



Jeanne Seidler <jeanneswims@gmail.com>

Forwarded as requested.

Richard Garza <coachrichardusms@gmail.com>

Mon, Jun 5, 2017 at 8:02 AM

To: jeanneswims@gmail.com

Hi Jeanne, here is the email as requested.

Richard

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Good evening!

My name is Richard Garza, and I am currently the Vice-Chair of the North Texas LMSC.

I am messaging you to ask your LMSC board for a favor. I have been graciously given the position of Head Coach for USMS at this year's World Masters Championships in Budapest Hungary.

One of our first responsibilities is to reach out and contact every swimmer entering the meet. The problem is, we won't be able to see who's in the meet till AFTER entries close. So, if you could please help me, I would appreciate it if you forwarded the information below to your LMSC's membership.

Or you can also direct your membership to the following links.

On the USMS forums > General > Nationals > , a post titled
[2017 World Masters Champs in Budapest, info for USMS](#)

Our facebook page

<https://www.facebook.com/2017WorldMastersUSMS/>

Or our facebook group

<https://www.facebook.com/2017WorldMastersUSMS/>

I would greatly appreciate it!

Thanks,
Richard Garza

2017 World Masters Swimming Championships Newsletter for USMS swimmers: Volume 1
This is the first of many newsletters to come for USMS swimmers planning to attend the World Masters Championships in Budapest Hungary.

This is filled with resources and information to help you plan for a successful and happy experience.

STEP ONE

The USMS coaches listed below need your contact information, and the contact information of a friend or relative in case of an emergency.

Please [CLICK HERE](#) to fill out the contact form.

USMS Coaches

Richard Garza coachrichardusms@gmail.com

Kata Rutherford katalinrutherford@gmail.com
Martin Wagner martinmbles@icloud.com
Janelle Higashida coach@bozemanmasters.org

REGISTER

Create an account with FINA and sign up for the meet.

<http://masters.fina-budapest2017.com/en>

PASSPORT

If you don't have a passport already, follow this link to apply for a passport, or renew your old one. If you don't yet have one, get it now, and rush your application. The deadline is June 29th, 2017 to sign up for the meet.

<https://www.usps.com/international/passports.htm>

A special visa is not required to visit Hungary. If you plan on extending your stay to other parts of Europe, please check the visa requirements. https://en.wikipedia.org/wiki/Visa_requirements_for_United_States_citizens

World Champ Newsletter

The event has an email newsletter. It's at the bottom of the page, we recommend subscribing.

<http://masters.fina-budapest2017.com/en/athletes>

FACEBOOK! Like and join!

Page

<https://www.facebook.com/2017WorldMastersUSMS/>

Group

<https://www.facebook.com/groups/2017WorldMastersUSMS/>

Official event page

<https://www.facebook.com/budapest2017masters/>

TRAVEL INSURANCE

This site makes it easy to shop and compare... <https://www.travelinsurance.com/get-quotes/1252668>

Check with AAA, if you are a member. It's about 20% cheaper

https://autoclubsouth.aaa.com/Travel/travel_insurance.aspx

Currency

Call your bank before leaving to notify them of your travel arrangements. Security protocols might flag your credit card as "Stolen" and put a hold on your card.

In Hungary, most credit card providers are accepted, except DISCOVER.

To exchange cash, There are little kiosks in high traffic areas, such as train or subway stations. They have large signs saying "Change", so they are easy to find, and cheap.

Using the Euro is fine, but the most common currency used is the Hungarian Forint.

Traveling around Budapest

An alternative to commute between hotels and venues or even to visit touristic places could be the public transportation system, which thanks to its network covers the entire city. The below link is a useful tool [to plan your travel](#) (iOS application, Android application) and this one to gain information on [local travel fairs](#).

Google Map

We created an interactive map with all important locations tagged. Competition venues, training facilities, and train stations.

[Click here to access.](#)

Open Water Traveling information

A free train is provided to and from the Open water competition: August 10-12, 2017.

Departures (Budapest, Déli-palyaudvar): 7:05am, 9:05am

Arrivals (Balatonfured): 8:55am, 10:55am

Departures (Balatonfured): 6:23pm, 8:23pm

Arrivals (Budapest, Déli-palyaudvar): 8:34pm, 10:29pm

Venues

"There will be two pools in Dagály Aquatics Arena, for 25-54 years old competitors, and will be two pools on Margaret island The Hajós Alfred Complex, for 55-100 years old competitors. So there will be four pools in all for the events.

Identical events will be going on in all pools."

Mobile Phone Information.

FINA Mobile App

Android: [Click here](#)

iOS: [Click Here](#)

In Hungary, these are the frequencies used for mobile phone communication. Check to see if your phone is compatible.

HUNGARY

2G capabilities GSM 900, GSM 1800

3G capabilities UMTS 900, UMTS 2100

4G capabilities LTE 800, LTE 1800, LTE 2600

FINA RULES

Please read through the rules yourself, but here are some of the few things to take note of.

All Fina Rules

<http://www.fina.org/content/fina-rules-regulations>

Open Water Rules

http://www.fina.org/sites/default/files/finaowrules_20152017.pdf

Swimming Rules

http://www.fina.org/sites/default/files/finaswrules_20150907.pdf

Masters Rules

http://www.fina.org/sites/default/files/finamarules_20152017.pdf

SWIMMING

SW2.2.3 The supervisor is responsible for checking the relay exchange printout and reporting any early takeoffs to the referee. (Don't leave early on relays!)

SW2.4.1 The clerk of course shall assemble swimmers prior to each event. (Usually about 20 minutes before each event, don't be late!)

SW 2.6.1 One inspector of turns shall be assigned to each lane at each end of the pool. (Make sure you touch, and push off the wall legally, there will be someone watching you closely.)

SW 4.3 In Olympic Games, World Championships and other FINA events the command "Take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform. (That's reassuring.)

Backstroke

SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

Medley

SW 9.1 In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter ($\frac{1}{4}$) of the distance. (This means that on the freestyle portion of the individual medley, or medley relay, the swimmer must push off the wall towards their stomach.)

The Race

SW 10.3 The swimmer must remain and finish the race in the same lane in which he/she started. (I'm listing this one because in USMS, you only need to start and finish the race in your lane, but you can swim in a different lane as long as you don't impede another swimmer. Swimming in a different lane is not allowed in FINA.)

SW 10.7 Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the referee shall report the matter to the Member promoting the race, and to the Member of the swimmer so offending. (When you finish, stay in your lane! Don't swim to the ladder right away!)

SW 10.15 Should a foul endanger the chance of success of a swimmer, the referee shall have the power to allow him (or her) to compete in the next heat or, should a foul occur in a final event or in the last heat he/she may order it to be re-swum.

SW 10.16 No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect. (Basically, you can't signal to a swimmer if they are on pace from the deck, like holding up both arms and cheering them on, or walking with them while they swim their distance event.)

SW 11.4 Should a swimmer be disqualified during or following an event, such disqualification should be recorded in the official results, but not time or place shall be recorded or announced. (It should say why you were disqualified, if not, let one of us coaches know.)

SW 12.12 The first swimmer in a relay, except in mixed relays, may apply for a World Record...

OPEN WATER

OWS 3.48 Ensure each competitor is identified correctly with their race number and that all swimmers have trimmed fingernails and toenails and are not wearing any jewellery, including watches.

OWS 3.51 Be responsible for ensuring that all clothing and equipment left in the start area is transported to the finish area and kept in safekeeping. (We will get more details there.)

OWS 4.5 The Referee shall be indicated by a flag held upright and short blasts on a whistle when the start is imminent and indicate that the competition is under Starter's orders by pointing the flag at the starter.

OWS 4.7 The start signal shall be both audible and visual.

OWS 5.10 The finish shall be clearly defined and marked by a vertical face. (A giant touchpad above the water.)

OWS 6.3.1 (Basically, if you break a rule, you get a yellow flag. Break a second, you get a red flag and disqualified.)

OWS 6.6 Standing on the bottom during a race shall not disqualify a swimmer but they may not walk or jump.

OWS 6.7 With the exception of Rule OWS 6.6 above swimmers shall not receive support from any fixed or floating object and shall not intentionally touch or be touched by their escort safety craft or crew therein. (Teammates providing nutrition cannot touch you.)

OWS 6.10 No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Approved swimsuit, goggles, a maximum of two (2) caps, nose clip and earplugs may be used.

OWS 6.11 Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the Referee, excessive.

OWS 6.13 Coaching and the giving of instructions by the approved swimmer's representative on the feeding platform or in the escort safety craft is permitted. No whistle shall be allowed.

OWS 6.14 When taking sustenance swimmers may use Rule OWS 6.6 provided Rule OWS 6.7 is not infringed.

OWS 6.15 No objects can be thrown from the feeding platform to the swimmers, including sustenance. The swimmers shall receive their feeding directly from their representative by a feeding pole or by hand.

OWS 6.16 Feeding poles are not to exceed 5m in length when extended. No objects, rope or wire may hang off the end of feeding poles except national flags. National flags are allowed to be attached to the feeding pole but may not exceed the size of 30 cm x 20 cm.

OWS 7.2 The finish apparatus should, where possible, be a vertical wall of at least 5 meters wide fixed if necessary to flotation devices, securely fastened in place so as not to be moved by wind, tide or the force of a swimmer striking the wall. The finish should be filmed and recorded by video system with slow motion and recall facilities including timing equipment. The finish should be filmed and recorded from each side and above by a video system with slow motion and recall facilities including timing equipment.

OWS 7.2.2 It is mandatory for all swimmers to wear a microchip transponder on each wrist throughout the race. If a swimmer loses a transponder the Race Judge or other authorized Official, will immediately inform the Referee who will instruct the responsible Official on the water to issue a replacement transponder. Any swimmer who finishes the race without a transponder will be disqualified.

OWS 7.2.3 When, at the finish of an Open Water Swimming competition, a touch pad / vertical wall is available, swimmers must touch the touchpad / vertical wall to finish the race. Any swimmer who does not touch the touchpad /

vertical wall will be disqualified.

MASTERS RULES

The same exceptions that exist in USMS also apply to FINA, but some don't exist in USMS. Please read the rules yourself, but here are a few of the bigger differences.

Minimum age is 25.

SWIMMING

MSW 3.6 The Organising Committee may arrange 400m, 800m and 1500m Freestyle to be swum two (2) swimmers of the same sex in a lane. Separate timing will be required for each swimmer.

MSW 5.2 Applications for Masters World Records must be made on the FINA official form by the individual in question within 60 days from the end of the event.

OPEN WATER

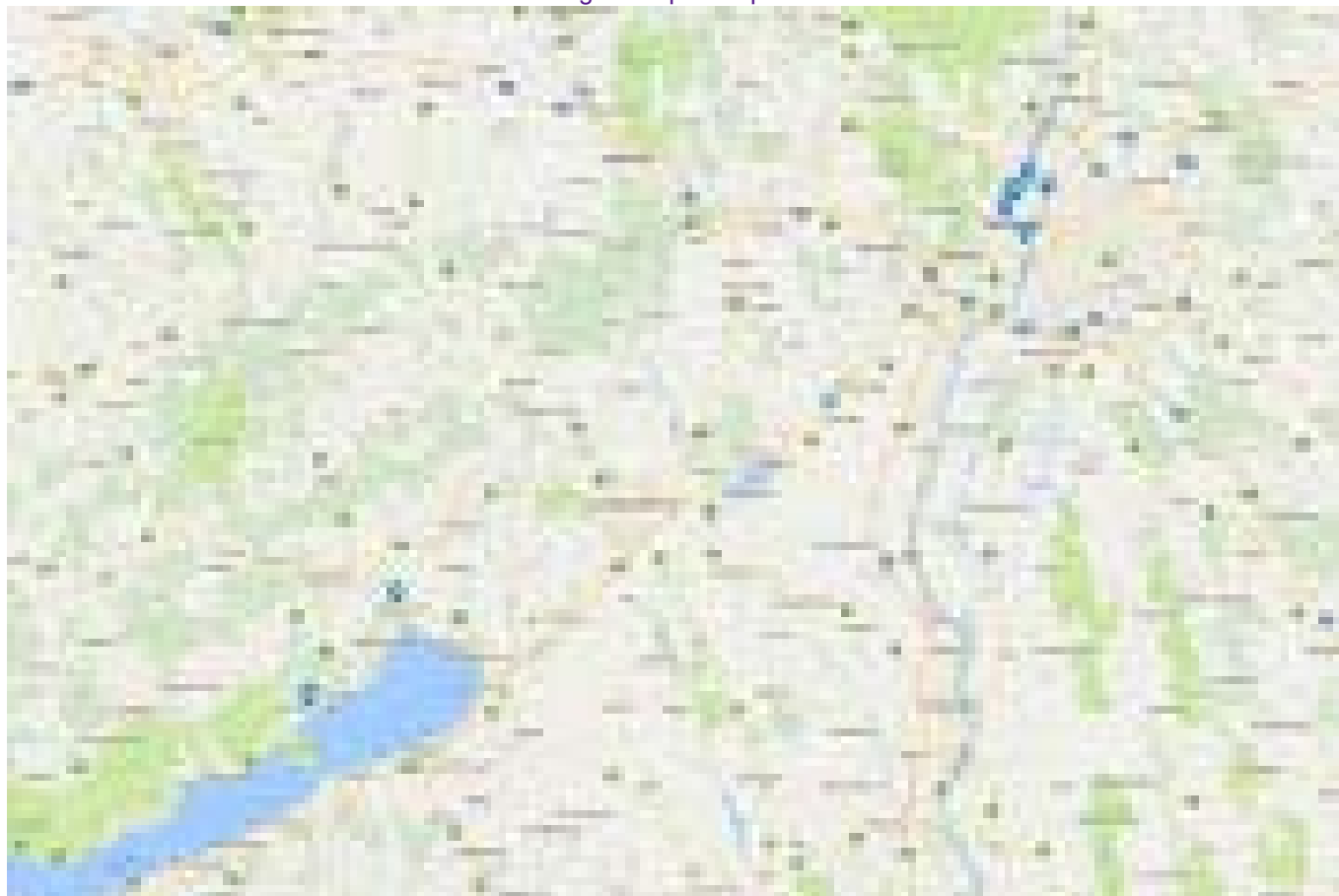
MOWS 3 The water temperature shall be measured within 30 minutes before start of race and must be a minimum of 18°C (64.4°F) and a maximum of 31°C (87.8°F)...

Let me know if you have any questions

Richard Garza

coachrichardusms@gmail.com

[Preview attachment 2017 World Masters Swimming Championships](#)



[2017 World Masters Swimming Championships](#)

Shared in Drive