



Rockbridge County Aquatic Masters Spring Meet

The Community Pool

194 Wallace Street Lexington VA, 24450

Sunday, March 28th, 2010

Sponsored By: Rockbridge County Aquatics

Sanctioned By: LMSC for Va. for USMS, Inc. - **Sanction # 120-006**

Meet Director: Craig Charley craig@rockbridgeswims.org

Location: The Community Pool. Address: 194 Wallace Street, Lexington, VA 24450. Telephone number: (540) 463-5441. This is a 6-lane, 25-yard indoor pool with a semi automatic electronic timing system including 6 lane scoreboard.

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 not be available at the meet. **Entries:** \$4.00 per individual event plus a \$6.00 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 at a cost of \$7.00 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 **March 22nd 2010**, 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. Instructions given by the designated Safety Marshall shall be obeyed at all times. Lane 6 will be maintained as continuous warm-up/warm-down lanes during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THIS LANE 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.rockbridgeswims.org. If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

Hospitality: We will offer a wide variety of refreshments for swimmers and officials throughout the meet.

Nearby Lodging: Holiday Inn Express (540) 463-7351, Comfort Inn-(540) 463-7311, Wingate Inn- (540) 464-8100

Directions: DIRECTIONS TO THE COMMUNITY POOL:

- Take 81 south to exit 191 (64 west) , • Take 1st exit 55 • At end of ramp, turn left on Route 11 south
- Stay on Route 11 for approximately 1 mile. • Cross bridge • Stay left on Route 11 bypass. **Do not take business route 11**
- Follow Route 11 bypass for approximately 2 miles to the 1st stop light • Turn Right on Main (route 11)
- Take 1st right turn on Waddell street at the Farmers' Coop • Go straight through Maury River Middle School Parking lot.
- Turn left into Pool parking lot

If anyone is taking route 60 west into Lexington, it will bring you all the way into town. Take a left off of route 60 onto Walker street (at the KFC). Take a right on Houston Street when Walker dead ends after a block or two. Take left on Taylor street. Take left on Wallace. Take left at the Maury River Middle School parking lot and come up hill and turn left again into the Pool parking lot.

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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 CAUSE 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.

Please fill in the following:

Date:		Signature:	
Name (First, MI, Last):			
Gender:		USMS Number:	
Address:			
City:		State:	Zip:
Email:		Age as of 3/28/10:	
Phone Number (day):		Cell Phone number:	

****Warm ups: 11:45am-12:45pm. Meet will start at 1:00pm. At 12:15pm- Lanes 2, & 5 will be used as one way sprints. Lanes 1, 3, 4 & 6 will remain as general warm-ups. The 500 & 1,650 are limited to the first 15 registered athletes.****

Women	Time	Event (yards)	Men	Time
1	_____	**500 Free**	2	_____
3	_____	100 Back	4	_____
5	_____	50 Breast	6	_____
7	_____	100 Fly	8	_____
9	_____	200 IM	10	_____
11	_____	200 Free	12	_____
13	_____	50 Back	14	_____
15	_____	200 Breast	16	_____
17	Deck entered	200 Medley Relay	18	Deck entered
		10 Minute Break		
19	_____	50 Fly	20	_____
21	_____	400 IM	22	_____
23	_____	100 Free	24	_____
25	_____	200 Back	26	_____
27	_____	100 Breast	28	_____
29	_____	200 Fly	30	_____
31	_____	100 IM	32	_____
33	_____	50 Free	34	_____
35	Deck entered	200 Free Relay	36	Deck entered
		10 Minute Break		
37	_____	**1,650 Free**	38	_____

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

Event Fees:

Total Events _____ x 4.00= _____

Surcharge \$6.00 \$6.00

Total Amount Enclosed: _____

Make Checks Payable to: **Rockbridge Storm**

Mail Entries to:
 Craig Charley
 207 H East Nelson Street
 Lexington VA, 24450