

Schedule of Events

Aug. 8	Opening Ceremony
Aug. 9 - 12	Swimming Competition
Aug. 11 or 12	Social Event
Aug. 13	Open Water

Swimming Event Format

Day 1 Monday, August 9

800 Free
1500 Free

Day 2 Tuesday, August 10

400 IM
50 Fly
200 Free
100 Back
200 Breast
200 Mixed Medley Relay
200 Free Relay

Day 3 Wednesday, August 11

400 Free (Woman)
200 Back
50 Free
100 Breast
200 IM
100 Fly
200 Medley Relay

Day 4 Thursday, August 12

400 Free (Men)
200 Mixed Free Relay
50 Breast
200 Fly
100 Free
50 Back

Day 5, Friday, August 13

Open Water Swim

Hotels

The following hotels are being considered to host our guest during the 2010 USMS Long Course Nationals. The negotiated rates and group codes information will be posted in the USMS web site as soon as available.

- Double Tree Hilton in Condado
- Radisson Ambassador in Condado
- Quality Inn El Portal in Condado
- Courtyard Marriott in Isla Verde
- Howard Johnson in Isla Verde
- Embassy Suites in Isla Verde
- Holiday Inn in Isla Verde
- Sheraton in Old San Juan
- Caribe Hilton in San Juan



2010 USMS NATIONAL LONG COURSE CHAMPIONSHIP AUGUST 8 - 13

Hosted by Federación
Puertorriqueña de Natación and
Puerto Rico Masters Swimming
League at the San Juan Natatorium
located in Central Park, San Juan,
PR



2010 USMS NATIONAL LONG COURSE CHAMPIONSHIP

Puerto Rico, the lovely Island of Enchantment, is honored to receive you in the capital city of San Juan from August 8 to August 13 to participate in the 2010 USMS National Long Course Championship.

A fantastic 5 day swimming event will be held in one of the top ever built swimming venues, the Natatorium of San Juan. The swimming competition will be followed by a open water swim in the Atlantic Ocean bordering the north side of the Island. The 2010 USMS Long Course Nationals promises to be the best ever.

San Juan's Natatorium is located at San Juan's Central Park. This extraordinary venue was opened in December 2006. The venue design follows the 1996 Atlanta's Olympic pools. This venue is a indoor facility with open walls, taking advantage of the tropical fresh air. It hosted the 2nd Pan Am Masters Swimming Championship and other local and international age-groups swimming, water polo and diving events.

Tourist attractions like the city of Old San Juan, El Morro Fortress, The Bacardi Rum Distillery, Plaza Las Americas Shopping Mall, El Junque Rainforest, The Museum of Art, Beaches and many more tourist attractions are available within travel distance of less than 30 minutes.

Entries for the 2010 USMS Long Course Nationals will be available through USMS Swimmer Magazine and USMS.org at the beginning of 2010. Hotel information and reservations will be available starting on February 2010.

ABOUT PUERTO RICO

Feel at home

Both Spanish and English are the official languages, the local currency is the U.S. dollar, and no visas or passports are required for American citizens traveling from the United States. Mail is sent through the US Postal Service at the same rates as on the mainland.

Geography

Puerto Rico is 100 miles long by 35 miles wide and as a result of its geographical position in the center of the arc of the Antilles, Puerto Rico is essentially a crossroad of Hispanic and Anglo cultures. Despite it's very diverse influx of cultures, Puerto Rico has been a part of the United States since 1898 and Puerto Ricans have been US citizens since 1917.

History

Since the first humans came ashore thousands of year ago, the island that is now known as Puerto Rico has sheltered Indians, Spaniards, Africans and Anglos. The Spaniards had the earliest and greatest influence to the Island at their arrival in 1493. During their 400 years tenure the Spaniards laid the bedrock of the language and culture. They build cities and towns, fortresses and churches, lighthouses and roadways. They brought slaves from Africa to work in the fields, who, in turn, contributed the spice of their culture, enriching the language, music and diets.

Entertainment

The Caribbean has a well-deserved reputation as a quiet, laid-back place, where hammocks are more common than discos. But Puerto Ricans, however, truly know how to party, and the nightlife in the island's bigger cities and resort hotels rivals that of the world's most cosmopolitan cities.

A wide variety of restaurants of all specialties and flavors awaits you. A great variety of stores, casinos, spectacular gulf courses and plenty of nightclubs and pubs make Puerto Rico the perfect place for you to be on vacations.

Culture

Close to 4 million people live on the "Island of Enchantment", with more than a million in the greater San Juan metropolitan area alone. It is a vibrant, modern, bilingual, multicultural society, one that has been molded by Spaniards, African, Indian and U.S. influences. Residents of Puerto Rico have much in common with their fellow Americans in the continental United States, yet they retain a decidedly Hispanic heritage.

Climate

The climate is as close to perfect as it can get, averaging 83°F (22.7° C) in the winter and 85°F (29.4° C) in the summer. In other words, it's always summer! The trade winds cool the coastal towns and the temperature decreases as you go up into the higher mountains. Puerto Rico is in the Atlantic Zone, but does not observe Daylight Savings Time. The Island uses standard US electric current.

Shopping

There are no customs duties on articles bought in Puerto Rico and taken to the US mainland. Major credit cards are accepted at most businesses, and ATMs connected to major US and international networks are easy to find. Business hours are similar to those on the mainland. Most stores are open Saturdays, and all of the larger towns have shopping malls that are open evenings and Sundays.