

Summer Nationals Preview



Summer Nationals in a Truly Olympic Venue

U.S. Masters Swimming members will have the opportunity to compete in the world's fastest pool at the 2012 Marriott USMS Summer National Championship July 5–8 in Omaha, Neb., more commonly known as “Swim Town USA” since it hosted the 2008 Olympic Trials, where nine world and 21 American records were broken.

Now imagine the thrill of diving off the same blocks and swimming in the same lanes just three days after Michael Phelps, Natalie Coughlin, Ryan Lochte and the rest of Team USA's elite swimmers finish competing for spots on the 2012 U.S. Olympic team.

The CenturyLink Center Omaha is transforming its spectator-friendly convention center arena into a world-class swimming facility. Myrtha Pools' construction of the temporary swimming facility inside the arena and the adjacent convention center is scheduled to begin on May 25 and be assembled from more than 50,000 parts. Once filled, the competition and warm-up pools will contain 2 million gallons of water.

The competition pool will be 50 meters long, 25 meters wide and 2.5 meters deep. Each of the 10 competition lanes will be 2.5 meters wide and have Myrtha's Track-Start starting blocks at each end. Myrtha Classic Overflow gutters will minimize turbulence. An eight-sided video scoreboard, sus-

pending in the center of the arena, will provide live video of swimming and results, making it easy to catch the action from any angle.

The warm-up facility, which will contain eight 50-meter lanes and five 25-meter lanes and starting blocks, will be housed in Halls A and B of the convention center, approximately 25 yards away from the competition pool.

SPECIAL WAYS TO SUPPORT THE 2012 SUMMER NATIONALS

1. Become a “Friend of Summer Nationals” when you enter the meet: \$50
2. Purchase access to the Hospitality Village when you enter the meet: \$175
3. Become an event sponsor (contact Kyle Deery at kdeery@usms.org or 941-556-6274): \$200
4. Register for the swim clinic on July 4 with Olympians Rowdy Gaines and Misty Hyman: \$90
5. Bring your team with 20 swimmers or more and receive preferred seating

A total of 3,500 stadium-style seats will accommodate swimmers during Summer Nationals. Teams with 20 or more members will be assigned seating closest to the pool deck. The competition pool will be directly accessible from the seating area.

EARLY BIRDS CAN WATCH TRIALS OR SWIM WITH OLYMPIANS

Swimmers can stoke their excitement by attending Olympic Trials before Summer Nationals. Information on purchasing tickets and travel packages for the Trials June 25–July 2 is available at usaswimming.org. During Trials, workouts for USMS members will be available at a nearby pool at no charge, courtesy of the Nebraska LMSC. More information will be included in the pre-event emails.

On July 4 from 3–6 p.m., Rowdy Gaines and Misty Hyman will conduct a clinic, “Swim with Olympic Gold Medalists Rowdy Gaines and Misty Hyman,” that will include in-water technique work and a question-and-answer session on training, race preparation, starts and turns.

The clinic, to be held in the warm-up pool of the Olympic Trials venue, will be limited to 50 swimmers and cost \$90. Participants can enroll when registering for the meet online.

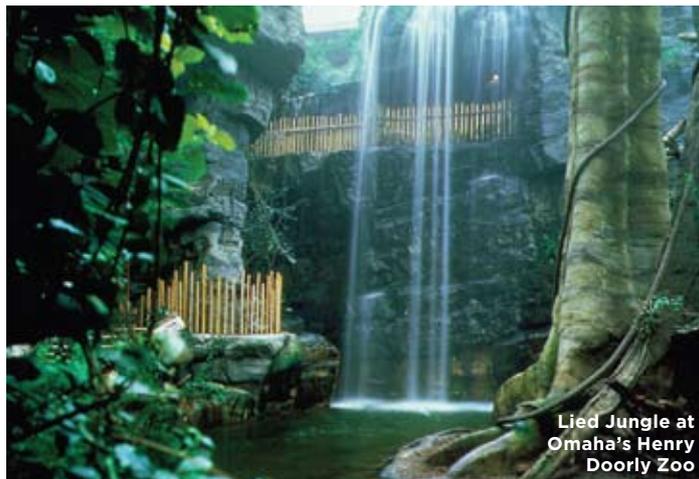
The CenturyLink Center Omaha lies in the heart of the downtown, and within walking distance of museums, restaurants, coffee shops and performing arts centers. Omaha boasts five Fortune 500 companies and is the place billionaire philanthropist Warren Buffett calls home.

You won’t have to walk far to satisfy your appetite after the meet. Renovated historic buildings just south and west of the CenturyLink Center Omaha host the downtown hotspots The Mattress Factory, The Capitol and DJ’s Dugout. One block south of the pool is Farrell’s 902 Bar. Spencer’s Steakhouse is on the first floor of the nearby Marriott Garden Inn, and the Liberty Tavern restaurant is in the Hilton Omaha Hotel, attached by skywalk to the CenturyLink Center Omaha.

WALK TO SHOPPING, MUSEUMS AND PERFORMANCES

The 3,000-foot-long Bob Kerrey Pedestrian Bridge, with its 15-foot-wide walking space, spans the Missouri River just north of the CenturyLink Center Omaha, connecting Nebraska and Iowa with hundreds of miles of trails. At night, lights outline most of the bridge’s structures, creating a spectacular sight.

Also within walking distance of the facility and downtown hotels are the Durham Museum, a converted Union Pacific train



Lied Jungle at Omaha's Henry Doorly Zoo

Photos: Courtesy of Omaha Convention and Visitors Bureau

CONTACT INFORMATION

Meet Director:

Tom Boak, tboakjr@comcast.net, 713-503-0819

Nebraska Masters Swimming

nbchair@usms.org

USMS National Office

info@usms.org

1-800-550-SWIM (7946)

[facebook.com/usmastersswimmingfanpage](https://www.facebook.com/usmastersswimmingfanpage)

REGISTER ONLINE

Visit usms.org/comp/lcnats12

TRAVEL INFORMATION

Ground Transportation and Airport

Major airlines that serve Omaha Eppley Field (OMA) include American, Continental/United, Southwest, Northwest and Delta. The airport is located approximately 3.5 miles from the CenturyLink Center Omaha and most of the downtown hotels. A variety of car rentals are available at the airport. Many of the downtown hotels offer free shuttle service from the airport, but service is based on availability. Taxi service is also available to downtown at a reasonable rate (\$12–\$16).

Social

Several no-host social events are anticipated at which competitors may gather nightly and enjoy the company of other competitors. Details will be available in the pre-event e-newsletters as we get closer to the meet.

Hotel and Shuttle Information

Detailed information on hotels in Omaha can be found at destinationphoenixllc.com. Complimentary shuttle service from the airport and to downtown attractions is offered by many of the downtown hotels, based on availability.

Here are some of the hotel options in Omaha for your

stay. Most of the hotels listed are within walking distance of the CenturyLink Center Omaha (check details to determine exact location):

»» Hilton Omaha, 1001 Cass Street (connected to the CenturyLink Center Omaha by a skywalk): \$154

»» Courtyard Marriott Downtown, 101 South 10th Street (two blocks from pool): \$129

»» Fairfield Inn Downtown, 1501 Nicholas Street (six blocks from pool): \$119

»» Hilton Garden Inn, 1005 Dodge Street (two blocks from pool): \$154

»» Embassy Suites Downtown, 555 South 10th Street (six blocks from pool): \$154

»» Holiday Inn Downtown, 1420 Cuming Street (five blocks from pool): \$124

»» Hampton Inn Downtown, 1212 Cuming Street (five blocks from pool): \$149

»» Homewood Suites, 1314 Cuming Street (five blocks from pool): \$154

»» Doubletree Downtown, 1616 Dodge Street (eight blocks from pool): \$119

»» Magnolia Hotel, 1615 Howard Street (11 blocks from pool): \$149

Summer Nationals Preview

station housing the city’s most comprehensive historical information and archives; the Omaha Children’s Museum, which boasts many technologically innovative and interactive displays for children; the Joslyn Art Museum, built in 1931 and consisting of 20 galleries of 19th and 20th century art from Europe and America; and the Holland Performing Arts Center, a venue for music and theater performances and home of the Omaha Symphony.

The Old Market, once the city’s warehouse and railroad district, is one of Omaha’s most popular attractions today. It boasts more than 30 restaurants, art galleries and coffee houses, and numerous one-of-a-kind shops.

A short walk from the Old Market is the 31-acre Heartland of America Park bordering the Missouri River. The park boasts a manmade lake with three fountains, one of which shoots water 300 feet into the air. You can take a boat trip on the General Marion, take a gondola ride or stroll on the walking trails.

Adjacent to the Old Market is Gene Leahy Mall, also known as Central Park Mall. Leahy converted the previous site consist-

ing of run-down warehouses into a 9.6-acre park with a lagoon, walking paths, waterfalls, two huge slides, a horseshoe pit and an amphitheater.

The Henry Doorly Zoo, ranked annually as one of America’s best zoos, is located just south of Interstate 80. Stroll over a swinging bridge in the largest indoor rain forest and desert dome, catch a feature in the IMAX theater or peer through the glass at sharks in the 70-foot-long viewing tunnel at Scott Aquarium.

Swimmers won’t want to miss this unique opportunity to feel like Olympians, racing to their own greatness in this fastest-of-the-fast swimming facilities. Jacki Allender, chief judge for Olympic Trials, will be meet referee for the USMS event. Administrative referee Herb Schwab and many experienced officials and volunteers from the Nebraska LMSC will keep the meet running like clockwork.

“People who never go to Nationals want a chance to swim in the Olympic Trials pool,” says meet director Tom Boak. “It’s a once in a lifetime opportunity.”—SUSAN DAWSON-COOK



Bob Kerrey Pedestrian Bridge



Lied Jungle at Omaha's Henry Doorly Zoo

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 deck seeding is determined to be necessary. Check-in may be done in person at the registration area or via the Internet at usms.org according to the following schedule:

Date	Event	In-Person Check-in*	Online Check-in*
Thursday, July 5	1500 freestyle	Weds. 3-7 p.m.–Thurs. by 7 a.m.	Tues. 7 a.m.–Thurs. by 7 a.m.
	800 freestyle	Weds. 3-7 p.m.–Thurs. by 9 a.m.	Tues. 7 a.m.–Thurs. by 9 a.m.
Friday, July 6	400 IM	Weds. 3-7 p.m.–Fri. by 7 a.m.	Tues. 7 a.m.–Fri. by 7 a.m.
Saturday, July 7	400 freestyle (women)	Weds. 3-7 p.m.–Sat. by 7 a.m.	Tues. 7 a.m.–Sat. by 7 a.m.
Sunday, July 8	400 freestyle (men)	Weds. 3-7 p.m.–Sun. by 7 a.m.	Tues. 7 a.m.–Sun. by 7 a.m.

*All times are Central Daylight Time. If the 100 and 200 events are deck seeded, then their check-in deadlines will be 7 a.m. on the day the event is swum.

MEET INFORMATION

2012 Marriott USMS Summer National Championship



Location

CenturyLink Center Omaha
455 N 10th Street,
Omaha, NE 68102
402-341-1500

Facilities

Please see the first page of the Summer Nationals Preview for a detailed description of the competition facilities.

Eligibility

Participants must be registered USMS swimmers (for international entries, see below) and at least 18 years of age as of July 4, 2012. Eighteen-year-olds must enter the meet by the entry deadline and only 18-year-olds may register with USMS on July 4, 2012, at the venue. 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, 2012, except for 18-year-olds, who must be 18 by July 4, 2012. Age groups for individual events are 18-24, 25-29, 30-34, 35-39 ... (five-year increments as high as necessary) and for relay events are 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 determines the relay 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 CenturyLink Center Omaha on July 4 from 3 to 7 p.m., and on all other days from 6:30 a.m. through the end of that day's competition.

Seeding

All events—with the exception of the 1500, 800 and 400 freestyles and 400 IM—will be preseeded unless meet management determines that the meet cannot be completed in a timely manner. A decision regarding pre-seeding and deck seeding for all 100-meter and 200-meter events will be announced at usms.org by June 22. All 50-meter events will be preseeded. One course will be used for all events. Women's heats will precede men's

heats for each event, except that men's and women's heats may be seeded together for the 1500 and 800 freestyles. A decision regarding this will be announced at usms.org by June 22. The 1500 and 800 freestyles and 400 IM will be seeded slowest to fastest by entry time, regardless of age. The 400 free and all 200 events (if deck seeded) may be seeded slowest to fastest by entry time, regardless of age. All other events will be seeded by age group, with the oldest age groups first, slowest to fastest within each group.

Event Check-in

Coaches or teammates may check in online or in person for swimmers whose travel plans do not permit check-in by the deadlines. Any swimmer failing to check in will be scratched from that event and will not be permitted to swim that event at another time.

Heat and Psych Sheets

Psych sheets for all individual events will be available at usms.org around June 15. Heat sheets for preseeded events will be available online around June 22. Heat sheets for deck-seeded events will be posted at various places around the pool deck for swimmers after the check-in deadlines.

Warm-up Times

The competition pool will be open for warm-up on July 3 from 4 to 7 p.m. and on July 4 from 3 to 7 p.m. On competition days, both the competition pool and the warm-up pool will be open from 6:30 a.m. until 7:50 a.m. and the warm-up pool will be available from 7:50 a.m. until the conclusion of the day's final event. The competition pool will be open for at least 30 minutes following the last event each day and until at least 7 p.m. on July 5.

Meet Start Times

The competition will start at 8 a.m. every day unless it is determined that the timeline will go too late into the day; then competition may start as early as 7:30 a.m. on any day. Meet start times will be announced at usms.org by June 22. Warm-ups in the competition pool will be shortened if necessary to accommodate an earlier start time.

Warm-up Procedures

Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes will be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition and warm-up pools and in supervised lanes in the warm-up

pool during competition. Any swimmer who acts in an unsportsmanlike or unsafe manner in the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.13.3). Pull-buoys, kickboards, fins, hand paddles and snorkels are not allowed in either pool during warm-ups.

Scratches

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

General Meeting

All swimmers, coaches and officials are encouraged to attend or be represented at a general meeting at the CenturyLink Center Omaha on July 4 at 6 p.m. in the stands adjacent to the competition pool. Matters pertinent to the operation and conduct of the meet will be discussed.

Friends of Summer Nationals

U.S. Masters Swimming has made a major financial commitment in order to bring our Summer Nationals to this facility. You can provide additional support by becoming a "Friend of Summer Nationals" for \$50 when you enter. "Friends" will be recognized in the official program as supporters of Masters swimming.

Hospitality Village

A pass to the Hospitality Village may be purchased at the time of entry for \$175. This will entitle you access to the hospitality area adjacent to the warm-up pool. It will include all-day food and beverage service plus full breakfast (7-10 a.m.) and lunch (11 a.m.-2 p.m.).

Event Sponsorship

An individual or club may sponsor an event for \$200. Event sponsors will be listed in the official program and on a banner at the pool. Contact Kyle Deery at kdeery@usms.org or 941-556-6274.

Online Entries

Online entry is encouraged and provides immediate entry confirmation. Enter at usms.org/comp/lnats12. Online registration will open no later than April 1, 2012, and will close at midnight CDT on May 31, 2012. The meet surcharge increases from \$50 to \$60 on May 9 (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 entries for 18-year-olds who turn 18 after the meet deadline, but before the first day of the meet, who must enter the meet by the meet entry deadline, but may register for membership at the venue on July 4, 2012). A legible copy of foreign swimmers' Masters registration card must accompany the entry form. If club affiliation differs from what is listed on a swimmer's USMS registration card, the swimmer must send a copy of either a new USMS registration card or a letter from the local registrar stating the new club affiliation and effective date.

Fees

Fees are \$5 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 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 will be required onsite before the entrant is allowed to swim. Refund requests must be received in writing (USPS or email) by May 31, 2012. No refunds will be given for events not swum. Relay swimmers not entered in an individual event must also pay the surcharge. Relay-only swimmers must submit an entry form with payment by the entry deadline. All fees should be payable to U.S. Masters Swimming.

Entry Deadline/Variable Surcharge/Mail Entry

Online entries are encouraged and will be accepted until midnight Central Daylight Time on May 31, 2012. All mailed entries must be postmarked with an official U.S. postmark (no business meters).
Entry Postmarked By
May 1 or
Entry Received By
May 8, 2012
Amount: \$50
or
Entry Postmarked After
May 1 or
Entry Received Between
May 9 and May 31, 2012
Amount: \$60
Entries received after May 31, 2012, 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

Competitors may enter up to three individual events without meeting the national qualifying time, or a maximum of six events if they meet the NQTs; i.e., have swum a time equal to or better than the NQTs during the past two years. **Exception: Competitors entering the 1500 free must meet the NQT.** Visit usms.org/comp/NQT-FAQ.pdf for more about NQTs. All swimmers are limited to three individual events per day. All events must include an entry time. If the meet is deemed too large, an athlete's sixth event may be dropped. On the entry form, indicate this event with a "6" in the designated column. If a swimmer enters an event with a time significantly slower or faster than a time the swimmer has recorded in the previous two years, the meet director may change the seed time after a discussion with the swimmer.

Distance Events

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

Relay Information

Relays can be entered until 4 p.m. of 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 \$16. Relay entries may be submitted at the relay desk in the registration area. Each of the four members of a relay team must be registered with the same Masters club. Relay entry fee is in addition to fees for individual events. Relay entry forms are available for download at usms.org.

Time Verification (formerly OVCs)

Swimmers needing verification of times or wishing to have their times entered into the USA Swimming SWIMS Database (for entry into USA-S national meets) should complete a form at the meet prior to the swim. Contact the administrative referee at the meet.

Questions/Additional Information

Contact meet director Tom Boak at tboakjr@comcast.net or 713-503-0819.

2012 MARRIOTT USMS SUMMER NATIONAL CHAMPIONSHIP OFFICIAL ENTRY FORM

CenturyLink Center Omaha, July 5-8, 2012 >>> Sanctioned by the Nebraska LMSC for USMS Inc.—Sanction Number 292-001

Last name:* _____ First: _____ MI: _____

Street Address: _____ City: _____ State: _____ ZIP: _____ Country: _____

Email: _____ Day Phone: _____ Eve. Phone: _____

Age** : _____ DOB: _____ Gender: _____ Emergency Contact: _____ Phone: _____
(as of 12/31/12)**

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 7/4/12.

Before completing, read meet information on previous page. Check-in for all deck-seeded events: Check-in for Thursday starts THE DAY BEFORE and ends at 7:00 a.m. on Thursday for the 1500 free, and 9:00 a.m. for the 800. Check-in for all distance events Friday through Sunday 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 7 a.m. the day of the event.

Event #	Entry Time Women	6th	Event	Event #	Entry Time Men	6th
Thursday, July 5, 2012			Warm-up 6:30-7:50 a.m.	Start at 8:00 a.m.		
1			1500 freestyle**	2		
3			800 freestyle**	4		
Friday, July 6, 2012			Warm-up 6:30-7:50 a.m.	Start at 8:00 a.m.		
5			400 IM	6		
7			100 butterfly	8		
9			50 freestyle	10		
11			200 backstroke	12		
13			100 breaststroke	14		
15	See relay form		200 freestyle relay	16	See relay form	
Saturday, July 7, 2012			Warm-up 6:30-7:50 a.m.	Start at 8:00 a.m.		
17			400 freestyle (women)			
19			100 freestyle	20		
21			200 breaststroke	22		
23			50 backstroke	24		
25			200 butterfly	26		
27	See relay form		200 mixed freestyle relay	27	See relay form	
29	See relay form		200 medley relay	30	See relay form	
Sunday, July 8, 2012			Warm-up 6:30-7:50 a.m.	Start at 8:00 a.m.		
			400 freestyle (men)	32		
33	See relay form		200 mixed medley relay	33	See relay form	
35			50 breaststroke	36		
37			100 backstroke	38		
39			200 freestyle	40		
41			50 butterfly	42		
43			200 IM	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 MAY 31, 2012.

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 713-503-0819 (before 9 p.m. CDT)



MEET SURCHARGE (REQUIRED FOR ALL EVENTS)

- If postmarked by 5/1 or received by 5/8 \$50 _____
- If postmarked after 5/1 and received 5/9-5/31 \$60 _____
- Number of individual events _____ x \$5 _____
- Mailed hard copy of final results _____ x \$15 _____
- Friends of Summer Nationals _____ x \$50 _____
- Hospitality Village _____ x \$175 _____
- Clinic with Rowdy Gaines and Misty Hyman _____ x \$90 _____

TOTAL FEES ENCLOSED \$ _____

Internet entries will be accepted starting April 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: _____