

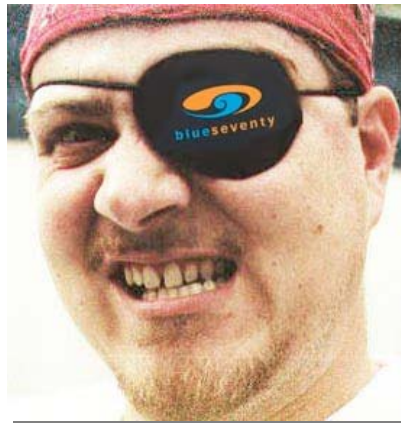
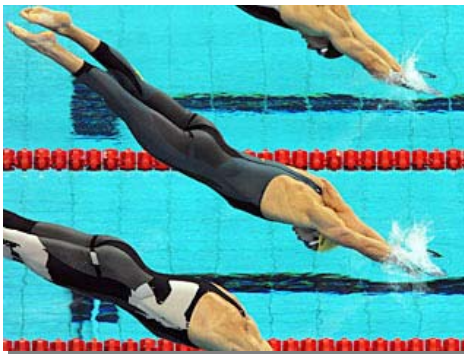
WARRENTON & RESTON MASTERS SWIM TEAMS PRESENT

First Annual “Anything Goes” Relay Carnival

Warrenton, VA
Sunday, October 16, 2011

Bring your Tech Suit, Wet Suit, or Favorite Dress.
Anything Goes!

(Yes you will have your bday suits but you can't swim just in those, our mayor is a little shy.)



Anything goes in non-sanctioned events only..





WARRENTON & RESTON MASTERS SWIM TEAMS PRESENT
First Annual “Anything Goes” Relay Carnival
Warrenton, VA Sunday, October 16, 2011

Location: Warrenton Aquatics and Recreation Center, 828 Waterloo, Warrenton, VA 20186

Facility: 11 lane, 25 yard pool, non-turbulent lane markers. 6 lanes will be used for competition, 8 if we have too many entries to finish meet prior to 12:00; 4 lanes will be available for continuous warm-up and cool down. This is a grade “A” facility with a clean deep cool-water course, bleachers, and lots of light. We will use electronic timing and are certified for USMS records and Top Ten.

Important Notes: Locker Rooms are available. No glass containers in the pool area.

Directions: **From I-66**, exit 43A -29 travel 11.5 miles south to 15/211 travel 2.1 miles, turn right on Frost Ave just past Burger King. Make first right after passing first light into parking lot. From the South take Route 29 North, turn left at US-15/US-17/US-29 go 2.6 miles, turn Left on Frost Ave/US-211. Turn right just after first light into the parking lot (1 block).

Meet Director: Charlie Tupitza

Eligibility: The standard Masters age groups will be used (18+, 25+,35+,45+ etc). **Your age is your age on October 16, 2011. 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 or be prepared to register with LMSC for Virginia on the day of the meet.** USMS registration (through LMSC for VA) is \$29. Registration is [available online](http://www.usms.org); registration forms will also be available at the pool for new swimmers and are also available at <http://www.vaswim.org/forms/VAREg.pdf>.

ORDER OF EVENTS. Pool opens at 7:30 am. Warm-up starts at 8:00 am. First heat begins at 9:00 am.

Men and Women Relays will swim together to help meet move quickly. A separate heat will be held for Mixed Relays.

Non-Sanctioned Relays are designated in below by italics and asterisks**. Sanctioned relays to be made up of same team members.

- | | | |
|--------------------------------------|---------------------------------------|--|
| 1. 200 Medley Relay Men | 13. 400 Free Relay Men | 25. <i>200 Breast Relay Friends**</i> |
| 2. 200 Medley Relay Women | 14. 400 Free Relay Women | 26. <i>200 Butterfly Relay Friends**</i> |
| 3. 200 Medley Relay Mixed | 15. 400 Free Relay Mixed | 27. <i>4 x 50 Anything Goes**</i> |
| 4. <i>200 Medley Relay Friends**</i> | 16. <i>400 Free Relay Friends**</i> | |
| 5. 200 Free Relay Men | 17. 400 Medley Relay Men | |
| 6. 200 Free Relay Women | 18. 400 Medley Relay Women | |
| 7. 200 Free Relay Mixed | 19. 400 Medley Relay Mixed | |
| 8. <i>200 Free Relay Friends**</i> | 20. <i>400 Medley Relay Friends**</i> | |
| 9. 800 Free Relay Men | 21. <i>100 Free Relay Friends**</i> | |
| 10. 800 Free Relay Women | 22. <i>100 Medley Relay Friends**</i> | |
| 11. 800 Free Relay Mixed | 23. <i>1000 Relay Anything Goes**</i> | |
| 12. <i>800 Free Relay Friends**</i> | 24. <i>200 Back Relay Friends**</i> | |

FRIENDS: The friend’s designation means you can swim with who ever you want too, any team, any sex, have fun.

ANYTHING GOES: Must have 2 or more, up to 20 swimmers 1 at a time, can repeat swimmers, swim anything you want in any order, wear what ever you want, anything goes, just cover the distance, any team, any sex. Last min relay cards OK for these events.

ENTRIES: Fixed Fee of \$25 per person, Deck Entries \$30. You may enter as many relays as you wish. Men and Women will swim at the same time. Mixed and Friends Relays will swim at same time in separate heat. We will match you up with swimmers for relays if your team does not have enough swimmers to field a team. Coaches, we will make on line relay formation available Oct 13. Swimmers must be registered.

ENTRY DEADLINE: Entries should be received by Tuesday, October 12th. Deck entries \$30 per person fixed fee.

[CLICK HERE FOR ELECTRONIC ENTRY for ANYTHING GOES](http://www.clubassistant.com/club/meet_information.cfm?c=1481&smid=3349)

OR TYPE: http://www.clubassistant.com/club/meet_information.cfm?c=1481&smid=3349

Please use electronic entry...it's cheaper than a stamp!

RULES: Current USMS rules for Masters Swimming will apply. Relays will be seeded according to times; heats will run slowest to fastest; Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving during warm-up



except in designated lanes.



Warrenton and Reston Masters "Anything Goes" Swim Meet October 16, 2011 Official Entry Form

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction # 121-08

Age (on October 16, 2011): 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, 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.

Swimmer's signature: Date:

Please circle events you are available for. Non-sanctioned relays are indicated with asterisks (**). Relays may be entered on the day of the meet. Relay forms will be available at check-in.

- 1. 200 Medley Relay Men
2. 200 Medley Relay Women
3. 200 Medley Relay Mixed
4. 200 Medley Relay Friends**
5. 200 Free Relay Men
6. 200 Free Relay Women
7. 200 Free Relay Mixed
8. 200 Free Relay Friends**
9. 800 Free Relay Men
10. 800 Free Relay Women
11. 800 Free Relay Mixed
12. 800 Free Relay Friends**
13. 400 Free Relay Men
14. 400 Free Relay Women
15. 400 Free Relay Mixed
16. 400 Free Relay Friends**
17. 400 Medley Relay Men
18. 400 Medley Relay Women
19. 400 Medley Relay Mixed
20. 400 Medley Relay Friends**
21. 100 Free Relay Friends**
22. 100 Medley Relay Friends**
23. 1000 Relay Anything Goes**
24. 200 Back Relay Friends**
25. 200 Breast Relay Friends**
26. 200 Butterfly Relay Friends**
27. 4 x 50 Anything Goes**

Please note that there will be a break in the program determined by number of entries.

Fixed Event Fee, per person \$25 = \$25 Results will be posted at www.warrentonmasters.org/Blog

I feel like helping

Total Amount Enclosed = \$

Make checks payable to: Warrenton Masters Swim Team. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: Charlie Tupitza, 190 North View Circle, Warrenton, VA 20186. For questions, e-mail Charlie at ctupitza@warrentonmasters.org or phone Charlie at 703 989-8777. No calls after 9:30 pm, please!

What does the event designator “Anything Goes” mean?

Swim what ever you want to cover the distance of the event as long as you have more then one swimmer. Example: 1,000 Relay; 20 x 50 each swimmer can swim multiple times or you can have 10 swimmers. Maybe someone wants to swim a 100 IM followed by a 200 fly, and a 700 free. Let your imagination go free with numbers of swimmers order numbers of swims, as long as you swim a total of 1000 yards. Wear anything but your birthday suit. Have a great theme?

I am on a team that doesn't have enough swimmers to form a team, what do I do?

Register, circle events that you want to swim, Check I need help finding relay members. We will match you up with other swimmers looking to form relays. Your times will be unofficial unless everyone on your relay is on your team and you will be swimming in the events in ***bold italics*****. Have fun!

There are a lot of swimmers from my team coming to the meet, what do I do?

Register, circle events that you want to swim, speak with your coach. Have fun!

I want to form a relay with friends that are not on the same team.

Register, see above, coordinate relay with friends, inform your coach, have someone send in relay card for that event. Remember you can only be on one team per event. There are 23 events. Enjoy!

How many events can I swim?

As many as you wish. You can only swim in one relay per event.

I am coming from out of town. Is there any housing available to me other then hotels?

Yes, A limited number of rooms are available, first come first serve at our members homes.

What types of bathing suit can I wear at this race?

Normal USMS events listed in black require adherence to USMS swim suit policy. Anything Goes events are not limited to that policy and are unofficial. How fast can you go in that old tech suit or fun suit?

Top Ten and Official Times?

All Standard USMS relay events designated in black text will be official, and the times will be submitted to USMS for Top Ten consideration. Times will be eligible for national records. Leadoff times for any relays – including non-Sanctioned relays – are eligible for Top Ten submission if the initial distance is an “official” event (Article 102.5 in the 2011 Rule Book) and if you submit a split request form to the referee before the relay.

Disclosure: This event is not attempting to make a statement about weather or not the new swim suit regulations are a good idea or not. We just recognize that a lot of people have suits and would like to wear them once and a while..

Entrie Fees: Are per person

Sanctioned Relays.

All sanctioned relays must meet USMS rules and be made up of swimmers from the same USMS team.

USMS Sanction Number: 121-08

Two more fun meets:

- Oct 30, 2011: [Patriot Masters Sprint Classic](#) (Fairfax, VA)
- Nov 5, 2011: [VMST 31st Annual SCM Meet](#) (Virginia Beach, VA)