

# spring nationals preview



Credit: VisitMesa.com

## Swimming Among the Deserts and Tablelands

Swimmers who sign up for short-course competition at the 2011 U.S. Masters Swimming Spring Nationals this year may discover themselves in the right place for a short course in natural history as well. The area around Mesa, Ariz., is a paradise for geologists, botanists and zoologists, with spellbinding ancient geologic formations, beautiful flowering cacti and unique wildlife.

The surrounding deserts and arid tablelands not only offer a *National Geographic* level of scenic beauty, but the combined

metropolitan area of Mesa, Phoenix, Tempe and Scottsdale is an urban experience with many unique features—including superb Southwest cuisine, arts and culture, upscale shopping, professional sports, and a wide array of civilized recreational places, such as Arizona's famous desert golf courses.

### BUT FIRST ... THE POOL

The state-of-the-art Kino Aquatics Center was remodeled in June 2009, and is arguably one of the fastest outdoor pools in the United States. The Kino pool features 20,000 square feet of deck space with plenty of shade structures and grassy turf areas. Operated by the City of Mesa, the pool is a premier rental facility that caters to special events, making it the perfect choice for Masters meets and other aquatic events. The facility has been selected as the site for the 2012 Junior Synchronized

Swimming Championships.

With its 75-meter length and moveable bulkhead, the 28-lane competitive pool can be adapted for virtually any style of event. Actually a pool complex with a competition section, diving tank and recreational pool, Kino recently completed a renovation project to perfect the part of the facility devoted to racing. Depths ranging from 6 feet, 9 inches to 8 feet give swimmers plenty of room to make underwater transitions with minimal turbulence.

Kino is the home pool for age-group swimmers in the Mesa Aquatics Club and for Mesa Aquatics Masters. This huge facility provides plenty of room for two 25-yard courses. Each course has nine lanes, each measuring 7 feet wide. There will be 13 lanes set aside for warm-up and warm-down.

### THE BASICS

Mesa boasts an assortment of lifestyle and leisure pursuits in high demand by visitors. It is the state's third largest city (after Phoenix and Tempe), located in the Valley of the Sun and embraced by the Sonoran Desert. Warm, sunny days and a cool evening breeze provide the perfect

### Meet Information Box

usms.org  
mesamasters.com  
facebook.com/2011 Spring Masters Nationals.

**Meet Director:** Erin Shields  
erinmbshields@gmail.com

**Phone:** 602-469-0400 before 7 p.m.  
(Mountain Time)

**USMS National Office**  
1-800-550-SWIM (7946)

### Register Online

••• Visit [usms.org/scnats11](http://usms.org/scnats11)



Fort McDowell Adventures



Credit: VisitMesa.com

climate for a visit any time of the year. Warm, sunny days and cool evening breezes provide the perfect climate for a visit any time of the year. Temperatures in April and May will typically range from highs in the high 80s to lows in the high 50s.

Visitors to Mesa should always be prepared for lots of sunshine. A hat, sunscreen and access to water are recommended to anyone who will be outside enjoying the Arizona sun. Locals suggest that visitors leave their umbrellas at home though. Mesa receives less than 10 inches of annual precipitation, and it rarely snows.

For more ideas about things to do by taking an extra day during Nationals, the [visitmesa.org](http://visitmesa.org) website has posted a brochure titled “Day Trips and Half-Day Excursions,” which outlines nine round trips that highlight natural, archeological and historic sites all within about 160 miles of Mesa. The site also offers a brochure,

“MESA: Over 101 Things to Do,” which provides basic description and contact information about such sights as Frank Lloyd Wright’s Taliesin West architectural masterpiece, the Deer Valley Rock Art Center with more than 1,500 petroglyphs, the Arizona Mining and Mineral Museum, and the Rio Salado Audubon Center. Both brochures are available in electronic (PDF) format at [visitmesa.com/visitorguides](http://visitmesa.com/visitorguides).

**ARIZONA AU NATURALE**

Mesa’s landscapes are legendary, and visitors can explore simply by taking a drive through the region’s state and national parks and forests—including nearby Casa Grande Ruins National Monument and the Superstition Mountains in Tonto National Forest. Arizona’s historic Route 88, the Apache Trail, is a scenic tour through deserts, mountains, by cliff dwellings, along lakeshores, through old mining towns and

through beautifully eroded canyons. This popular route passes through Tortilla Flat, with an official population of six.

Regional outfitters offer guided tours, including balloon rides, mountain biking trips and tours of desert surroundings on horseback. Less energetic sightseers may take Jeep and Hummer tours, or let gravity take over and go river rafting and tubing. Information on all these activities is available at [visitmesa.com](http://visitmesa.com).

For those who appreciate nature but prefer to get their outdoor education indoors, the Arizona Museum of Natural History in downtown Mesa offers numerous exhibits about Arizona’s natural side, dating from ancient geologic ages to the present. The museum’s anthropology department has created exhibits to highlight its work on local digs of native cultures such as the Mesa Grande platform mound,

*continued on page 40 >>>*

**Check-In Deadlines**

Positive check-in is required for the 400 IM and 500, 1000 and 1650 freestyles, and will be required for the 100s and 200s if it is determined that deck seeding is necessary. Check-in may be done in person at the registration area or via internet at [usms.org](http://usms.org) according to the following schedule:

Date	Event	In-Person Check-in*	Online Check-in*
Thurs., April 28	1000 Free 1650 Free	Weds. 3-7 p.m.; Thurs. by 7 a.m. Weds. 3-7 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 29	400 IM	Weds. 3-7 p.m.; Fri. by 7 a.m.	Tues. 7 a.m. - Fri. by 7 a.m.
Sat. April 30	500 Free Women	Weds. 3-7 p.m.; Sat. by 7 a.m.	Tues. 7 a.m. - Sat. by 7 a.m.
Sun., May 1	500 Free Men	Weds. 3-7 p.m.; Sun. by 7 a.m.	Tues. 7 a.m. - Sun. by 7 a.m.

\*All times are Mountain Standard Time. If the 100 and 200 events are deck-seeded, then all check-in deadlines for these events will be at 7 a.m. the day the event is swum.



## 2011 U.S. Masters Swimming Spring National Championship



### Location

Kino Aquatics Center  
848 North Horne  
Mesa, AZ 85203  
480-472-2545

### Facilities

The Kino Aquatics Center is an outdoor complex with seating for 2,000 people (no admission fee for spectators). The venue includes two separate pools: a championship pool/diving well and a recreational pool. The championship pool is 70 meters by 25 yards, and will be divided into two 25-yard courses. Each course will have nine lanes measuring 7 feet wide, and a water depth ranging from 6 feet 9 inches to 8 feet. Seven warm-up lanes will also be available in the attached diving well that will be open for continuous warm-up and warm-down during the competition. The recreational pool will have an additional six lanes of 25 yards available for warm-up or warm-down.

### Eligibility

Participants must be registered Masters swimmers and at least 18 years of age as of April 27, 2011. Eighteen-year-olds must enter the meet by the entry deadline and only 18-year-olds may register with USMS on April 27 at the venue. 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 Entry Procedures). 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 May 1, 2011, except 18-year-olds, who must be 18 by April 27, 2011. 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 aquatics center on Wednesday, April 27, 2011, from 3 p.m. to 7 p.m., and on all other days from 7 a.m. through the end of competition.

### Seeding

All events—with the exception of the 1650, 1000 and 500 freestyles and 400 IM—will be preseeded unless meet management determines that the meet cannot be completed in a timely manner. A decision regarding preseeding and deck seeding for all 100-yard and 200-yard events will be announced at [usms.org](http://usms.org) by April 14, 2011. Two courses will be used for all events. 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 [www.usms.org](http://www.usms.org) by April 14, 2011. The 1650 and 1000 freestyles and 400 IM will be seeded slowest to fastest by entry time, regardless of age. The 500 free 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 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 on the [usms.org](http://usms.org) website on or about April 14, 2011. Heat sheets for preseeded events will be available online around April 21, 2011. 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 27, from 3 p.m. to 7 p.m. On competition days, the competition pool will be open from 6 a.m. until 7:50 a.m. and the warm-up pools will be available from 7:50 a.m. until the conclusion of the 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 Thursday, April 28.

### 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 shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pools only. 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 102.15.3). Pull-buoys, kick boards, fins and hand paddles are not allowed in the competition pool.

### 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 in the auditorium at the entrance to the aquatics center on Wednesday, April 27, at 6 p.m. There will be a discussion of matters pertaining 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 and will be entitled to hospitality, including food services. Cost is \$75 and can be ordered on the meet entry form.

### Online Entries

Online entry is encouraged and provides immediate entry confirmation. Visit [usms.org/comp/scnats11](http://usms.org/comp/scnats11). Online registration will open no later than February 1, 2011, and will

close at midnight PDT on March 24, 2011.

### Entry Procedures

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 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 at the venue on April 27). A legible copy of the swimmer's Masters registration card must accompany the entry form for foreign swimmers. 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.

### 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. 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.

### 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 below.) 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 by March 24, 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 by the

entry deadline. All fees should be payable to "United States Masters Swimming."

### Entry Deadline Variable Surcharge Mail Entry

Online entries are encouraged and will be accepted until midnight PDT on March 24, 2011. All mailed entries must be postmarked with an official U.S. postmark (no business meters).

#### Surcharges:

Entry Postmarked By:  
March 3 or

Entry Received By:  
March 10

Amount: \$50

or

Entry Postmarked By:  
March 17 or

Entry Received By:  
March 24

Amount: \$60

Entries received after March 24 that are postmarked after March 17 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: Spring Nationals, USMS, 8 Rockwood Lane, Londonderry, NH 03053.

### Relay Information

Swimmers can enter relays until 4 p.m. on the day before the relay is scheduled. Each competitor shall be 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 events. Relay entry forms are available for download at [www.usms.org](http://www.usms.org).

### Questions Additional Information

Contact Meet Director  
Erin Shields at  
[erinmbshields@gmail.com](mailto:erinmbshields@gmail.com).  
Phone: 602-469-0400.

# 2011 USMS SPRING NATIONAL CHAMPIONSHIPS OFFICIAL ENTRY FORM

Kino Aquatics Center, April 28–May 1, 2011 >>> Sanctioned by the Arizona LMSC for USMS Inc.—Sanction Number 480-0024

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

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

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

Age\*\* : \_\_\_\_\_ DOB: \_\_\_\_\_ Sex: \_\_\_\_\_ Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
(as of 5/01/11)\*\*

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 4/27/11.

**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 1000, and 9:00 a.m. for the 1650. Check-in for all Friday through Sunday events ends at 7:00 a.m. the day of the event.

Event #	Entry Time Women	6th	Event	Event #	Entry Time Men	6th
<b>Thursday, April 28, 2011</b>			<b>Warm-up 6-7:50 a.m.</b>		<b>Start at 8:00 a.m.</b>	
2			1000 Freestyle**	1		
4			1650 Freestyle**	3		
<b>Friday, April 29, 2011</b>			<b>Warm-up 6-7:50 a.m.</b>		<b>Start at 8:00 a.m.</b>	
6			400 IM	5		
8			50 Butterfly	7		
10			200 Backstroke	9		
12			100 Breaststroke	11		
14			50 Freestyle	13		
15/16	See Relay Form		200 Mixed Free Relay	15/16	See Relay Form	
<b>Saturday, April 30, 2011</b>			<b>Warm-up 6-7:50 a.m.</b>		<b>Start at 8:00 a.m.</b>	
18			500 Freestyle (women)			
20			100 IM	19		
22			200 Butterfly	21		
24			100 Backstroke	23		
26			50 Breaststroke	25		
28			200 Freestyle	27		
29/30	See Relay Form		200 Mixed Medley Relay	29/30	See Relay Form	
32			200 Freestyle Relay	31		
<b>Sunday, May 1, 2011</b>			<b>Warm-up 6-7:50 a.m.</b>		<b>Start at 8:00 a.m.</b>	
			500 Freestyle (men)	33		
36			200 Medley Relay	35		
38			200 Breaststroke	37		
40			100 Butterfly	39		
42			50 Backstroke	41		
44			200 IM	43		
46			100 Freestyle	45		

\*\*You may enter either the 1000 or 1650 Free, but not both.

**••• MAIL ENTRIES TO:**  
Spring Nationals  
USMS  
8 Rockwood Lane  
Londonderry, NH 03053

**••• ENTRIES MUST BE U.S. POSTMARKED BY MARCH 17, 2011, OR RECEIVED BY MARCH 24, 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?
- USMS card or International registration card (if applicable) attached?
- SASE enclosed? (Indicate purpose on envelope.)
- Entry postmarked by March 17, 2011, or received by March 24, 2011 deadline?

**Questions?** Call 602-469-0400 (before 7 p.m. MST)



**MEET SURCHARGE (REQUIRED FOR ALL EVENTS)**

- If postmarked by 3/3 or received by 3/10 \$50 \_\_\_\_\_
- If postmarked by 3/17 or received by 3/24 \$60 \_\_\_\_\_
- Number of individual events \_\_\_\_\_ x \$ 4 \_\_\_\_\_
- Mailed hard copy of final results \_\_\_\_\_ x \$15 \_\_\_\_\_
- Gold Medal Sponsor \_\_\_\_\_ x \$75 \_\_\_\_\_
- Social \_\_\_\_\_ x \$25 \_\_\_\_\_
- Shuttle \_\_\_\_\_ x \$20 \_\_\_\_\_
- TOTAL FEES ENCLOSED** \$ \_\_\_\_\_

**Internet entries will be accepted starting Feb. 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: \_\_\_\_\_

## Travel Information

### ••• GROUND TRANSPORTATION AND AIRPORT

Most major airlines serve Phoenix Sky Harbor International Airport. The airport is located 13 miles east of the Kino Aquatics Center along the 202 Red Mountain Freeway. Phoenix is 5 miles west of the airport. Scottsdale is 13 miles northeast of the airport. Car rental is available at the airport. Discounted rates available for USMS National participants through Enterprise Rental Car by going to [visitmesa.com/USMasters](http://visitmesa.com/USMasters). Discounted shuttle service to hotels available through Super Shuttle if booked on line. Go to [visitmesa.com/USMasters](http://visitmesa.com/USMasters) for link.

### ••• SOCIAL

There will be a social with a full meal catered by Outback Steakhouse on Saturday, April 30. The event will be at the golf course next to the Hilton Hotel. Entertainment will be provided. Cost is \$25 per person. Additional information will be provided at [mesamasters.com](http://mesamasters.com).

### ••• HOTEL & SHUTTLE INFORMATION

Here are some of the hotel options in Mesa

for your stay. The meet shuttle service is at three designated hotels. Cost for the shuttle is \$20 per person if ordered when registering for the meet. For more information on shuttle, go to [mesamasters.com](http://mesamasters.com).

For more information on accommodations and tourist attractions, go to [visitmesa.com/USMasters](http://visitmesa.com/USMasters). When making reservations, mention "USMS Nationals" to get special rates.

#### ••• Hilton Phoenix East

Phone: 480-833-5555  
1011 West Holmes Avenue,  
Mesa, AZ 85210.  
From \$124 a night.  
Shuttle service available. (5.2 miles from Pool)

#### ••• Best Western Dobson Ranch Inn

Phone: 800-528-1356.  
1666 South Dobson Road,  
Mesa, AZ 85202.  
From \$75 a night. (6.7 miles from Pool)

#### ••• Fairfield Inn and Suites

Phone: 480-668-8000.  
1405 South Westwood,  
Mesa AZ 85210.

From \$99 a night.  
Shuttle service available (5.1 miles from pool)

#### ••• Phoenix Marriott Mesa

Phone: 480-898-8300  
200 North Centennial Way,  
Mesa AZ 85201  
From \$139 a night (1.6 miles from pool)

#### ••• Hyatt Place

Phone: 480-969-8200.  
1422 West Bass Pro Drive,  
Mesa, AZ 85201  
From \$149 a night (3.9 miles from pool)

#### ••• Country Inn and Suites

Phone: 800-596-2375.  
6650 East Superstition Boulevard,  
Mesa, AZ 85206.  
From \$99 a night (11.3 miles from pool)

#### ••• Courtyard Marriott

Phone: 480-461-3000.  
1221 South Westwood,  
Mesa, AZ 85210.  
From \$99 a night.  
Shuttle service available (4.9 miles from pool)

a site once inhabited by the prehistoric Hohokam and O'odham peoples. For more information go to [azmnh.org](http://azmnh.org).

Just west of Mesa, the Desert Botanical Garden offers the world's finest collection of arid-land plants from deserts of the world in a unique outdoor setting. The garden has more than 50,000 desert plants on display throughout five thematic trails

that illustrate topics such as conservation, desert living, plants and people of the Sonoran Desert and desert wildflowers. During Spring Nationals, the garden will display photos of native flora by photographer and author John Schaefer, founder of the Arizona Nature Conservancy. For more information, go to [dbg.org](http://dbg.org).

center features permanent and traveling art exhibitions, a dynamite gift shop, plus the famous Shadow Walk, a series of landscaped spaces organized along a major pedestrian spine in front of the center. This unique architectural feature is designed to offer locals and visitors a shady place to hang out on hot Arizona days. For information, go to [mesaartscenter.com](http://mesaartscenter.com).

## ARIZONA ARTS AND CULTURE

Located at 1 Main Street in Mesa, the Mesa Arts Center campus is home to 14 visual and performing arts studios. These studios bring talented local and national artists together with students to offer a broad range of educational experiences and encourage the development of creativity. The

*National Geographic* magazine recently chose the Mesa region as one of its Top 10 Food Drives. Here's what the NG editors had to say: "In the area surrounding Mesa, Arizona, during March and April, roll down your windows to soak up the aroma of orange blossom. Turn off Ariz. 202 onto Reeb Road, which leads south to Val Vista Drive and East Brown Road. Stalls and stores normally close from May until October, but along some roads you'll find everything from tamales to tangerines being sold from car trunks and pickups. The Mesa region is home to the nation's largest organic peach growers."

The Mesa, Phoenix, Tempe and Scottsdale area is home to more than 200 art galleries, many with open studios, providing a focus on art of the Southwest, but also featuring work in virtually every style and genre.



Credit: Mesa Arts Center