



Spring 2009

## Greetings From the National Office...

This will be the last greetings from "this" National Office! USMS will be making the move to our "new digs" in Sarasota to a real National Office sometime this summer. Very exciting times!

I ask you all to please join me in welcoming Nick Florio to the staff of USMS. Nick is our new Controller, taking over the responsibilities from Margaret Bayless who has done a fantastic job since 2005. Margaret has a new position, working in the finance department of the Rock and Roll Hall of Fame in Cleveland (she loves her new job). Nick will be working out of the National Office in Sarasota and he and Margaret are currently in the process of transitioning.

Has your LMSC submitted their 2008 Annual Meeting Minutes and Financial Statement to the National Office? They were due on April 30th.

502.7 Records and Record Keeping – Each LMSC shall comply with the financial record-keeping and reporting requirements of USMS. The LMSC shall forward to the USMS National Office the minutes of the annual meeting and annual financial reports within four months of the end of the LMSC's fiscal year. If you haven't, you will be receiving an e-mail reminder in the near future from me!

This year's convention will be held at the Hyatt Regency O'Hare in Chicago, Illinois, September 16-20th. Convention and hotel registration information and schedule have been sent out to all 2008 delegates, committee members and LMSC chairs. More information can be found later in this newsletter.

I hope to see many of you in Fresno at Short Course Nationals. I'm looking forward to swimming fast (well as fast as I can) in my new blueseventy!

I hope all is well with you and your LMSC and happy swimming.

*Tracy*



## Calendar/Things to do

Listed are all deadlines from the USMS Working Calendar. Please read this and use as a reminder. This 2009 Working Calendar is posted in its entirety on the USMS website at: [www.usms.org/admin/lmschb/workingcalendar.pdf](http://www.usms.org/admin/lmschb/workingcalendar.pdf)

### MAY 2009

- 1 Delegates from 2008 and LMSC chairs receive convention registration packet for 2009 convention via email from the National Office
- Cost-center heads receive budget forms (for 2010 budget) from Controller/s Margaret Bayless and Nick Florio (Controller at usms dot org)
- 1-15 Election Committee reviews applications, slates Officer candidates, notifies candidates and publishes candidate information
- 7-10 USMS SC National Championships, Clovis, CA
- Ransom Arthur award winner announced at SC Nationals
- 15 Controller's filing deadline with IRS for Form 990
- Convention Coordinator (Victor Buehler—Convention at usms dot org) sends out final notice to committee chairs regarding equipment requirements for convention
- First quarter financial reports prepared
- USMS Secretary (Meg Smath—Secretary at usms dot org) sends reminders to LMSCs for names of delegates to 2009 convention, Chicago, IL.
- Deadline for swimmers to be registered in order to receive July/August issue of USMS Swimmer
- 15-31 Election Committee accepts nominations for any positions without candidates
- 20 National Office sends reminder to LMSCs of July 10th deadline for submission of proposed code amendments
- Deadline for Newsletter Inserts to DMC for the Jul/Aug issue of Swimmer Magazine
- 31 Continuous publication of candidate information to the HOD through email newsletters and website positions through September
- National registration transmittal sent to National Office electronically from online registration site
- All registrations received as of today's date will be included in the mailing of the Jul/Aug issue of SWIMMER
- End of SCY Season

### Other deadlines this month

- Pre-meet site visit by Championship Committee liaison to LC Nationals host (Indianapolis)

### Budget Templates

2010 budget templates have been distributed to all cost center heads, and are due back to Nick Florio, USMS Controller by June 1 – [nclorio at usms dot org](mailto:nclorio@usms.org)

**JUNE 2009**

- 1 Budgets due to Controller from all cost center heads (Nick Florio – controller at usms dot org)
  - Open Water/Long Distance National Championship packets distributed to hosts of 2010 events.
  - Deadline for submission of an “in cycle” grant application from the USMS Endowment Fund
- 15 Coach of the Year nomination packets due to Kris Houchens (krishouchens at hotmail dot com)
  - Kerry O’Brien Award nominations are due to Mo Chambers (moswimn at yahoo dot com)
  - Committee chairs, appointments send their budget and annual report to their vice president. Those who will be having a meeting at convention also send their agendas.
  - Cut-off date for LMSC registration/delegate entitlements to the 2009 convention (National Office notifies Secretary of LMSC membership numbers as of June 15th. Secretary notifies LMSCs of any additional delegate entitlements). Final reminder.
  - Editorial copy/information due to USMS Editor for September/October issue of USMS Swimmer (Bill Volckening—Editor at usms dot org)
- 20 Approximate mailing date for July/August issue of USMS Swimmer
- 25 Postmark Deadline for LC Nationals, Indianapolis
- 29 Article ideas for November/December issue of USMS Swimmer due to USMS Editor (Bill Volckening—Editor at usms dot org)
- 30 National registration transmittal sent to National Office electronically from online registration site
  - LMSC SCY Top 10 reports due to National Swims Administrator (Mary Beth Windrath—topten at usms dot org)
  - Last call for requests for Delegate-at-Large appointments due in writing to President (Rob Copeland—President at usms dot org) and Secretary (Meg Smath—Secretary at usms dot org)
  - Last chance equipment requests from committee chairs and workshop planners due to Convention Coordinator (Victor Buehler—Convention at usms dot org)

**JULY 2009**

- 1 USMS Dorothy Donnelly Service Award nominations due to Recognition and Awards Chair (Sally Dillon—Awards at usms dot org)
  - USMS Club of the Year Award nominations due to Recognition and Awards Chair (Sally Dillon—Awards at usms dot org)
  - USMS Coach of the Year application due to Coaches Committee Chair (Chris Colburn—Coaches at usms dot org)
- 2 Received entry deadline for LC Nationals - Indianapolis

- 5 On-Deck Coaching Coordinator (Chris Colburn – coaches at usms dot org) solicits coaches to help at Long Course Nationals
- 10 Proposed Rules, Open Water/Long Distance, Zone and Legislation amendments due to respective committee chairs (Rules: Kathy Casey—Rules at usms dot org, Open Water/Long Distance: Marcia Cleveland—LongDistance at usms dot org, Legislation: Sean Fitzgerald—Legislation at usms dot org, Zone: Julie Heather—vplocaloperations at usms dot org)
- 15 Vice presidents send their committees’ annual reports and agendas to the National Office for publication in the convention packet
  - Final cut-off date for requesting Delegate-at-Large spot for convention
  - Coach of the Year selected
  - On Deck department calendar entries due to USMS Calendar of Events Editor for September/October issue of USMS Swimmer (Lynn Hazlewood—lynhzlwd at usms dot org)
  - Deadline for swimmers to be registered in order to receive September/October issue of USMS Swimmer
  - Deadline to submit copy to DMC for a newsletter to be inserted in USMS Swimmer for the September/October issue
  - Preliminary SCY Top 10 mailed to LMSC Top Ten Chairs and Records and Tabulation Committee members for proofreading
- 20 President (Rob Copeland—President at usms dot org) appoints Delegates-at-Large for 2009 convention
  - Deadline for Newsletter Inserts to DMC for the Sep/Oct issue of Swimmer Magazine
- 25 Deadline for submission of information to be included in the summer issue of Streamlines ... from the National Office
- 30 Summer issue of Streamlines ... from the National Office sent via email or snail mail
- 24 Corrections for SCY Top 10 due to National Swims Administrator (Mary Beth Windrath—topten at usms dot org)
- 31 National registration transmittal sent to National Office electronically from online registration site
  - All registrations received as of today’s date will be included in the mailing of the Sep/Oct issue of Swimmer Magazine
  - Nadine Day or designee sends convention swim workout transportation (bus) and pool contracts with reimbursement forms to Convention Coordinator (Victor Buehler—Convention at usms dot org)
  - Deadline for National Office Administrator (Tracy Grilli—USMS at usms dot org) to send Convention Coordinator (Victor Buehler—Convention at usms dot org) map and USMS convention delegates hosting his overnight stays on way to and from 2009 convention in Chicago, IL

**AUGUST 2009**

- 1 Deadline for USAS early convention registration and inclusion in USAS Directory
- Bids for fitness events due to Fitness Committee Chair (Marcia Anziano—Fitness at usms dot org)
- All proposed rule/code changes from Rules, Open Water/Long Distance, Zone and Legislation due to National Office from appropriate committee chairs
- Final SCY Top 10 list sent to the USMS formatter for printing
- Second quarter financial reports prepared
- Election Committee submits election information to National Office for inclusion in the HOD packet
- Bids for 2011 Long Course, Short Course and Open Water/Long Distance National Championships due to committee chairs (Championship: Mark Moore—Championship at usms dot org, Open Water/Long Distance: Marcia Cleveland—LongDistance at usms dot org)
- 6–10 LC Nationals - Indianapolis
- 8 Deadline to submit copy to DMC for a newsletter to be inserted in USMS Swimmer for the September/October issue
- 10 Editorial copy/information due to USMS Editor for November/December issue of USMS Swimmer (Bill Volckening—Editor at usms dot org)
- On Deck department calendar entries due to USMS Calendar of Events Editor for November/December issue of USMS Swimmer (Lynn Hazlewood—lynhzlwd at usms dot org)
- 15 Executive Director (Rob Butcher—ExecutiveDirector at usms dot org) distributes preliminary budget for the coming year, forecast for current year and copies of budget forms to Finance Committee members and National Office
- On-Deck Coaching Coordinator (Chris Colburn – coaches at usms dot org) solicits coaches to help with workouts at USMS Convention
- 31 Approximate mailing date for September/October issue of USMS Swimmer
- Final call for Mentor Coach and Swimmer Clinics for budget year 2009 (Chris Colburn – coaches at usms dot org)
- National registration transmittal sent to National Office electronically from online registration site

*Other deadlines this month*

- USAS sends convention registration list to National Office (Tracy Grilli—USMS at usms dot org). Secretary (Meg Smath—Secretary at usms dot org) notifies LMSCs who have not sent delegate certifications.
- Convention packets e-mailed to all certified delegates
- New delegate information e-mailed to all new delegates
- Nadine Day or her IL LMSC convention host volunteer organizer/designee sends list of volunteer names and hospitality room schedule to Convention Coordinator (Victor Buehler—Convention at usms dot org)

## New LMSC Officers and Contact Updates

**Adirondack**

Top Ten – Mary Field – mefield at Verizon dot net

**Alaska**

Chairman – Ron Larson – rlars at gci dot net  
Secretary and Vice Chair – Joann Wainwright – joswims at alaska dot net

**Allegheny Mountain**

Top Ten – Joe Skoski – joeskoski at gmail dot com

**Arizona**

Registrar – Rayann Reynolds – napababe1 at yahoo dot com

**Connecticut**

Top Ten – Nicole Pendleton – nicole at thependletons dot net

**Delaware Valley**

Top Ten – Thomas Patterson – thomaspat1 at yahoo dot com

**Florida**

Chairman – Meegan Wilson – meeganwilson at bellsouth dot net  
Treasurer – Jim Stine – stinecpa at tampabay dot rr dot com

**Hawaii**

Chairman- Malcolm Cooper – malcolmwhy at yahoo dot com

**Inland Northwest**

Chairman – Paige Buehler – swim at galacticnorth dot net  
Registrar – Mark Taylor – mabelleray at yahoo dot com  
Secretary – Kristen Heath – Kristen dot heath at gmail dot com  
Treasurer – Alan Kirpes – alan dot kirpes at farm-credit dot com  
Vice Chair – Matthew Bronson – suzymatt at aol dot com

**Kentucky**

Top Ten – Bill Tingley – btingley at insightbb dot com

**Lake Erie**

Top Ten – Melinda Smith – msmith4905 at who dot rr SOT com

**Maryland**

Top Ten – Steve Hicks – mdtopten at gmail dot com

**Michigan**

Treasurer – Fred Nelis – swimmasters at hotmail dot com

**Ohio**

Officials – Jason Hill – jmhill at wohill dot com  
Safety – Scott Boyer – ohiosafety at usms dot org  
Top Ten – Ginny Miller – ginny dot miller at gmail dot com  
Vice Chairman – CJ Rushman – ohiovicechair at usms dot org

**Ozark**

Chairman – Mary Pohlmann – marypohlmann1 at Verizon dot net  
Officials – Clay Kolar – bjkcak at hotmail dot com  
Sanctions – Stephanie Hiebert – ravenlou at charter dot net  
Vice Chairman – Catherine Kohn – ckkohn at ckkpc dot com

#### **Pacific**

Coaches – Chris Campbell – coachchris at mvm dot org  
Fitness – Leianne Crittenden – leianne dot Crittenden at oracle dot com  
Long Distance – Glenda Carroll – ggcarroll at sbcglobal dot net

#### **Snake River**

Chairman – Paula Moores – pj at interplususa dot net

#### **Southeastern**

Registrar – Greg Weber – gregjweber at aol dot com  
Top Ten – Sue Cotrill – sueswims at knology dot net

#### **Southern Pacific**

Treasurer – Laurie Dodd – lzdodd at sbcglobal dot net

#### **Virginia**

Chairman – Chris Stevenson – cstevens at richmond dot edu  
Secretary – Dave Holland – henrydaff at aol dot com  
Vice Chairman – Alison Moore – swimbot at comcast dot net

#### **Contact Updates**

Marcia Benjamin – Pacific – correct e-mail is – msbenjamin at earthink dot net  
Norman Bower – Iowa – Cell 563-349-0469  
Chuck Burr – North Texas – Home 817-731-3208, Work 817-560-7665, Cell 817-903-1978, Fax 817-560-7666  
Nan DeStafney – Southeastern – New e-mail is nandestafney at yahoo dot com  
Nick Florio – Florida – Correct e-mail is ncfiorio at usms dot org  
Jill Gellatly – Gulf – New e-mail address is jill dot gellatly at gmail dot com  
Catherine Kohn – Ozark – Correct address – 7700 Bonhomme, Suite 510, Clayton, Missouri 63105, 314-721-8888  
Arni Litt – Pacific Northwest – Fax number changed to - 206-325-6287  
Ray Novitske – Potomac Valley – Work 703-535-7899, Fax 703-535-8840  
Randy Nutt – Florida Gold Coast – delete 3052 fax number, old and no longer in use  
Steve Peterson – Pacific Northwest – Zip code changed to – 98370-7014, Work phone – 360-396-1451  
Ed Saltzman – Georgia – Correct e-mail is es7204 at att dot com  
Jeanne Seidler – Wisconsin – Correct address is N128 W16779 Holy Hill Rd, Germantown WI 53022-1533  
Tony Trussell – South Dakota – New Address – 618 E 13th St Apt 104, Sioux Falls, SD 27104  
Ed Tsuzuki – New Jersey – Correct USMS alias is – recordsandtabulation at usms dot org  
Stacey Van Horn – Gulf – New Address – 25519 Overbrook Terrace Ln, Katy, TX 77494, Phone 713-751-9645  
Mary Beth Windrath – Minnesota – Correct USMS alias is – TopTen at usms dot org  
Robert Zeitner – Illinois – New Fax 773-583-3047

## **Announcements**

### **USMS AWARDS**

Details for all awards, including nomination information and forms, is located at [www.usms.org/admin/awards/](http://www.usms.org/admin/awards/)

#### *USMS Coach of the Year Award*

Nominations due by June 15  
Submit to Kris Houchens krishouchens at hotmail dot com

#### *Dorothy Donnelly USMS Service Award*

Nominations due by July 1, Submit to awards at usms dot org

#### *Kerry O'Brien Coaches Award*

Nominations due by June 15, Submit to coaches at usms dot org

#### *USMS Club of the Year Award*

Nominations due by July 1, Submit to awards at usms dot org

#### *June Krauser Communications Award*

Nominations due by July 1  
Submit to communications at usms dot org

#### *USMS Fitness Award*

Nominations due by July 1, Submit to fitness at usms dot org

#### *USMS National Championship Meets Award*

Nominations due by July 1  
Submit to george dot simon at mindspring dot com

#### *Ransom J. Arthur Award*

Nominations due by March 15, Submit to awards at usms dot org

### **Online Entries for 5K and 10K Postal Championships are coming**

The Open Water and Long Distance Committee have announced the addition of online entries to the Postal Championships. Beginning with the 5K and 10K Postal National Championships, which will be hosted by the Minuteman Masters Swim Club May 15, 2009 - September 15, 2009, participants will be able to process their entries online. For details visit [www.usms.org/longdist/ldnats09/](http://www.usms.org/longdist/ldnats09/)

### **World Aquatic Health Conference**

The National Swimming Pool Foundation is promoting the World Aquatic Health Conference to be held October 28-30, 2009 adjacent to and in partnership with the bi-annual National Environmental Public Health Conference. Bringing these conferences together creates extraordinary networking and learning opportunities for recreational water leaders to learn more about emerging issues and to interact with public health, healthcare, advocacy, and academic professionals. For more information visit [www.nspf.org/WAHC\\_2009.html](http://www.nspf.org/WAHC_2009.html)

## Rules Corner

by Kathy Casey, USMS Rules Chair

### Questions & Clarifications

#### *Timing level for split times for USMS Top 10 and Records:*

**Question:** One of my swimmers swam a split time that would have made USMS Top 10. There were three watch times on the swimmer but no automatic timing because she didn't touch the timing pad hard enough. Is that time eligible for Top Ten? Reading 103.13.3, it looks like that time should be eligible for a World record, but not for a USMS record. Is that correct?

**Answer:** Yes, that is correct. USMS accepts only fully automatic timing for initial splits and relay leadoff splits. The split time recorded by 3 watches would be eligible for World record consideration but not for USMS record or Top 10 consideration. (103.13.3, 105.2.2A, and 105.3.6)

#### *Time Trials/Record Attempts:*

**Question:** While a meet is in progress, can an event be added to allow a few swimmers an attempt to break a USMS record?

**Answer:** No. An event may not be added to a meet that is already in progress. The announced arrangement of heats cannot be added to or altered, except by the authority of the referee only for consolidating heats (102.13.1). If the primary timing system is fully automatic, record attempts can also be made during initial distances of longer events and during the leadoff legs of relay events (105.3.6) as can official times for USMS Top 10 (105.2.2) and official times for all USMS purposes (103.13.1, .2, and .3).

#### *Breaststroke interpretation of initiation of arm pull:*

**Question:** After my breaststroke turn, can I dolphin kick off the wall before I start the first arm pull?

**Answer:** No. A single butterfly (dolphin) kick is permitted during or at the completion of the first arm pull, not before the first arm pull (101.2.3). The initiation (beginning) of the first arm pull is defined as any lateral or downward movement of the hands or arms.

#### *Events labeled "Choice" or "Open":*

**Question:** Since we have limited pool time for our next meet, can we limit each swimmer to one 200 event by offering an event called "200 Open" or "200 Choice" and let the swimmers choose the stroke they want to swim?

**Answer:** You can limit each swimmer to one 200 event, but you cannot call the event "200 Open" or "200 Choice". Only recognized distances and strokes as listed in article 102.5 are considered for USMS Top 10 and records; in this case, 200 free, back, breast, fly, or individual medley, not "open" or "choice." An official time can only be achieved in that event or stroke entered, and freestyle events only count for freestyle regardless of which stroke is used (103.13.2), so don't call it "200 free" either. 102.10.1B allows combining events of the same distance 200 yards or longer. So consecutively list the



events to be combined in your meet information and on the entry form (sample below), instruct each swimmer to enter only one of those events, and have enough officials to cover the different events that might be combined in a heat. In the meet information you might say something about how you will seed the stroke choices, so it's easier for officials to judge. A sample for an entry form follows:  
Event #4-8 200 meters (choose only one)

- free
- back
- breast
- fly
- IM

#### *Automatic splits at USMS nationals:*

**Question:** I don't have to fill out split request forms at nationals any more, do I?

**Answer:** Yes, you do, for all individual backstroke events. You will have to fill out split requests for all events if a nationals host is not offering automatic splits. There are 4 required criteria for automatic splits to be offered at a USMS nationals:

1. the technology and operator are available to process splits automatically so that the Top 10 person or meet personnel do not have to process all splits by hand,
2. the meet host agrees to offer automatic splits,
3. the officials agree to watch all relays for a second swimmer starting in the water
4. a single written request for all splits for all swimmers, except individual backstroke and DQs, is submitted (usually by a USMS Rules Committee member).

To date, automatic splits have been processed at only 3 USMS nationals; Federal Way (May 2007), Austin (May 2008), and Mt. Hood (August 2008). Automatic splits are being offered at short course yard nationals at Clovis, California. Backstrokers who want official split times from their individual backstroke events are still required to submit written requests PRIOR to their races so officials can verify legal backstroke finishes at the requested initial distances.

#### *One-suit interpretation:*

**Question:** Can I wear leggings or a men's ankle-length or knee-length jammer underneath my standard, hip-length women's racing suit?

**Answer:** No. A swimmer may wear only one suit during each race. The only exception is a brief or bikini bottom or bikini top or sports bra worn under a suit exclusively for modesty or privacy. The meet referee determines whether the brief or top worn under a suit is allowable for modesty/privacy.

For any questions about rules contact Kathy Casey, USMS Rules Chair, [rules@usms.org](mailto:rules@usms.org).

## United States Aquatic Sports Convention

Hyatt Regency O'hare, Chicago, Illinois • September 16-20, 2009

Registration forms, travel, shuttle, and tourist information visit  
[www.usaquaticsports.org](http://www.usaquaticsports.org)  
[www.usms.org/admin/conv09/](http://www.usms.org/admin/conv09/)

### Delegate Registration

- Registration and hotel registration forms and schedule have been sent (via e-mail) to 2008 delegates, committee members and LMSC Chairs.
- All persons attending or presenting at any meeting at the convention MUST be registered as a delegate. Please use the Delegate Registration Form to register as a delegate.

### LMSC Chairs

- Please submit the names and contact information for your delegates ASAP to Meg Smath at secretary at usms dot org
- Please send Delegate at Large Requests to President Rob Copeland at president at usms dot org. Due by July 15th

## Attention Meet Directors and Top Ten Recorders

- **Storage Requirements for Meet Documents:**  
Results, tapes, timing printouts, time cards, heat sheets, timers' heat sheets or swimmer lists, electronic meet files, and other information used to compile results and records shall be kept for a minimum of two years after the conclusion of the meet."  
*—from the USMS Rule Book Appendix B: Information for Meet Directors and Officials*
- **Choice Events**  
Swims that were entered in events labeled as "Choice" events must be removed from the tabulation."  
*—from the Records and Tabulation section of the LMSC Guide to Operations*
- **Participating in USA Meets**  
If a USMS registered swimmer swims in a USA meet, that USMS rules regarding pool length certification still apply. Swimmers should check with the on-line "Listing of Measured Pools" at [www.njmasters.org/RecordsandTabDB/poollengthdb.xls](http://www.njmasters.org/RecordsandTabDB/poollengthdb.xls) to see if the pool has been measured and meets the length standard. Do not expect the meet host to know if the pool has been measured or to have the ability to perform the measurement. The swimmer is responsible for seeing all measurements are done, including bulkhead measurements, and that forms are properly filled out and submitted.

### Committee Chairs

- Please contact your committee members and report to Meg Smath at secretary at usms dot org if there are any members from your committee who will not be attending convention.

### Registration Fee:

Postmarked by August 24, 2009 (early bird).....\$150.00  
Postmarked on August 25 or later.....\$175.00

### Hotel Reservations

Reservations for the convention can be made by going to the Hyatt Regency O'Hare link: <http://ohare.hyatt.com/groupbooking/chiroaqua2009> or by calling the world wide reservation number: 1-800-233-1234, or by mailing the hotel reservation form. Reservation cut off date is Sunday August 30, 2009.

### Certification Table

The Certification Table will be open on Wednesday from 9am to 5pm and Thursday from 7:30 am to 8am. Those arriving after the posted hours will need to find Debbie Cavanaugh!

### Food

In the hotel there is the O'H American Grill (One of Rosemont's newest and most intriguing of restaurants), The Red Bar (innovative food and creative cocktail concoctions) and Perks (serving Starbucks coffee and a variety of fresh baked goods, fruit, sandwiches and snacks). There is a cafeteria across the street and a number of restaurants in the area but "rumor" has it they are not really in walking distance.

### Convention Shipping

If you have items that need to be shipped to convention, please mail to the Illinois Swimming Office (3 blocks from hotel)

Pam Lowenthal, IL Swimming Administrator  
3166 S. River Rd Suite 30  
Des Plaines, IL 60018

Please contact Pam to let her know what has been shipped and when it will arrive. Please have all packages arrive no later than Tuesday September 15. Email: [ilswimoffice@sbcglobal.net](mailto:ilswimoffice@sbcglobal.net), phone: 847-824-1596, fax: 847-824-1726

### Other Options

Hyatt (additional charges for shipping and receiving)

Hours - Mon-Fri - 6 am-6 pm, Sat-Sun 9 am-5 pm

The sender is responsible for insurance of items

Rates - Letters \$4.00 per piece, Box 0-49 lbs \$2.00 per box,

50-99 lbs (\$.10 per pound), 100 + (\$.20 per pound),

Skids without weight \$200.00, Skids with weight \$.40 per pound

FedEx Kinko's (onsite)

Hours - Mon-Fri 7 am-7 pm, Sat 10 am-6pm

Pick up times - FED Ex M-F 7 pm, Sat 4 pm, FED Ground

M-F only 6 pm