



# JON STEINER MEMORIAL MILE

2016 TAM POSTAL 1650

Swim for Lung Cancer Research

50% of all proceeds will be donated to:

Bonnie J. Addario Lung Cancer  
Foundation



## HOW TO PARTICIPATE

**WHAT YOU'LL NEED:**  
A pool at least 25 yards in length  
and someone to time you

**DISTANCE:**  
1650 yards or 1500 meters (swum  
in a 50m or 25m pool)

**DATE:**  
Anytime between January 1, 2016  
and February 29, 2016. Entries  
must be postmarked by Friday,  
March 11, 2016

**AGE DIVISIONS:**  
18-24, 25-29, 30-34...100+,  
male and female

## TAMALPAIS AQUATIC MASTERS

[www.tammasters.org](http://www.tammasters.org)

**USMS/PMS SANCTION:**  
386-S002

*Jon Steiner was a long-time member of Tamalpais Aquatic Masters and active with local and national Masters Swimming committees. Jon lost his battle with lung cancer in 2006. He originated the TAM 1650 "Don't Waste Your Base" swim in 1996 with just a few participants. Today the event, renamed in his honor, attracts close to 200 swimmers and last year raised almost \$2,500 to help fight lung cancer.*

## ELIGIBILITY

All swimmers registered with USMS for 2016 are eligible to participate.

## RELAYS

4 person relay entries will be accepted in the following age groups: 18+, 25+, 35+, etc., male, female, and mixed. **Each person swims (and must individually enter prior to submitting the relay entry) the 1650;** relay entries are scored on total combined time for the four (4) 1650s.

## TEAM COMPETITION

Each year, the team with the highest percentage of membership participating in the event will receive an award. Three teams will win, one each from among the small, medium, and large team entries. Simply inform the event director Glenda Carroll ([gccarroll43@gmail.com](mailto:gccarroll43@gmail.com)) that your team is participating and of the total membership of your team.

## MASS TEAM ENTRIES

In order to make entering easier for teams with many participants, an excel spreadsheet can be provided that indicates the information required and that is prepopulated for swimmers on the team who have participated in past Postal 1650 swims. Contact Glenda Carroll, [gccarroll43@gmail.com](mailto:gccarroll43@gmail.com) for a spreadsheet for your team.

## RULES

All USMS and Pacific Masters rules apply. A split sheet with 50 yard/meter splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted. Meters times may be converted to yards times by dividing by 1.02.

**Note:** We are not requiring that you submit split sheets. However, please hold onto your split sheet so that we may verify records, if necessary.



## 2016 TAM POSTAL ENTRY FORM

**Must be postmarked by Friday, March 11, 2016.**

We are still old school. Mail-in entries only.  
Make checks payable to: **TAM**

**YOU MUST SUBMIT A COPY OF YOUR USMS REGISTRATION CARD WITH THIS ENTRY.**

### Mail entry form to:

Glenda Carroll, 21 Windsor Ave., San Rafael, CA 94901.

**Questions:** 415-454-6327, [gccarroll43@gmail.com](mailto:gccarroll43@gmail.com)

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_  
\_\_\_\_\_

**Email** \_\_\_\_\_

**Phone:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Age at time of swim** \_\_\_\_\_

- Male  
 Female

**Team Name** \_\_\_\_\_

**Team Abbreviation** \_\_\_\_\_ **USMS#** \_\_\_\_\_

**Time:** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_ **Date Swum: (mm/dd/yy)** \_\_\_\_\_

*Please enter time to the 100<sup>th</sup> of a second. (Example: 24:12.12)*

### Did you swim in a pool that was:

- 25 yards  
 25 meters  
 50 meters

### Payment

Remember, what you pay is completely up to you. 50% of your payment is tax-deductible and will go to the Bonnie J. Addario Lung Cancer Foundation to help find a cure for cancer.

\$5    \$10    \$25    \$50    \$100    Other: \_\_\_\_\_

I am making this donation as a gift in honor or in memory of a loved one:

\_\_\_\_\_  
*Your honoree's name will be given to BJA and a certificate will be mailed to you.*

*Please make checks payable to TAM. Thank you!*