the next column.) The fee and surcharge must accompany the entry form, and must be paid in U.S. dollars by check or money order. **Do not send cash.** The entry is not complete until

payment has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars may be required before the entrant is allowed to swim. Refund requests must be in writing and received by July 13, 2007. No refunds will be given for events not swum. The surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers must submit an entry form and pay the fee and surcharge by the entry deadlines. All checks for fees and surcharges should be made payable to "United States Masters Swimming."

**Entry Deadlines/ Surcharges**

\$40 if postmarked by June 22 or entered online by June 29.  
\$45 if postmarked by June 29 or entered online by July 6.  
\$80 if postmarked by July 6 or entered online by July 13.

Online entries are encouraged, and will be accepted until midnight Central Daylight Time (CDT) on each of the above dates. Entries received after July 13, 2007 will be returned to sender. No telephone or e-mail entries will be accepted. All mailed U.S. entries must be postmarked with an official U.S. postmark (no business meters) by the dates specified. Swimmers are encouraged to mail entries early. For proof of receipt, please include a self-addressed, stamped envelope (SASE). Do not send entries certified mail or overnight mail requiring a signature. Photocopy completed entry forms and personal checks for your records and verification.

**Mail Entry to:**

Long Course Nationals  
USMS National Office  
8 Rockwood Lane  
Londonderry, NH 03059

**Relay Information**

Swimmers may enter relays until 4 p.m. on the day before the relay is scheduled. The entry fee for each relay is \$12. Relay entries may be submitted at the relay desk in the registration area. Each of the four members of any relay team must be registered with the same Masters club. The relay entry fee is in addition to the fee for individual events. Relay entry forms are available for download at [www.usms.org](http://www.usms.org).

**Questions?**

Contact Tom Boak at 281-363-0672 or [tomboak@houston.rr.com](mailto:tomboak@houston.rr.com).

# 2007 USMS NATIONAL LONG COURSE CHAMPIONSHIPS OFFICIAL ENTRY FORM

The Woodlands Athletic Club, August 10-13, 2007 >>> Sanctioned by the Gulf LMSC for USMS Inc. - Sanction number 257-003

Last name:\* \_\_\_\_\_ First: \_\_\_\_\_ MI: \_\_\_\_\_

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

E-mail: \_\_\_\_\_ Day Phone: \_\_\_\_\_ Eve. Phone: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_ (on 12/31/07)\*\* D.O.B.: \_\_\_\_\_ Sex: \_\_\_\_\_

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

\* Print name as it appears on USMS registration card. \*\* 18-year-olds must be 18 on 8/9/07.

Before completing, read meet information on preceding pages. Check-in required for all events 400 meters and longer and MAY BE REQUIRED FOR 200 METER EVENTS if they are deck seeded. Events 100 meters and shorter will be pre-seeded. Check-in for all events 400 meters (and possibly 200 meters and longer) starts on Thursday, August 9, 2007, at noon and ends at 7 a.m. on the day of the event. Check-in for the 800 Free ends at 7 a.m. and the 1500 Free ends at 9:30 a.m. on Monday, August 13, 2007.

Event #	Entry Time Women	Date	6	Event	Event #	Entry Time Men	Date	6
<b>Friday, August 10, 2007</b>				<b>Warm-Up 6:30-7:50 a.m.</b>		<b>Start 8:00 a.m.</b>		
				400 Freestyle (Men)	1			
4				50 Breaststroke	3			
6				200 Butterfly	5			
8				100 Freestyle	7			
10				50 Backstroke	9			
11	See Relay Form			200 Mixed Free Relay	11	See Relay Form		
<b>Saturday, August 11, 2007</b>				<b>Warm-Up 6:30-7:50 a.m.</b>		<b>Start 8:00 a.m.</b>		
12				400 Freestyle (Women)				
14				200 Backstroke	13			
16				50 Freestyle	15			
18				100 Breaststroke	17			
20				200 IM	19			
22				100 Butterfly	21			
24	See Relay Form			200 Medley Relay	23	See Relay Form		
<b>Sunday, August 12, 2007</b>				<b>Warm-Up 6:30-7:50 a.m.</b>		<b>Start 8:00 a.m.</b>		
26				400 IM	25			
28				50 Butterfly	27			
30				200 Freestyle	29			
32				100 Backstroke	31			
34				200 Breaststroke	33			
35	See Relay Form			200 Mixed Medley Relay	35	See Relay Form		
38	See Relay Form			200 Freestyle Relay	37	See Relay Form		
<b>Monday, August 13, 2007</b>				<b>Warm-Up 6:30-7:50 a.m.</b>		<b>Start 8:00 a.m.</b>		
40				800 Freestyle**	39			
42				1500 Freestyle**	41			

\*\*You may enter both the 800 Free and the 1500 Free if you make the NQT in both events; otherwise you may enter only one.

**••• MAIL ENTRIES TO:**  
 Long Course Nationals  
 USMS National Office  
 8 Rockwood Lane  
 Londonderry, NH 03053  
**••• Entries must be U.S. postmarked by July 6, 2007, or entered online by July 13, 2007 at the latest.**

**ENTRY CHECKLIST**

- Entry form filled out completely?
- "Date" and "6" events clearly marked? (Date is for NQTs that have been met. Mark "6" only if entering six events.)
- Seed times in proper columns?
- No more than three events per day entered?
- Liability release signed and dated?
- Fees payable to "USMS" enclosed?
- International registration card attached?
- SASE enclosed? (Indicate purpose on envelope.)
- Entry postmarked by or entered online by deadline? (See fee schedule.)

**Questions?**

Call Tom Boak at 281-363-0672 or tomboak@houston.rr.com.



**••• FEES:**

Meet Surcharge (required for all events)  
 \$40 if postmarked by June 22 or entered online by June 29 .....  
 \$45 if postmarked by June 29 or entered online by July 6 .....  
 \$80 if postmarked by July 6 or entered online by July 13 .....  
 Number of Individual Events ..... x \$4 .....  
 Final Results ..... x \$15 .....  
 Gold Medal Sponsor ..... x \$65 .....  
**TOTAL FEES ENCLOSED** ..... \$ .....  
 Check or money order payable to **United States Masters Swimming**

Internet entries will be accepted starting May 1, 2007. Please see [www.usms.org](http://www.usms.org) for additional information. **Liability Release:** "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Hotel & Shuttle Information

There are four hotels less than three miles from The Woodlands Athletic Club (WAC), including one adjacent to the WAC, and three located on a shuttle route to and from The Woodlands Town Center—offering regular scheduled service during this event.

Each participating hotel has set aside a block of rooms for event participants. Event officials strongly recommend that reservations be made by June 1. After that date, the hotels may release the rooms for general use, so make your reservations early.

### Hotels on shuttle route:

#### ••• Waterway Marriott

281-367-9797

\$135.00 per night

Reservations: 1-800-262-1509

Refer to code WMST or Woodlands Masters Swim Team

#### ••• Courtyard Marriott

281-292-3262 or

1-800-321-2211

\$79.00 per night

Reservations: call 281-230-1500

Refer to code USMP or 2007 United States Masters Swimming National

#### ••• Hilton Garden Inn

281-364-9300

\$99.00 per night

Reservations: 281-364-9300

Register online at [www.hilton.com/en/gi/groups/personalized/houwdgi\\_wac/index.jhtml](http://www.hilton.com/en/gi/groups/personalized/houwdgi_wac/index.jhtml)

Refer to WAC/Woodlands Masters Swim Team

### Hotel adjacent to WAC (walking distance):

#### ••• The Woodlands Conference Center and Resort

281-367-1100 or 1-800-433-2624

\$135.00 per night

Reservations: 281-367-1100 or 1-800-433-2624

Refer to The Woodlands Masters Swim Team

### Hotel not on the shuttle route but with special event rates:

#### ••• Fairfield Inn & Suites

936-271-0110

\$79.00 per night

Reservations, call 281-230-1500

Refer to 2007 United States Masters Swimming National

### Other hotels at varying prices may be found at [www.LCNationals2007.net](http://www.LCNationals2007.net).

#### ••• Shuttle Service & Parking

Shuttle service is free for guests of The Woodlands Conference Center, Waterway Marriott, Courtyard Marriott and Hilton Garden Inn. Shuttle schedules are available at the event registration and participating hotels. Parking spaces are limited at the WAC, but additional parking will be available in a designated section of the Grogans Mill Shopping Center, 300 yards from the pool.

events are all scheduled for WAC's nine-lane, 50-meter outdoor pool, which is equipped with a chiller to keep water temperatures at a comfortable 78-80 degrees F, regardless of what August weather prevails. Event starts will be from the pool's deep end (7.5 feet), and results will post on electronic scoreboards visible from any seat in the surrounding stands. Warm-ups are scheduled prior to and after competition in the outdoor pool, and all day during competition in the facility's six-lane, 25-yard indoor pool and lane-divided diving tank. (For a schedule, see meet information on page 40.)

There is plenty of shade available at The Woodlands Athletic Club, and not just from the dense oak forests that

surround the facility. The stands around the outdoor pool will be shaded for the event, and WAC will make additional space available for competitors and spectators who want to set up their own tents. Boak says the athletic center is noted for its quality food and refreshments.

Participants who want to take meals in the community will find more than 40 restaurants in the nearby walking mall and town center. Free shuttle service is available between WAC and hotels in the town center. "Once you have arrived in The Woodlands, you won't need a car to enjoy yourself," Boak said. <<<

>>> For information on what to do in The Woodlands, go to [www.woodlandsonline.com](http://www.woodlandsonline.com).

### Additional Meet Information

••• [www.usms.org](http://www.usms.org)

••• [www.lcnationals2007.net](http://www.lcnationals2007.net)

••• Tom Boak at 281-363-0672 or by e-mail at [tomboak@houston.rr.com](mailto:tomboak@houston.rr.com)

••• USMS National Office, 800-550-SWIM (7946)

## Check-in Deadlines

For each of the following events, online check-in (at the USMS website, [www.usms.org](http://www.usms.org)) opens Wed., Aug. 8 at noon CDT and closes at the same time as the on-site deadlines. On-site check-in for all events will open Thurs., Aug. 9 at noon CDT and will close according to the following deadlines:

Date	Event	In Person/Online Check-in Deadline*
Fri., Aug. 10	400 Free (men) 200 Fly	7 a.m. for all listed events
Sat., Aug. 11	400 Free (women) 200 Back 200 IM	7 a.m. for all listed events
Sun., Aug. 12	400 IM 200 Free 200 Breast	7 a.m. for all listed events
Mon., Aug. 13	800 Free 1500 Free	7 a.m. 9:30 a.m.

\* All times are Central Daylight Time (CDT)