

Fellow NCMS members,

April 26-29 NCMS will be hosting the 2012 USMS Spring National Championships at the brand new state-of-the-art Greensboro Aquatics Center on the grounds of the Greensboro Coliseum. This will be a great opportunity to participate in a big meet close to home. For those of you who have not attended a USMS Nationals meet before you will find a special atmosphere. There will be about 2000 folks like you with a passion for swimming, the people you will meet are friendly and encouraging (even your competitors), there is excitement in the air, you will be part of the NCMS team with many folks cheering you on, and you will be able to see inspiring swimming from former Olympic champions as well as from regular Joes and Janes who each have their unique swimming odyssey. Here are some FAQs about the meet:

- Am I fast enough to swim at a national meet?
YES. USMS is a very inclusive organization, to qualify for the meet you simply need to be registered with USMS (if you get this e-mail you are registered) and then sign up for the meet (on-line entry will be available at the end of the winter). The meet is seeded by sex, age, and time so you will be swimming with folks who are about your same speed.
- How many events am I allowed to swim?
You may enter up to three individual events without meeting the national qualifying time (NQT), or a maximum of six events if you 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.
- I haven't swum in a meet before how do I get a NQT?
You may swim in a meet during the year and use that time, or if you will not be able to swim in a meet before nationals you may have a coach or friend time you in practice.
- Are there relays at the meet?
YES. You may swim on up to 4 relays (Men/Women's Free relay, Men/Women's Medley relay, Mixed Free relay, Mixed Medley relay). The relays are 200 yards (4 x 50). No qualifying times are needed.
- How do I join a relay team?
You will get an e-mail about 2 months before the meet asking for your availability, times and stroke preferences. After the data is compiled relays are formed. All NCMS members swim on the same team regardless of your workout group. This helps smaller workout group members to be able to swim on relays with other folks from around the state. You will get more info about this later.

We would like to show off NC Masters Swimming by having a well-attended, efficiently run, thoroughly enjoyable meet. The meet directors Don Gilchrist and Hill Carrow have been busy organizing this event and they need our help. We can help by 1) swimming in the meet, 2) encouraging our friends/family to swim in the meet (triathletes will enjoy the 1000 and 1500 yd swims), 3) volunteering at the meet, 4) asking friends/ family to volunteer at the meet, 5) some or all of the above. If you are willing to volunteer at the meet and you are also swimming in the meet your volunteer time will be scheduled not to conflict with your events. A Volunteer Application can be found at <http://www.ncmasters.org/forms/volunteer-app.pdf> . Please send it to Hill at either the address or fax on the form. You will note on the form that there are lots of different areas where volunteers are needed.

There are 261 shopping swimming days left before nationals (as of 8-8-2011). Train well.

Jon Klein