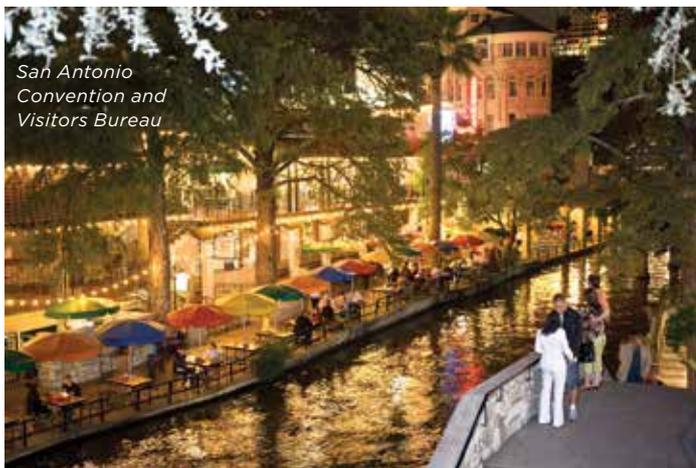


Spring Nationals Preview

Deep in the Heart of Texas

Racing, history, and more at the 2015 Nationwide USMS Spring National Championship



The 2015 Nationwide USMS Spring National Championship will be held April 23–26, 2015, at the Northside Independent School District Swim Center, a sparkling new mega-facility in San Antonio, Texas.

Construction on the spacious new facility was completed in 2013, and in its first six months of operation, the NISD Swim Center hosted 32 meets. In 2014, the facility hosted the Texas Age Group Swimming Championships and the Southern Zones Championships among other competitions.

Conveniently located just minutes from Six Flags Fiesta and SeaWorld San Antonio and a 15-minute drive from the River Walk, the Alamo, and other famous historic sites, the NISD Swim Center is an ideal venue for fast swimming and sightseeing.

EVERYTHING'S BIGGER IN TEXAS

NISD's newly constructed outdoor facility includes an eight-lane, 50-meter pool that can accommodate 22 short course lanes. Championship races will be held in two 10-lane courses.

The pool's minimum depth is 6 feet, 7 inches, and the water temperature is maintained at a constant 80 degrees F, using state-of-the-art heating and chilling equipment. Spectrum starting blocks, topped with track start wedges and enhanced with LED strobes, will launch swimmers to a speedy start. Finish times will flash up on the 16 x 28 foot Colorado video board located at the north end of the pool.

Adjacent to the competition pool is a 10-lane diving well, a three-lane shallow-water instructional pool, and an indoor 22-

lane natatorium. All will be available for warm-up and cool-down during the meet.

Shaded stadium seating for 2,500 people, elevated 14 feet above the pool deck, will be available on the east and west ends of the pool. Portable bleachers on the deck level will provide additional seating for 1,500 on deck. Locker rooms in the indoor and outdoor facilities house more than 100 toilets and showers.

STROLL THE RIVER WALK

Just a 15-minute drive from the pool, San Antonio's River Walk is the city's most popular place to dine and shop. Set below street level, visitors can stroll for miles uninhibited by motorized vehicles. Mature trees provide lots of shade and greenery along this path, which connects hotels, museums, restaurants, and shops. Visitors can even take a picturesque boat ride or listen to mariachi music.

EXPERIENCE TEXAS HISTORY

Already 100 years old when it fell during the bloody battle for which it is best known, the Alamo Mission's famous church façade fronts a wealth of relics showcased in Long Barrack Museum. Texans suffered a bitter defeat during the Battle of the Alamo at



CONTACT INFORMATION

usms.org/comp/scnats15

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USMS National Office

info@usms.org

1-800-550-SWIM (7946)

REGISTER ONLINE

Visit usms.org/comp/scnats15

PAPER ENTRY FORMS Available by calling 1-800-550-SWIM (7946)

TRAVEL INFORMATION

Ground Transportation and Airport

The San Antonio International Airport is served by all major airlines and is located approximately 18 miles from NISD Swim Center. There are also a variety of ground transportation options available at sanantonio.gov/SAT/GroundTransportation.

Shuttle Service: Shuttle service to the downtown area is \$20.25 one way or \$36.50 round trip; Northwest Area (near SeaWorld) or JW Marriott is approximately \$39 one-way or \$60 round trip; La Cantera is approximately \$26 one-way or \$42 round-trip. Look for the Shuttle Service kiosks in both terminals near baggage claim or book your trip in advance and get a discount: goairportshuttle.com.

Taxi Rides: Traveling with a friend? Two to six ride for the price of one! Approximate fares, not including tips, to the downtown business district from the airport range from \$24–\$26; Northwest Area (near SeaWorld) \$39–\$41; La Cantera Resort or JW Marriott \$33–\$35.

Car Rental: Car rentals are available at the airport.

RV Options

RV parking is allowed on site, but vehicles must be self contained. There are no dump stations nearby or access to electricity. Overnight parking is at your own risk, but the parking lots will be routinely monitored by the school district police department during the night.

Admiralty RV Resort

www.admiraltyrvresort.com
1485 N Ellison Drive
San Antonio, TX
(210) 647-7878

Blazing Star Luxury RV Resort

www.sunrvresorts.com
1120 W Loop 1604 N
San Antonio, TX
(210) 680-7827

Social

River Walk: Thursday, April 23. 3:00–9:30 p.m. \$30 (not including dinner). Limited to 100 seats. Take a shuttle bus (from designated hotels and pool pick-up) to downtown where you'll enjoy a tour of the historic Alamo, the most visited tourist site in Texas. This

will be followed by a river barge tour through scenic San Antonio. Afterwards, enjoy dinner on your own at one of the many San Antonio Riverwalk restaurants. (We recommend you make reservations in advance.) The weekend of Spring Nationals occurs during San Antonio's biggest festival, "Fiesta," a two-week-long celebration originally established to commemorate the battles of the Alamo and San Jacinto, so there will be lots of activities and events taking place downtown

SeaWorld: Each registered athlete will receive a free SeaWorld pass to enjoy a day at the park. Family and friends may purchase additional passes at a discounted price. Parking (\$17) is not included.

Texas BBQ & Dance Hall: Date TBD (date will be posted at usms.org and in the pre-event emails) \$30. Our official event social. You can't leave Texas without tasting our world-famous barbecue and dancing to authentic live country music at Floores Country Store. Shuttles will be running from hotels and the pool to help reduce parking issues. Come on out, y'all, and join the fun!

Hotel and Shuttle Information

There are several options for accommodations for your stay in San Antonio, and the meet shuttle will be servicing six designated hotels for the duration of the meet. The hotel shuttle costs \$30 per person and you can purchase a shuttle pass when registering for the meet or once you arrive on site. For more information on shuttle service for the meet, go to the travel page from usms.org/comp/scnats2015

Parking will be available on site. An all-event parking pass is \$20 for Thursday through Sunday. Daily parking will be \$7. There is no charge to park on Wednesday.

For more information on accommodations and tourist attractions, go to visitsanantonio.com. When making reservations, mention "USMS Nationals" to get special rates.

The following hotels are on the shuttle pass route:

»» **Drury Inn & Suites near La Cantera Parkway** (4.2 miles) \$99, \$109
15806 IH-10 West
San Antonio, TX 78249
(210) 696-0800
Group: 2216960
www.druryhotels.com

»» **Wyndham Garden San Antonio near La Cantera Parkway** (3.0 miles) \$119, \$129
6809 North Loop 1604 West
San Antonio, TX 78249
(210) 690-0300
Group: 04206952US
www.wyndham.com

»» **Staybridge Suites near Six Flags** (2.8 miles) \$129, \$179
6919 N Loop 1604 W
San Antonio, TX 78249
(210) 691-3443
Block: USM
www.staybridge.com

»» **Comfort Inn Fiesta at Six Flags** (2.9 miles) \$84
6755 N Loop 1604 W
San Antonio, TX 78240
(210) 696-4766
Group: 1836188
www.comfortinn.com

»» **Courtyard by Marriott SeaWorld Westover Hills** (9.1 miles) \$139
11605 State Highway 151
San Antonio, TX 78251
(210) 509-3700
Group: USMS Nationals Block
www.marriott.com

»» **Fairfield Inn & Suites SeaWorld Westover Hills** (8.8 miles) \$119
4026 Wiseman Boulevard
San Antonio, TX 78251
(210) 682-6800
Group: US Masters Swimming Spring Nationals
www.marriott.com

Not on the shuttle route:

»» **Omni San Antonio Hotel at the Colonnade** (9.4 miles) \$139
9821 Colonnade Boulevard
San Antonio, TX 78230
(210) 699-5800
Group: 14300106831
www.omnisanantonio.com

»» **Courtyard at the RIM** (7.7 miles) \$139, \$159
5731 Rim Pass Drive
San Antonio, TX 78257
(210) 558-7774
Group: United States Masters Swimming Championships
www.courtyardtherim.com

Spring Nationals Preview



the hands of Santa Ana and the Mexican Army in 1836, a dark moment in the Texas Revolution. But this historic event became the catalyst that led to Texan independence and the historic site where it all happened is San Antonio's most widely visited tourist locale.

FIND FAMILY FUN

Swimmers traveling with their families can enjoy a getaway theme park day at two local attractions. SeaWorld San Antonio is just 9 miles from the pool. There, performing artists include a sea lion, beluga whale, dolphins, and other aquatic creatures. The onsite water park Aquatica offers wet and wild adventures. One raft ride ferries visitors through an underwater corridor along a reef teeming with sting-rays and brightly colored tropical fish.

Thrill seekers can drive 3 miles to Six Flags. Hop on some terrifying roller coaster rides such as the 200-foot SkyScreamer, which is guaranteed to raise your heart rate. Swimmers wanting wet thrills can check out the White Water Bay rides including Tornado, Twister, Whirlpool, and Big Bender.

SHOP 'TIL YOU DROP

The Shops at La Cantera, an upscale, open-air shopping mall, is just 3 miles from the pool.

Hundreds of department stores, specialty shops, and restaurants sit on this 150-acre property. Restock the furnace for your next day's swim at the Cheesecake Factory, Brio, P.F. Chang's or one of the many other restaurants at this shopping destination.

SCORE A HOLE-IN-ONE

La Cantera also houses not one, but two 18-hole golf courses. One of these courses—the Resort Course—hosted one of the oldest PGA events in 1995, the Texas Open. Water features, limestone outcrops, and mature oaks contribute to the beauty and the challenge of this course.

PARTY HEARTY

The meet social will feature Texas barbecue and authentic country music. Swimmers won't want to miss out on this festive night of dinner, live music, and dancing.

Fiesta, San Antonio's largest festival, will also be in full force the week of the meet. A popular event in the city since 1891, Fiesta features 11 days of celebration, parades, and other events.

COME TO SAN ANTONIO

The 2015 Nationwide USMS Spring National Championship promises to be a meet you simply should not miss. With a brand-spanking-new, state-of-the-art swimming facility surrounded by big-time tourist attractions, San Antonio is sure to deliver a memorable competition and vacation experience for swimmers and their families. So think big and think Texas this spring. We look forward to seeing you, deep in the heart of Texas. — SUSAN DAWSON-COOK

ORDER OF EVENTS

Thursday, April 23

1650 freestyle*
1000 freestyle*

Friday, April 24

400 IM
100 butterfly
200 freestyle
50 breaststroke
100 backstroke
200 medley relay
200 mixed free relay

Saturday, April 25

500 freestyle (men)
100 IM
200 backstroke
100 breaststroke
50 freestyle
200 butterfly
200 freestyle relay

Sunday, April 26

500 freestyle (women)
200 mixed medley relay
50 butterfly
200 breaststroke
50 backstroke
100 freestyle
200 IM

* Swimmers entering the 1650 freestyle must meet the NQT. Swimmers may enter both the 1000 and the 1650 freestyle (but must meet the NQT in the 1650 freestyle to enter both).

CHECK-IN DEADLINES

Positive check-in is required for all events 200 yards and longer. 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, April 23 | 1650 freestyle 1000 freestyle | Weds. 3-8 p.m.-Thurs. by 7 a.m. Weds. 3-8 p.m.-Thurs. by 9 a.m. | Tues. 7 a.m.-Thurs. by 7 a.m. Tues. 7 a.m.-Thurs. by 9 a.m. |
| Friday, April 24 | 400 IM 200 freestyle | Weds. 3-8 p.m.-Fri. by 7 a.m. Weds. 3-8 p.m.-Fri. by 9 a.m. | Tues. 7 a.m.-Fri. by 7 a.m. Tues. 7 a.m.-Fri. by 9 a.m. |
| Saturday, April 25 | 500 freestyle (men) 200 backstroke 200 butterfly | Weds. 3-8 p.m.-Sat. by 7 a.m. Weds. 3-8 p.m.-Sat. by 9 a.m. Weds. 3-8 p.m.-Sat. by 11 a.m. | Tues. 7 a.m.-Sat. by 7 a.m. Tues. 7 a.m.-Sat. by 9 a.m. Tues. 7 a.m.-Sat. by 11 a.m. |
| Sunday, April 26 | 500 freestyle (women) 200 breaststroke 200 IM | Weds. 3-8 p.m.-Sun. by 7 a.m. Weds. 3-8 p.m.-Sun. by 9 a.m. Weds. 3-8 p.m.-Sun. by 11 a.m. | Tues. 7 a.m.-Sun. by 7 a.m. Tues. 7 a.m.-Sun. by 9 a.m. Tues. 7 a.m.-Sun. by 11 a.m. |

*All times are Central Daylight Time.

2015 NATIONWIDE U.S. MASTERS SWIMMING SPRING NATIONAL CHAMPIONSHIP

Sanctioned by the South Texas LMSC for USMS Inc. Sanction Number 435-S001



Location

Northside ISD Swim Center
8400 N. Loop 1604 West
San Antonio, TX 78249
210-397-7525
(GPS— use 13200 Skyhawk Drive, San Antonio TX 78249)

Facility

The Northside ISD Swim Center opened in 2013 with three outdoor pools joining the indoor pool that opened in 2006. The outdoor swim complex is highlighted by the 50-meter x 25-yard Myrtha competition pool with shaded, stadium bleacher seating for 2,500 and additional seating and space on deck for 1,500. The championship pool will be divided into two, 25-yard courses. Each course will have 10 lanes measuring 7 feet wide, and a water depth ranging from 6 feet, 7 inches to 9 feet. Ten lanes of warm-up space will be available in the 25-yard x 25-meter diving well. Three additional lanes are available in the 25-yard training pool, and 22 lanes in the 50-meter x 25-yard indoor pool, for a total of 35 warm-up lanes. There will be lanes designated for swimmers age 65 and over and for sprints throughout the meet.

Eligibility

Participants must be registered Masters swimmers and at least 18 years of age as of April 22. Swimmers turning 18 after the meet entry deadline and by April 22 must enter the meet by the meet entry deadline and register for USMS at the venue on April 22.

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. If there are questions about affiliation, the swimmer will be entered with the affiliation "UC." (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 April 26, except for 18-year-olds, who must be 18 by April 22. Age groups for individual events: 18–24, 25–29, 30–34, 35–39 ... (five-year increments as high as necessary). Relay events: 18+, 25+, 35+, 45+, etc. (10-year increments

as high as necessary, determined by the age of the youngest relay member).

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 Northside ISD Swim Center on April 22, 2015, from 3 p.m. to 8 p.m., and on all other days from 6:30 a.m. through the end of competition.

Seeding

Two courses will be used for all events 200 yards and shorter. Three courses may be used for all other events if meet management determines the meet cannot be completed in a timely manner in two courses. Men's heats will precede women's heats for each event, except that men's and women's heats may be seeded together for the 1000 and 1650 freestyles. A decision regarding this will be announced at usms.org by April 3. The 1650 and 1000 freestyles will be seeded slowest to fastest by entry time, regardless of age. The 500 free and 400 IM may be seeded slowest to fastest by entry time, regardless of age. The 200-yard events will be deck seeded and may be seeded by entry time, regardless of age, for each gender, if the timeline is too long. All 50 and 100 events will be preseeded by age group, with the oldest age groups first, slowest to fastest within each age group.

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 and the swimmer will not be permitted to swim that event at another time.

Meet Roster

A real-time meet roster including name, age, gender, and club will be available on the meet information page www.usms.org/comp/scnats15. Please verify your information and contact meetentry@usms.org with any concerns by March 23.

Heat and Psych Sheets

Psych sheets for all individual events will be available at usms.org on or about March 30. Heat sheets for preseeded events will be available online by April 10. 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 Wednesday, April 22, from 3 p.m. to 8 p.m.

On competition days, the competition pool will be open from 6:30 a.m. until 7:50 a.m. The outdoor warm-up pools will be open from 6:30 a.m. until the conclusion of the final event each day, and the indoor warm-up pool will be available from 8 a.m. until the conclusion of the final event each day. The competition pool will also be open for warm-up for 30 minutes following the last heat of the 400 IM and 500 freestyle events on Friday, Saturday, and Sunday, respectively. The competition pool will be open for at least 30 minutes following the last event each day. On Thursday, April 23, the competition pool will remain open until 5 p.m. or 30 minutes following the last heat of the 1000, whichever is later.

Warm-up Procedure

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 pools only. One-way sprint lanes will also be designated in the warm-up pools during competition. Any swimmer who acts in an unsportsmanlike or unsafe manner within 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 the competition or warm-up pools.

Scratches

Any swimmer failing to report to the proper lane in the correct heat of an event will be scratched from that event and will not be 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 Northside ISD Swim Center on Wednesday, April 22, at 5 p.m. Matters pertinent to the operation and conduct of the meet will be discussed.

Gold Medal Sponsorship

Gold Medal Sponsors will be recognized in the official program as supporters of Masters Swimming. They'll receive a commemorative gift and will be entitled to VIP hospitality, which will include breakfast, lunch, snacks, and drinks. Cost is \$90, and the pass can be ordered on the meet entry form.

Online Entries

Online entry is encouraged and provides immediate entry confirmation. Visit usms.org/comp/scnats15. Online registration will open no later than February 15, 2015, and will close at midnight

Central Daylight Time on March 23. The meet surcharge increases from \$50 to \$60 on March 3, 2015 (see Entry Deadline/Variable Surcharge/Mail Entry for dates applying to both online and paper registration).

Paper Entries

Paper entry forms can be downloaded at usms.org/comp/scnats15 or will be mailed upon request by calling 1-800-550-SWIM (7946). 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 those from 18-year-olds who turn 18 after the meet entry deadline, but before the first day of the meet, who must enter the meet by the meet entry deadline, but may register at the venue on April 22, 2015). A legible copy of a foreign swimmer's Masters registration card must accompany the entry form. A swimmer whose club affiliation differs from what is listed on his or 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.

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 will be required before the entrant is allowed to swim. Refund requests must be received in writing (USPS or email) by March 30, 2015. 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 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 March 23, 2015. If entry is received by March 2, 2015, the surcharge is \$50. If entry is received after March 2, 2015, and by March 23, 2015, the surcharge is \$60. Entries received after March 23, 2015, will be returned to sender. No telephone or email entries will be accepted. Mail paper 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 paper entries to: USMS Spring 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 1650 free must meet the NQT. 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 will be dropped. On the entry form, indicate this event with a "6" in the designated column. No refunds will be given if the 6th event is dropped. If a swimmer enters an event with a time significantly slower or faster than that swimmer's recorded time in the previous two years, the meet director may, after a discussion with the swimmer, change the seed time to a realistic time.

Distance Events (1000/1650)

Swimmers entering the 1650 freestyle must meet the NQT. Swimmers may enter both the 1000 and the 1650 freestyle (but must meet the NQT in the 1650 freestyle to enter both).

Relay Information

Swimmers can enter relays until 3 p.m. on the day before the relay is scheduled. Relay-only swimmers, i.e., not entered in an individual event, must have entered the meet and paid the surcharge by the meet entry deadline. 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.

Time Verification (formerly OVCs)

Swimmers wishing to have times entered into SWIMS (USA Swimming times database) must complete a form at the meet prior to the swim. Contact the administrative referee at the meet.

Service Animals

Please contact the meet director by March 23, 2015, if you require the use of a service animal. Animals other than service animals will not be permitted on deck at the venue.