

# **SUNFISH MASTERS “SPRING SPLASH”**

Saturday, April 10, 2010

Warm-Ups: 10:00 AM - Meet Starts: 11:00 AM

Sanction by LMSC for VA for USMS, Inc. Sanction #120-005

**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:** The meet is open to all Masters Swimmers holding a valid 2010 USMS registration card. A copy of this card must accompany your entry! Age is determined by the swimmers age on April 10, 2010. 2010 USMS rules and regulations apply. Entries are limited to 250 participants.

## **ENTRY FEES:**

Individual entry fees are \$5.00 per event, plus a \$15 surcharge. Entries must be postmarked by Tuesday, March 30, 2010. Competitors may enter up to 5 individual events. Deck entries will be accepted up to 30 minutes prior to the start of the meet and deck entries are \$7 per event plus \$15 surcharge.

**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.

**TIMERS:** We ask that you volunteer to assist with the timing.

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

**AWARDS:** Ribbons will be awarded 1-3 for each age group, men and women.

**RESULTS:** Results will be posted on the [www.vaswim.org](http://www.vaswim.org) website and [www.sunfishmasters.com](http://www.sunfishmasters.com).

**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](mailto:sunfishmasters@gmail.com)

You MUST **ENCLOSE** a copy of your 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 MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 203.1) **This must be dated, signed, and in possession of the Meet Director before a swimmer may compete in the meet.**

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	_____	200 Free	_____	2
3	_____	100 Breast	_____	4
5	_____	50 Fly	_____	6
7	_____	200 Back	_____	8
9	_____	100 IM	_____	10
11	_____	100 Fly	_____	12
13	_____	50 Back	_____	14
15	_____	200 Breast	_____	16
17	_____	200 IM	_____	18
19	_____	100 Free	_____	20
21	_____	200 Fly	_____	22
23	_____	50 Breast	_____	24
25	_____	100 Back	_____	26
27	_____	50 Free	_____	28
29	_____	500 Free	_____	30

**MAIL TO:** Ginger Cyganiewicz

**Entry Fees: \$15 Surcharge + \$5 per event**

**DECK ENTRIES: \$15.00 + \$7 per event**

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

**ENTRIES POSTMARKED: Tuesday, March 30, 2010**