



## **VMST David Gregg III Memorial Meet**

**NOVA of Virginia - Aquatic Center**

**12207 Gayton Rd, Richmond, VA 23233**

**(804) 754-3401**

**February 14 and 15, 2009**

Sponsored By: Virginia Masters Swim Team

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction # 129-001

Meet Directors: Nancy Miller ([nancymillr@aol.com](mailto:nancymillr@aol.com)) and Diane Cayce

**Location:** NOVA of Virginia - Aquatic Center. Address is 12207 Gayton Road, Richmond, VA 23233; Telephone number (804) 754-3401. This is a 10-lane, 25-yard indoor pool with a fully electronic timing system.

**Eligibility:** The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

**Entries:** \$4.00 per individual event plus a \$7.00 surcharge to help defray the costs of data entry, automatic timing, and printing. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays.

**Entry deadline:** Entries must be received no later than February 6, 2009 or they will be considered deck entries.

**Rules:** Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

**Warm-up/Warm-down Procedures:** Swimmers must enter the pool feet first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Lanes 1 and 2 will be maintained as continuous warm-up/warm-down lanes during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THESE LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

**Awards:** Awards will be given for first, second, and third place in each individual event. No awards for relays.

**Results:** Results will be posted on our website at [www.vaswim.org](http://www.vaswim.org) and in our newsletter. If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

**Social:** Join us for our Masters potluck after the meet on Saturday, February 14<sup>th</sup>. \$8.00 per person covers food and drink. Please enclose payment with your entry and indicate the number of people who will be attending on your entry form.

**Nearby Lodging:** Holiday Inn Express, 9933 Mayland Drive, Richmond, VA 23233. Phone: (804) 934-9300

The Holiday Inn is at Gaskins Rd exit of I64.

There are 10 double rooms being held for the night of 02/14/09 at a rate of \$85.00 per night plus tax. Be sure to mention Virginia Masters Swim Team to get a room from this block. All unreserved rooms will be released after January 30, 2009.

**RELEASE**

The following release must be dated, signed, and in possession of the Meet Director before the swimmer may compete.

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.

**Fill in the following information:**

Date \_\_\_\_\_ **Signature** \_\_\_\_\_

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ USMS Reg No. \_\_\_\_\_

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

City: \_\_\_\_\_ State \_\_\_\_\_ Zipcode: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Age as of 2/15/09 \_\_\_\_\_ Birth date (Mo/Day/Yr) \_\_\_\_\_

LMSC: \_\_\_\_\_ Club: \_\_\_\_\_ Phone (Day): \_\_\_\_\_ (Night) \_\_\_\_\_

**Order and Select Events**

**SATURDAY February 14<sup>th</sup>**  
**Warmups: 1:30-2:30 PM ; Meet Starts: 2:30**

Women	Time	Event	Men	Time
1	_____	* 200 Choice	2	_____
3	_____	1000 Free	4	_____
5	_____	1650 Free	6	_____
7	_____	400 IM	8	_____
9	_____	500 Free	10	_____

**SUNDAY February 15<sup>th</sup>**  
**Warmups: 7:30-8:30 AM ; Meet Starts: 8:30 AM**

Women	Time	Event	Men	Time
11	_____	200 IM	12	_____
13	_____	200 Fly	14	_____
15	_____	200 Breast	16	_____
17	_____	200 Back	18	_____
19	_____	100 Free	20	_____
21	_____	Novice 50 Fly	22	_____
23	_____	50 Fly	24	_____
25	_____	100 BR	26	_____
27	_____	Novice 50 FR	28	_____
29	_____	50 FR	30	_____
31	_____	100 IM	32	_____
<b>BREAK</b>				
33	_____	200 FR	34	_____
35	_____	100 BK	36	_____
37	_____	Novice 50 BR	38	_____
39	_____	50 BR	40	_____
41	_____	100 FL	42	_____
43	_____	Novice 50 BK	44	_____
45	_____	50 BK	46	_____
<b>RELAYS RELAYS RELAYS RELAYS</b>				
47	_____	200 Medley Relay	48	_____
49	_____	200 FR Relay	50	_____
51	_____	200 Mixed Medley Relay	52	_____
53	_____	200 Mixed FR Relay	54	_____

**\* The 200 Choice event means you may swim any 200 event of your choosing (Except for the 200 FR). Please indicate your choice clearly on your entry form.**

**My 200 Choice is** \_\_\_\_\_

Total Events \_\_\_ x \$4.00 \_\_\_\_\_

Surcharge \$7.00

Social \$8.00/each person (Number attending social: \_\_\_\_\_)

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

**Make checks payable to: Virginia Masters Swim Team**

Questions? Contact Nancy Miller - (804) 741-7077 or [nancymillr@aol.com](mailto:nancymillr@aol.com) or James Wolfle (757) 393-1799 or [wolfle@aol.com](mailto:wolfle@aol.com)

**Mail to: James Wolfle**  
**401 Florida Avenue**  
**Portsmouth, Virginia 23707**

**A COPY OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED FOR YOUR ENTRY TO BE ACCEPTED**