

summer nationals preview

Say 'Yes' to Swimming, Outdoor Recreation and College Town Socializing

By Susan Dawson-Cook

If you're eager to don your favorite racing suit this summer, just say "yes" to fast swimming and fun at the 2011 U.S. Masters Swimming Summer Nationals in Auburn, Ala., August 3–6. Zoom through the water at the Auburn Tigers' lightning-fast swimming facility. Spend your free time teeing off at Grand National Golf Course, perusing the Jule Collins Smith Museum, hiking in Chewacla State Park or soaking up historic Auburn's college town atmosphere.

WINNING CONDITIONS AWAIT

Competitors are sure to throw down some best times at the James E. Martin Aquatics Center, host to the Auburn University swimming and diving team and Auburn Masters swimming program. Draped with banners honoring the eight-time men's NCAA champions, five-time women's NCAA champions and 22 SEC ti-

ties, this \$10.5 million natatorium encompasses 63,000 square feet.

The 50-meter competition pool features eight, 9-foot-wide lanes with water depths ranging from 9 to 10.5 feet. Gutters surrounding the pool were engineered to minimize turbulence, while bulkheads featuring a flow-through design reduce wave rebound on turns. Swimmers' times will appear simultaneously on two scoreboards, including a recently acquired Daktronics high-definition color video board. The facility's raised second level seats 1,000 spectators. Limited bleacher seating will be available on the pool deck.

Crowded warm-up lanes won't be a problem at Auburn. "We are fortunate to have a lot of water space available here," says meet director and Athletic Operations Manager Sarah Stallkamp. Inside the Aquatics Center, a total of fourteen 25-yard lanes will serve as continuous warm-up space. Swim-

mers will also have carte blanche to a 10-lane, 50-meter outdoor pool, situated a short walking distance away.

Referencing the numerous USA and U.S. Masters Swimming records set at the Center, Stallkamp sums it all up with, "We have a really fast pool."

CULTURAL OPPORTUNITIES

Auburn's Jule Collins Smith Museum boasts eight galleries and is one of the South's largest university art museums. It features a permanent collection of 20th century American and European art and a variety of traveling exhibits, says Robyn Bridges, PR director for the Auburn-Opelika Tourism Bureau. Lakefront gardens beckon outside. Another campus museum worth a visit is the Lovelace Hall of Honor, which showcases the university's athletic programs and accomplishments.

A short drive away, in the sister city of



Opelika, is the Museum of Eastern Alabama. Located in the historic district on the former Clement Hotel site, it houses more than 5,000 19th and 20th century local and regional artifacts.

Performing arts devotees can take in a dinner theater at the Telfair Peak Theater on campus or enjoy a jazz performance, Broadway show, opera, or symphony orchestra performance at the East Alabama Arts Center in Opelika (eastalabamaarts.org).

For history buffs, Alabama was the epicenter of the civil rights movement during the 1950s and 60s, and there are numerous historic sites to honor those who led the movement. Tuskegee University, founded by Dr. Booker T. Washington, is a 25-minute drive from Auburn. Moton Field, where the Tuskegee Airmen trained, is 15 minutes away. Less than an hour from Auburn is the state capital of Montgomery, where you can find the Rosa Parks Museum, the Civil Rights Memorial Center, and the Dexter Street Baptist Church where the Rev. Martin Luther King Jr. preached. (More available at alabama.travel/activities/tours-and-trails/alabama-civil-rights-museum-trail/)

COLLEGE TOWN ATMOSPHERE

With a student population over 25,000, Auburn University is a lively place to hang out and socialize, yet easy to explore. Swimmers can even walk to the pool with teammates from the Hotel of Auburn University.

Light traffic prevails in this small college town, where driving from place to place is easy, and many locales can be reached on foot. "Summer is a great time to be here," says Bridges. People stroll around campus, pause to listen to musicians perform or dine on outdoor patios at neighborhood restaurants. Tossing a Frisbee across a grassy

lawn or collapsing supine beneath a maple tree with a novel are other ways swimmers can unwind on the Auburn campus.

Every palate can be sated in Auburn restaurants. Pizza, sushi, burgers, pasta and even prime rib and seafood at fine-dining establishments are there for the eating. After dinner, the latest box office hit can be viewed at the Wynnsong Cinema 16 on University Drive, and swimmers craving more activity can attempt to throw a strike instead of a gutter ball at AMF Auburn Lanes.

GOLF ANYONE?

Golf Digest named Auburn-Opelika the Best Golf City in America in 2005. Swimmers reserving rooms at the Marriott at Grand National will overlook the 2,000-acre Grand National Golf Course, host of the 1997 Nike Tour Championship, 1998 LPGA Tournament of Champions and 2000 NCAA Men's Division I Golf Championship.

Grand National is one of 11 courses traversing the state comprising the Robert Trent Jones Golf Trail (rtjgolf.com). The *New York Times* dubbed the Trail "some of the best public golf on Earth." With some of the most economical greens fees in the country, swimmers may choose to play their way across Alabama on the scenic Golf Trail courses or take a swing on more Auburn area greens such as Auburn Links at Mill Creek, Indian Pines, Moores Hill or Saughatchee Golf Club.

FAMILY FUN

With a 450,000-gallon wave pool, the surf is always up at the Surfside Water Park. More get-wet fun can be experienced on the lazy river, four body flumes, two speed slides and 5,000-square-foot playground. This aquatic wonderland is

Register Online

●● usms.org/comp/lcnats11

Contact Information

usms.org

Meet Director: Sarah Stallkamp

Phone: 334-844-9622

Email: ses0032@auburn.edu

USMS National Office:

1-800-550-SWIM (7946)



Courtesy of Auburn-Opelika Tourism Bureau

sure to incite a happy dance from the youngest members of the family.

More outdoor family fun waits at the 696-acre Chewacla State Park. Competitors and their families can explore the abundant trails on **(CONTINUED ON NEXT PAGE ⇒)**

Check-In Deadlines

Positive check-in is required for the 400 IM and 400, 800 and 1500 freestyles, and will be required for the 100s and 200s if it is determined that deck seeding is necessary. The decision on whether to preseed the 100s and 200s will be listed at usms.org by July 25, 2011. Check-in may be done in person at the registration area or online at usms.org according to the following schedule:

Date	Event	In-Person Check-in*	Online Check-in*
Weds., Aug. 3	800 free 1500 free	Tues. 1-8 p.m.; Weds. by 7 a.m. Tues. 1-8 p.m.; Weds. by 9 a.m.	Mon. 7 a.m.-Weds. by 7 a.m. Mon. 7 a.m.-Weds. by 9 a.m.
Thurs., Aug. 4	400 IM	Tues. 1-8 p.m.; Thurs. by 7 a.m.	Mon. 7 a.m.-Thurs. by 7 a.m.
Fri., Aug. 5	400 free (men)	Tues. 1-8 p.m.; Fri. by 7 a.m.	Mon. 7 a.m.-Fri. by 7 a.m.
Sat., Aug. 6	400 free (women)	Tues. 1-8 p.m.; Sat. by 7 a.m.	Mon. 7 a.m.-Sat. by 7 a.m.

*All times are Central Daylight Time. If the 100 and 200 events are deck-seeded, then check-in deadlines for these events will be at 9 a.m. the day the event is swum.



(CONTINUED FROM PREVIOUS PAGE ⇨) foot or by bicycle, take a refreshing dip in the lake, fish, or enjoy a boating excursion. Cabin and boat rentals are available. Another nearby possibility is the Louise Kreher Forest Ecology Preserve, featuring shady wooded hiking trails, a splashing waterfall, turtle habitat, butterfly garden and nature center. Field trip opportunities for school-age children are available by reservation (<https://fp.auburn.edu/preserve/>).

If shopping beckons, swimmers can browse the antique stores, bookstores and specialty shops in Auburn and Opelika's historic districts. Village Mall and Tiger Town house many popular department stores.

More information on activities and adventures available in the Auburn area are available at aotourism.com.

>>> **Susan Dawson-Cook is a Masters swimmer, freelance writer and editor, and a personal trainer in Tuscon, Ariz.**



Courtesy of Auburn-Opelika Tourism Bureau

Travel Information

The Auburn area is served by two major airports: Hartsfield-Jackson International Airport (ATL), which is approximately 102 miles from Auburn, and Birmingham-Shuttlesworth International Airport (BHM), which is approximately 120 miles from Auburn. Most major carriers serve both airports.

Two regional airports also serve the Auburn area: Montgomery Regional Airport (MGM), which is approximately 60 miles from Auburn and is served by American Airlines, Delta Connection and US Airways Express; and Columbus Metropolitan Airport (CSG), which is approximately 45 miles from Auburn and is served by American Airlines and Delta Connection.

When making travel plans, remember that Auburn, Ala., is in the Central Time Zone and airports in Georgia (ATL, CSG) are in the Eastern Time Zone.

GROUND TRANSPORTATION

Transportation from the Atlanta airport is available by Express 85 shuttle. For reservations, call 888-238-7738 or go online to express85.com. One-way trip is approximately \$49. All four airports listed above are serviced by most major car rental agencies.

HOTELS

The hotels listed here have offered group rates for USMS participants under the group name "U.S. Masters Swim."

THE HOTEL AT

AUBURN UNIVERSITY*

334-821-8200 or 800-228-2876
241 South College Street, Auburn, AL 36830
1 mile to Aquatics Center
\$109

LEXINGTON HOTEL*

334-821-7001 or 800-282-8763
1577 S. College Street, Auburn, AL 36830
2 miles to Aquatics Center
\$70

MARRIOTT AT GRAND NATIONAL

334-741-9292 or 800-228-9290
3700 Sunbelt Parkway Opelika, AL 36801
8 miles to Aquatics Center
\$119

HOLIDAY INN EXPRESS HOTEL & SUITES

334-502-1090
2013 S. College Street, Auburn, AL 36830
3 miles to Aquatics Center
\$92

HAMPTON INN

334-821-4111
2430 S. College Street, Auburn, AL 36830
3.5 miles to Aquatics Center
\$89

SLEEP INN

334-501-7171
135 Spirit Drive, Auburn, AL 36830
3.5 miles to Aquatics Center
\$70

MICROTEL INN & SUITES

334-745-0415
1651 Parker Way, Opelika, AL 36804
7 miles to Aquatics Center
\$74

HAMPTON INN & SUITES

334-745-4311
3000 Capps Way, Opelika, AL 36804
7 miles to Aquatics Center
\$99

Hotels marked with an asterisk are on meet shuttle route.

Other hotels at varying rates may be found at aotourism.com.

MEET SHUTTLE SERVICE AND PARKING

A shuttle will operate between the Aquatics Center and hotels marked with an asterisk. Shuttle passes are \$25 per person and can be purchased through the online entry system. A limited number of shuttle passes will be sold at registration.

Parking is available in all "C Zone" spaces in lots around the Aquatics Center and is free of charge. All parking is first-come, first-served and lots are not reserved solely for the meet. NOTE: On Saturday, August 6, summer graduation for Auburn University will take place across the street from the Aquatics Center. Additional parking information for that day will be made available prior to the start of the meet.

Meet Information

2011 United States Masters Swimming
National Summer Championships
Auburn, Ala.
August 3–6, 2011

Location

James E. Martin Aquatics Center
661 Heisman Dr.
Auburn University, AL 36849
334-844-4142

Facilities

The Martin Aquatics Center is home to Auburn Masters Swimming, Auburn Aquatics, and the Auburn University swimming and diving team. It has an indoor 50-meter championship pool with eight 9-foot-wide lanes and a water depth that varies from 9 to 10.5 feet. Also included is a 25-yard indoor pool with eight lanes, a 25-yard diving area with six lanes and an outdoor 50-meter pool with 10 lanes for continuous warm-up and warm-down throughout the meet.

Website

Official meet information, entry forms and online registration are available at usms.org. Additional meet details can be found at the meet host site, auburnmasterswimmers.org.

Eligibility

Participants must be registered Masters swimmers and at least 18 years of age as of August 2, 2011. **Swimmers who will turn 18 before August 2, but after the entry deadline of June 29, must still enter the meet by the entry deadline.** In this case the word "pending" may be used in place of a USMS number (for both online and paper entries), and the swimmer must register with USMS upon turning 18 or on August 2 at the venue. **Only swimmers who meet this criteria will be allowed to register with USMS at the venue—all other entrants must have a valid USMS membership at time of entry.** If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swimming Committee (LMSC). If there are questions about affiliation, the swimmer shall be entered as "unattached" (see **Paper Entries**). 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 12/31/11, except for 18-year-olds, who must be 18 by August 2, 2011. Age groups for individual events: 18-24, 25-29, 30-34, 35-39 ... (five-year increments as high as necessary). Relay events: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399 ... (40-year increments as high as necessary). The aggregate age of the four relay team members shall determine the age group.

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 Aquatics Center on Tuesday, August 2, from 1 p.m. to 8 p.m., and on all other days from 6:30 a.m. through the end of competition.

Seeding

Men's heats will precede women's heats for each event except for the 800 and 1500 free. Men and women may be seeded together for the 800 and 1500 free and will be seeded slowest to fastest by entry time. The 400 free and 400 IM will be seeded slowest to fastest by entry time for each gender, regardless of age. The 200-meter events may be seeded by entry time, regardless of age, for each gender, if the timeline is too long. The 100-meter events will be seeded by age group with the oldest age groups first, slowest to fastest within each age group, even if these events are deck-seeded. All 50-meter events will be preseeded.

Event Check-in

Coaches or teammates may check in online or in person for those swimmers whose travel plans do not permit check-in by the deadlines. Failure to check in will result in the swimmer being scratched from the event.

Heat and Psych Sheets

Psych sheets for all individual events will be available at usms.org on or about July 20, 2011. Heat sheets for preseeded events will be available online around July 27, 2011. Heat sheets for deck-seeded events will be posted at various places around the pool deck after the check-in deadline.

Warm-up Times

The competition pool will be open for warm-up on Tuesday, August 2, from 1 p.m. until 8 p.m. On Wednesday the competition pool and warm-up pools will be open from 6:30 a.m. until 7:50 a.m. and warm-up pools will be available from 7:50 a.m. until conclusion of the final event. In addition, the competition pool will be open for warm-up for 30 minutes following the last heat of the 1500 free or 7 p.m., whichever comes later. On Thursday, Friday and Saturday, the competition pool and warm-up pools will be open for warm-up from 6:30 a.m. until 7:50 a.m. and the warm-up pools will be available from 7:50 a.m. until conclusion of the final event. The competition pool will also be open for warm-up for 30 minutes following the last heat of the first events of the day, the 400 free and 400 IM. The competition pool will remain open for at least 30 minutes following the last event each day.

Scratches

Any swimmer failing to report to the proper lane in the correct heat of an 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 attend the general meeting at the Aquatics Center on Tuesday, August 2, at 5 p.m. There will be a discussion of 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. They will receive a commemorative gift and will be entitled to V.I.P. hospitality, which will include breakfast, lunch, snacks and drinks. Cost is \$75 and sponsorships can be ordered on the meet entry form.

Online Entries

Online entry is encouraged and provides immediate entry confirmation. Visit usms.org/comp/lnats11. Online registration will open no later than May 1, 2011, and will close at midnight CDT on June 29, 2011. The meet surcharge increases from \$50 to \$60 on June 16 (see **Entry Deadline/Variable Surcharge/Mail Entry** for dates applying to both online and paper registration).

Paper Entries

Use **official entry form** or a photocopy of the entire form. Read all instructions and fill out the form completely. Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected (except for forms for 18-year-olds who turn 18 after the meet deadline but before the first day of the meet). A legible copy of the swimmer's Masters registration card must accompany the entry form for international entrants. Failure to include a copy of the Masters registration card may result in the swimmer being charged a fee before being allowed to compete. A 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 stating the new club affiliation and effective date. Paper entries must be received by June 29, 2011.

Fees

Fees are \$4 per individual event plus a surcharge per swimmer. **The surcharge varies according to date of entry.** (See **Entry Deadline/Variable Surcharge**). Fees must accompany the entry form and must be paid in U.S. dollars by check or money order. **Do not mail cash.** The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars at the venue will be required before the entrant is allowed to swim. Refund requests must be in writing and received by June 29, 2011. 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 with payment of the surcharge by the entry deadlines. All fees should be payable to U.S. Masters Swimming.

Entry Deadline/Variable Surcharge/Mail Entry

All mailed entries must be postmarked with an official U.S. Postal Service postmark (no business meters). Surcharges:

Entry Postmarked:	Entry Received:	Amount:
By June 8 or	By June 15	\$50
After June 8 and	June 16–29	\$60

Paper entries received after June 29 will be returned to sender. No telephone or email entries will be accepted. Mail entries early. Include a self-addressed stamped envelope with entry for proof of receipt. Do not send certified or overnight mail requiring a signature. Photocopy completed entry forms and personal checks for your records and verification. Mail to: USMS Summer Nationals, P.O. Box 185, Londonderry, NH 03053-0185.

National Qualifying Times/Number of Events/Sixth Event

Swimmers 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). **Exception: Competitors entering the 1500 free must meet the NQT.** All swimmers are limited to three events per day. All entries 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 either the 800 or the 1500 free but not both. **Swimmers entering the 1500 free must meet the NQT.**

Relay Information

Swimmers can enter relays until 4 p.m. on the day before the relay is scheduled. Each competitor is allowed to swim only one freestyle relay, one medley relay, one mixed freestyle relay and one mixed medley relay. 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. Relay entry fee is in addition to individual entry fees. Relay entry forms are available for download at usms.org.

Questions/Additional Information

Contact Meet Director Sarah Stallkamp at 334-844-9622 or by email at ses0032@auburn.edu.



2011 USMS SUMMER NATIONAL CHAMPIONSHIP OFFICIAL ENTRY FORM

James E. Martin Aquatics Center, August 3-6, 2011 >>> Sanctioned by the Southeastern LMSC for USMS Inc.—Sanction Number 151-003

Last name:* _____ First: _____ MI: _____
 Street Address: _____ City: _____ State: _____ ZIP: _____ Country: _____
 Email: _____ Day Phone: _____ Eve. Phone: _____
 Age** : _____ DOB: _____ Gender: _____ Emergency contact: _____ Phone: _____
 (as of 12/31/11)**
 Club Name or Unattached: _____ USMS or International Reg. #: _____

* Print name as it appears on USMS registration card. **All swimmers must be at least 18 years old on 8/2/11.

Before completing, read meet information on previous page. Check-in for all deck-seeded events: Check-in for Wednesday starts THE DAY BEFORE and ends at 7:00 a.m. on Wednesday for the 800 free, and 9:00 a.m. for the 1500. Check-in for all distance events Thursday through Saturday ends at 7 a.m. the day of the event. If 100- and/or 200-meter events are deck-seeded, check-in for those events will end at 9 a.m. the day of the event.

Event #	Entry Time Men	6th	Event	Event #	Entry Time Women	6th
Wednesday, August 3, 2011			Warm-up 6:30-7:50 a.m.	Start at 8:00 a.m.		
1			800 freestyle**	2		
3			1500 freestyle**	4		
Thursday, August 4, 2011			Warm-up 6:30-7:50 a.m.	Start at 8:00 a.m.		
5			400 IM	6		
7			200 freestyle	8		
9			50 breaststroke	10		
11			200 backstroke	12		
13			100 butterfly	14		
15	See relay form		200 mixed Free Relay	15	See relay form	
Friday, August 5, 2011			Warm-up 6:30-7:50 a.m.	Start at 8:00 a.m.		
17			400 freestyle (men)			
19	See relay form		200 mixed Medley Relay	19	See relay form	
21			100 breaststroke	22		
23			50 butterfly	24		
25			200 IM	26		
27			100 freestyle	28		
29			50 backstroke	30		
31	See relay form		200 freestyle Relay	32	See relay form	
Saturday, August 6, 2011			Warm-up 6:30-7:50 a.m.	Start at 8:00 a.m.		
			400 freestyle (women)	34		
35	See relay form		200 medley Relay	36	See relay form	
37			200 butterfly	38		
39			100 backstroke	40		
41			200 breaststroke	42		
43			50 freestyle	44		

**You may enter either the 800 or 1500 free, but not both. Swimmers entering the 1500 free must meet the NQT.

••• **MAIL ENTRIES TO:**
 USMS Summer Nationals
 P.O. Box 185
 Londonderry, NH 03053-0185

••• **ENTRIES MUST BE RECEIVED BY JUNE 29, 2011.**

ENTRY CHECKLIST

- Entry form filled out completely?
- 6th event clearly marked? (Mark 6th only if entering six events.)
- Seed times in proper columns?
- No more than three individual events per day entered?
- Liability release signed and dated?
- Fees payable to "USMS" enclosed?
- Copy of USMS card or International registration card (if applicable) attached?
- SASE enclosed? (Indicate purpose on envelope.)

Questions? Call 334-844-9622 (before 7 p.m. CDT)



MEET SURCHARGE (REQUIRED FOR ALL EVENTS)

If postmarked by 6/8 or received by 6/15 \$50 _____
 If postmarked after 6/8 and received by 6/29 \$60 _____
 Number of individual events _____ x \$4 _____
 Mailed hard copy of final results _____ x \$15 _____
 Gold Medal Sponsor _____ x \$75 _____
 Shuttle pass _____ x \$25 _____

TOTAL FEES ENCLOSED \$ _____

Internet entries will be accepted starting May 1, 2011. Please see 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: _____