

**VIRGINIA MASTERS SWIM TEAM**  
**1st ANNUAL GATOR SWIM MEET**  
**SATURDAY, MAY 16, 2009**



**Location:** Gator Aquatic Center, 1130 Overland Rd. Roanoke, VA 24015

**Facility:** Eight lane, 25 yard pool, with new, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. **Pool has been measured and certified for USMS records and Top Ten.**

**Important Notes:** Lockers available; bring locks. No glass containers in the pool area.

**Directions:** From I-81 N. or S, take the 581 Roanoke turnoff.(Exit 143). Stay on 581/220 South to Colonial Rd. turnoff (about 6 miles, you will go past downtown Roanoke). Take Colonial, turn left at light, onto Colonial. At second stoplight, turn right onto Overland. Your first left will be the entrance to Fishburn Elementary School and James Madison Middle School. The Gator Pool is in the back, between these two Schools. From 220 South, go North to Colonial turn-off. Go left at light onto Colonial, then right on Overland and follow above directions.

**Meet Director:** Greg Lake; Masters liaisons, Marcia Barry, Dan Summerlin

**Sanctioned by:** LMSC for VIRGINIA for USMS, INC. Sanction # **129-005**

**Eligibility:** The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **Your age is your age on May 16, 2009. All swimmers must be registered with USMS.** If you are currently registered, include a copy of your registration card with your entry. **If you are not currently registered, you may include your registration form and a separate check (to LMSC for VA) with your entry, register online at [www.usms.org](http://www.usms.org) or be prepared to register with LMSC for Virginia on the day of the meet.** USMS registration (through LMSC for VA) is \$33. A “one event” registration will also be available with this entry Forms are available at [www.vaswim.org](http://www.vaswim.org) and will also be available at the pool for new swimmers. **ORDER OF EVENTS. Pool opens at 9:00 am. Warm-up starts at 9:15 am. First heat begins at 10:00 am.**

**Men and Women will swim together. Back-to-back events are not a good idea.**

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| (1) 1000 Freestyle                 | (11) 50 Butterfly                 |
| (2) 200 Medley Relays (W/M/Mixed)* | (12) 200 Breaststroke             |
| <b>10 MIN. BREAK</b>               | <b>10 MIN. BREAK</b>              |
| (3) 50 Breaststroke                | (13) 50 backstroke                |
| (4) 200 Individual Medley          | (14) 100 Individual Medley        |
| (5) 200 Backstroke                 | (15) 200 Butterfly                |
| (6) 50 Freestyle                   | (16) 100 Freestyle                |
| (7) 100 Butterfly                  | (17) 100 Backstroke               |
| (8) 100 Breaststroke               | <b>10 MIN. BREAK</b>              |
| (9) 400 Individual Medley          | (18) 200 Free Relays (W/M/Mixed)* |
| (10) 200 Freestyle                 |                                   |

**\* Relays\***

**There will be one heat of each relay. Women, Men, and Mixed Relays will be in the same heat. No charge for relays.**

**Entries: \$40.00 FLAT FEE No awards. Fee will include meet T-shirt.. Late entries and deck entries will be accepted to fill heats at \$40 with NO T-shirt.** Swimmers may enter a total of 5 individual events and 2 relays.

**Entry Deadline:** In order to be seeded, pre-entries must be received by **Saturday, May 9, 2009.**

**Rules:** Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded according to times; heats will run slowest to fastest; men and women will swim together. **Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving during warm-up except in designated lanes.**

**.After the Meet: Downtown Roanoke offers many unique restaurants and an outdoor market featuring fresh produce from the area, music, and crafts.**

**Hotel Information:** Check hotel rates online. Most of the hotels have very good rates in May. Hotel Roanoke is very elegant, right downtown and offers specials.

**Relays!** In an effort to provide an opportunity for swimmers to compete in relays, we have scheduled relays – events 2 and 18. There will be only one heat of each event. You must choose whether you are going to do a Women’s, Men’s, or Mixed Relay – they will be swum at the same time. Relay members must be registered to same USMS team.

**\*\*\*\*\* ENTRIES ARE DUE BY May 9, 2009!\*\*\*\*\***

Age (on May 9, 2009): \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but **be sure to sign the waiver**. If you are not registered with USMS, you may include your registration form and a separate check with your entry, or you may register at the meet. You must be registered to participate.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

USMS #: \_\_\_\_\_ Team: \_\_\_\_\_ Sex: \_\_\_\_\_

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of 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, ROANOKE VALLEY SWIMMING INC., THE VIRGINIA GATORS, 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.

*Swimmer's signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_

*Please enter seed times for yards. If you do not have any times, please estimate your time."No Times" (NT) not accepted*

*Relays may be entered on the day of the meet. Relay forms will be available at check-in.*

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	1000 Free	(11)	_____	50 Fly
(3)	_____	50 Breast	(12)	_____	200 Breast
(4)	_____	200 IM	(13)	_____	50 Back
(5)	_____	200 Back	(14)	_____	100 IM
(6)	_____	50 Free	(15)	_____	200 Fly
(7)	_____	100 Fly	(16)	_____	100 Free
(8)	_____	100 Breast	(17)	_____	100 Back
(9)	_____	400 IM			
(10)	_____	200 Free			

*Relays will be deck entered. There will be no entry fee for relays.*

Number of Events \_\_\_\_\_


*Results will be posted at  
www.vaswim.org.*

Total Amount Enclosed \$ \_\_\_\_\_


T-shirt Size (Adult S, M, Lg, XL) \_\_\_\_\_

*Make checks payable to: Virginia Gators. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: Marcia Barry, 5233 Falcon Ridge Rd., Roanoke, VA 24018. Phone for the Gator Center—540-982-7665. Marcia Barry, 540-467-1449; Dan Summerlin; 540-344-4052.No calls after 9:00 pm, please!*

# 2009 ONE EVENT REGISTRATION FORM

<p style="text-align: center;"><b>Make check payable to:</b> LMSC for Virginia</p> <p style="text-align: center;"><b>Mail Check to:</b> Lisa Bennett, 11812 Winfore Dr. Midlothian, VA 23113</p>	 <p style="font-weight: bold; font-size: 1.2em;">ONE EVENT MEMBERSHIP APPLICATION</p>	<p style="text-align: center;"><b>Register with the same name you will use for competition. Print clearly.</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; border-bottom: 1px solid black;">Last Name</td> <td style="width: 33%; border-bottom: 1px solid black;">First Name</td> <td style="width: 10%; border-bottom: 1px solid black;">Init</td> <td style="width: 24%; border-bottom: 1px solid black;">For Office Use</td> </tr> <tr> <td colspan="2" style="border-bottom: 1px solid black;">Street</td> <td style="border-bottom: 1px solid black;">Apt</td> <td></td> </tr> <tr> <td style="border-bottom: 1px solid black;">City</td> <td style="border-bottom: 1px solid black;">State</td> <td style="border-bottom: 1px solid black;">Zip</td> <td style="border-bottom: 1px solid black;">Phone No.</td> </tr> <tr> <td colspan="4" style="border-bottom: 1px solid black;">Email Address</td> </tr> <tr> <td style="border-bottom: 1px solid black;">Date of Birth Mo.    Day    Yr</td> <td style="border-bottom: 1px solid black;">Age</td> <td style="border-bottom: 1px solid black;">Sex</td> <td style="border-bottom: 1px solid black;">Today's Date Mo.    Day    Yr</td> </tr> </table> <p style="text-align: center; border-top: 1px solid black; border-bottom: 1px solid black; margin: 5px 0;"><b>OEVT – One Event Membership      Event Date:</b></p> <p>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.</p> <p>Signature _____</p>	Last Name	First Name	Init	For Office Use	Street		Apt		City	State	Zip	Phone No.	Email Address				Date of Birth Mo.    Day    Yr	Age	Sex	Today's Date Mo.    Day    Yr
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	<p><b>USMS Fee:    \$10.00</b></p> <p><b>LMSC Fee:    \$12.00</b></p> <p><b>TOTAL FEE:    \$22.00</b></p>																					

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