

**2<sup>nd</sup> ANNUAL  
SUNFISH MASTERS “CRAWL BRAWL”  
&  
“THE PLUNGE”**

Saturday, November 27, 2010  
Warm-Ups: 10:00 AM - Meet Starts: 11:00 AM  
USMS Sanction: 120-09

**LOCATION:** George Mason University – PRINCE WILLIAM CAMPUS; 10900 University Boulevard; Manassas, Virginia 20110-2203; (703) 993-8444.

**FACILITY:** The Freedom Aquatic & Fitness 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.

**ENTRY INFORMATION:** Entries must be received on-line by Monday, November 22, 2010 or postmarked Thursday, November 18, 2010. Complete On-line entries at: [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1605&smid=2721](https://www.ClubAssistant.com/club/meet_information.cfm?c=1605&smid=2721) (payment by credit card only). Mailing information is on the entry form. The meet is open to all Masters Swimmers holding a valid 2010 USMS registration card. 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 register with LMSC for Virginia on the day of the meet. Registration is \$37.00 which is from November 1, 2010 through December 31, 2011. **You will not be allowed to swim without being registered.** A participant may swim 5 individual events. There is a \$20 pool and equipment surcharge and \$5 per individual event.

**RULES:** 2010 USMS rules and regulations apply. Age is determined by the swimmers age on November 27, 2010. The 500 and 1,000 distances will be limited to 48 swimmers each with priority given to those competing in the Distance Division Championship. Events will be seeded slowest to fastest, men and women separate.

**WARMUPS:** Warm-Up safety rules will be strictly enforced. Swimmers must enter feet first in a cautious manner. No diving is permitted in the general warm-up lanes. Diving will only be allowed in designated lanes reserved for one-way swimming approved by the Safety Officer. Instructions from the designated safety marshal must be obeyed at all times. The use of equipment during warm-up is not permitted.

**MEET REFEREE:** RITA PAGE

**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. Please pick up your awards at the meet as they will not be mailed.

**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.

**“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. Plunge awards will be presented to the male and female Champions.

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

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You **MUST ENCLOSE** a copy of your 2010 or 2011 USMS Card. Please complete the right side of the form below in case there is a problem with your entry.

Copy of USMS Card Here (Trimmed & Taped)		Please supply the following information also:	
USMS #		Daytime Phone #	
(As it appears on USMS Card):		Evening Phone #	
Date:		Email:	

**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	Event Name	Seed Time	Event #
	<u>WOMEN</u>		<u>MEN</u>	
1	_____	500 FREE	_____	2
3	_____	50 FREE	_____	4
5	_____	200 FREE	_____	6
7	_____	50 FLY	_____	8
9	_____	*25 FREE	_____	10
11	_____	1,000 FREE	_____	12
13	_____	50 BREAST	_____	14
15	_____	100 FREE	_____	16
17	_____	50 BACK	_____	18

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

THE PLUNGE COMPETITION WILL BEGIN IMMEDIATELY AFTER THE COMPLETION OF THE MEET.

**MAIL TO:** Ginger Cyganiewicz, 1104 SPAIN DRIVE, STAFFORD, VA 22554

**SURCHARGE for pool & equipment:** \$20.00 **INDIVIDUAL EVENT FEE:** \$5.00 per event

**DECK ENTRIES:** \$20.00 surcharge, \$7.00 per individual event if lanes are open.

**CHECK PAYABLE TO:** SUNFISH MASTERS,

**ENTRIES POSTMARKED:** Thursday, NOVEMBER 18, 2010