

SUNFISH MASTERS “CRAWL BRAWL”
&
“THE PLUNGE”

Saturday, November 28, 2009
Warm-Ups: 10:00 AM - Meet Starts: 11:00 AM
USMS Sanction:

LOCATION: George Mason University -- Prince William Campus; 10900 University Boulevard; Manassas, Virginia 20110-2203; (703) 993-8444

FACILITY: The Freedom Center facility is one of the finest facilities in the area. The pool will be set in a 25 Yard 8 lane configuration with non-turbulent lane markers. Automatic scoreboard will be set up. A separate area will be available for continuous warm-up/cool-down throughout the meet. The pool has been measured and certified for USMS records and Top Ten.

ENTRIES: Must be postmarked by Tuesday November 17. Competitors may enter up to 5 individual events. The meet is open to all Masters Swimmers holding a valid 2009 USMS registration card. A copy of this card must accompany your entry! Age is determined by the swimmers age on November 28, 2009. 2009 USMS rules and regulations apply. The 500 and 1,000 distances will be limited to 48 swimmers each with priority given to those competing in the Distance Division Championship.

WARMUPS: Warm-Up safety rules will be strictly enforced. No diving is permitted in the general warm-up lanes. Swimmers must enter feet first in a cautious manner. Diving or backstroke starts will be permitted only in designated sprint lanes only, which are reserved for one-way swimming. Instructions from the designated safety marshal must be obeyed at all times. The use of equipment during warm-up is not permitted.

SEEDING: Events will be seeded slowest to fastest, men and women separate.

HOSPITALITY: Bagels, fruit and drinks will be available free for all competitors during the meet.

AWARDS: Ribbons will be awarded 1-6 for each age group, men and women. Plaques will be awarded for the sprint (25,50,100) and distance (200, 500, and 1,000) divisions for men and women 49 and below and 50 and above. Places will be determined by the fastest combined total for the sprints and distances.

HOTELS: Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797; Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966; Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100; The Courtyard, Manassas, VA (At I-66 exit # 47) 10701 Battleview Pkwy (703) 335-1300; Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966; Springhill Suites by Marriott, Centreville, VA (703) 815-7800.

QUESTIONS: Meet Director: Ginger Cyganiewicz (571) 643-6619 or e-mail sunfishmasters@gmail.com

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&

"The Plunge"

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USMS Sanction:

You MUST **ENCLOSE** a copy of your 2009 or 2010 USMS Card. Please complete the right side of the form below in case there is a problem with your entry.

Place Copy of USMS Card Here (Trimmed and Taped)			Please supply the following information also:
USMS #	Team		Daytime Phone #
Name(As it appears on USMS Card):			Evening Phone #
Birth Date:	Age	Sex	E-mail:

RELEASE OF LIABILITY BY PARTICIPANT:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 203.1)

SIGNATURE: _____

DATE: _____

CIRCLE EVENT NUMBERS YOU WISH TO SWIM AND INDICATE SEED TIMES IN YARDS:

Event #	Seed Time <u>WOMEN</u>	Event Name	Seed Time <u>MEN</u>	Event #
1	_____	500 FREE	_____	2
3	_____	50 FREE	_____	4
5	_____	200 FREE	_____	6
7	_____	50 FLY	_____	8
9	_____	*25 FREE	_____	10
11	_____	1,000 FREE	_____	14
13	_____	50 BREAST	_____	16
15	_____	100 FREE	_____	18
17	_____	50 BACK	_____	20

*** 25 Free is NOT USMS sanctioned, thus the times are considered unofficial but will be counted in the sprint division championship.**

"The PLUNGE "

The Plunge is NOT USMS sanctioned, thus it is an unofficial race. Each participating swimmer will be given one opportunity to "Plunge" from the block and go as far as possible without kicking or taking a breath. The person going further than others will be declared the champion.

MAIL TO: Ginger Cyganiewicz

FEE: \$25.00 **DECK ENTRIES:** \$25.00

CHECK PAYABLE TO: SUNFISH MASTERS, 1104 SPAIN DRIVE, STAFFORD, VA 22554

ENTRIES POSTMARKED: Tuesday, NOVEMBER 17, 2009