

WHERE TO STAY.

**-HOST HOTELS-**

UNIVERSITY PLACE

**\$149**

1- 800-627-2700

For reservations, please use the following link to their web site to make reservations.

<http://www.universityplace.iupui.edu/redirect/synxis.aspx>

**Group Code: 0908USMFNA**

MARRIOTT COURTYARD

at the Capitol

**\$149**

(888) 816-4091

[www.marriott.com/indcd](http://www.marriott.com/indcd)

**Group Code - King Sofa: YISYISA**

**Group Code—Dbl.Dbl.: YISYISB**

Both Hotels within Walking Distance of the pool.

Discount applies only

before February 1st 2009 !

**-Other Hotels-**

Indianapolis Marriott

Downtown

**\$179**

350 W. Maryland St.

Indianapolis, IN 46225

877-640-7666

[www.marriott.com/indcc](http://www.marriott.com/indcc)

**Group Code: USMUSMA**

Embassy Suites Downtown

**\$164**

110 West Washington St.

Indianapolis, IN 46204

317-236-1800

[www.embassysuites.com/es/indy-downtown](http://www.embassysuites.com/es/indy-downtown)

**Group Code: USMS Nationals**

Hilton Garden Inn

Downtown

**\$179**

10 E Market Street

Indianapolis, IN 46204

317- 955-9700

[www.hiltongardenindianapolis.com](http://www.hiltongardenindianapolis.com)

**Group Code: USMS**

Discounted Hotel Room Blocks

Held until

February 1st, 2009!



“Where do you go when you are half human and half fish?”

2009

USMS

Long Course

Championships

August 6th–10th

Hosted by YMCA Indy SwimFit on location at the IU Natatorium on IUPUI campus, Indianapolis, Indiana.



STARTER PACKET

## 2009 USMS LONG COURSE NATIONALS

Indianapolis, Indiana, home of the fastest pool in the world, is honored to invite you **August 6th–10th, 2009** for the most exciting Long Course Nationals in United States Masters Swimming History. This year we introduce a FIVE day meet format that features one full day of RELAYs. This unusual format combined with one of the best pools ever built for competition, promises to provide you with one of the fastest Long Course Nationals ever held.

The IUPUI Natatorium is located in downtown Indianapolis and is within walking distance of such major tourist attractions as the NCAA Hall of Champions, Lucas Oil Stadium, Eiteljorg Museum of American Indians and Western Art, Indiana State Museum, I-Max theater, Indianapolis Zoo, and Victory Field.

Please check out [www.indy.org](http://www.indy.org) and look at the online visitors guide for tons of great ideas of things to see.

Entries for the 2009 USMS Long Course Nationals will be available through [Swimmer Magazine](http://Swimmer Magazine), [www.indyswimfit.com](http://www.indyswimfit.com) and [www.usms.org](http://www.usms.org), sometime at the beginning of next year. But don't wait to reserve your hotel room as discounted rates will end **February 1st, 2009**.

### 2009 USMS LC Championships Event Format

#### Day 1 Thursday, August 6th

400 Individual Medley  
50 Butterfly  
200 Backstroke  
100 Breaststroke  
200 Freestyle

#### Day 2 Friday, August 7th

400 Freestyle (Women)  
200 Butterfly  
50 Breaststroke  
100 Backstroke  
100 Freestyle

#### Day 3 Saturday, August 8th

800 Freestyle Relay (M/W)  
400 Medley Relay (M/W)  
200 Freestyle Relay (M/W)  
800 Freestyle Relay (Mixed)  
200 Medley Relay (Mixed)  
400 Freestyle Relay (M/W)  
200 Freestyle Relay (Mixed)  
400 Freestyle Relay (Mixed)  
200 Medley Relay (M/W)  
400 Medley Relay (Mixed)

#### Day 4 Sunday, August 9th

400 Free (Men)  
200 Breast  
50 Free  
100 Fly  
50 Back  
200 Individual Medley

#### Day 5 Monday, August 10th

1500 Freestyle  
800 Freestyle

## SPLASH PAD FUNDRAISER

Our Mission: Introducing kids to swimming.

Swimming changes lives for the better.

YMCA Indy SwimFit participants rely on aquatic exercise as their means of fitness and health. And because they have experienced the positive impact swimming has in their own lives, they believe every child deserves the same experience.

YMCA Indy SwimFit is sponsoring and funding the new Jordan YMCA Splash Pad. This aquatic playground will serve as a life-changing, lasting and splashing legacy for all to enjoy.

Your Mission: Help make it happen.

We can't do it alone. We need your help.

By participating in the USMS Long Course Nationals you can help our efforts by becoming a GOLD Medal sponsor.

This sponsorship will be tax deductible and proceeds will go towards the Splash Pad Fundraiser.

Gold Medal sponsors receive hospitality during each day of the meet and a commemorative gift. This option will be available on the USMS entry for the meet.

For other ways to help go to [www.indyswimfit.com](http://www.indyswimfit.com) or contact [goldsteinmel@sbcglobal.net](mailto:goldsteinmel@sbcglobal.net)