



RCA'S Dive Into Spring Meet

The Community Pool

194 Wallace Street Lexington VA, 24450

Sunday, March 27th, 2011

Sponsored By: Rockbridge County Aquatics

Sanctioned By: LMSC for Va. for USMS, Inc. - 121-03

Meet Director: Craig Charley craig@rockbridgeswims.org

Meet Referee: Gordon Hair grhair919@aol.com

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. Events will be swum slowest to fastest.

Entry Deadline: Entries must be received no later than **Monday, March 21st 2011**, or they will be considered deck entries. The 500 and 1,650 are limited to the first 20 registered athletes and will be notified either way.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. Event 38 is intentionally omitted. "NT" will be seeded arbitrarily. Heats will be swum slowest to fastest. A 4 person unofficial March Madness relay will be announced (must be a different stroke other than Butterfly, Backstroke, Breaststroke, or Freestyle and can change style from swimmer to swimmer)

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 lane 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. A swimmer may be disqualified at the discretion of the meet director or Meet Officials for failure to comply with these rules.

Awards: Awards *will* be given for first, second, and third place in each individual event by the standard Masters age groups. 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
- 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 a left on Taylor street. Take a left on Wallace. Take a left at the Maury River Middle School parking lot and come up hill and turn left again into the Pool parking lot.

Sponsored by: Rockbridge County Aquatic Masters- 121-03

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 3/27/11:	
Phone Number (day):		Cell Phone Number:	

Warm Ups: 11:45am-12:45pm; Meet Starts at 1:00pm
At 12:15PM lanes 2 & 5 are one way sprints. Lanes 1,3,4,6 will remain as general warm-ups
****The 500 and 1,650 freestyles are limited to the first 20 registered athletes.****

<u>Women</u>	<u>Time</u>	<u>Event</u>	<u>Men</u>	<u>Time</u>
1	_____	**500 Freestyle**	2	_____
3	_____	100 Backstroke	4	_____
5	_____	50 Breaststroke	6	_____
7	_____	100 Butterfly	8	_____
9	_____	200 Individual Medley	10	_____
11	_____	200 Freestyle	12	_____
13	_____	50 Backstroke	14	_____
15	_____	200 Breaststroke	16	_____
17	<i>Deck Entered</i>	200 Medley Relay	18	<i>Deck Entered</i>
		15 Minute Break		
19	<i>Deck Entered</i>	200 Freestyle Relay	20	<i>Deck Entered</i>
21	_____	400 Individual Medley	22	_____
23	_____	100 Freestyle	24	_____
25	_____	200 Backstroke	26	_____
27	_____	100 Breaststroke	28	_____
29	_____	200 Butterfly	30	_____
31	_____	100 Individual Medley	32	_____
33	_____	50 Freestyle	34	_____
35	_____	50 Butterfly	36	_____
37	<i>Deck Entered</i>	March Madness Relay		
		10 Minute Break		
39	_____	**1,650 Freestyle**	40	_____

A photocopy of your current USMS registration card must accompany your entry.

Event Fees:	
Total Events:	_____ X \$4.00 = _____
Surcharge:	\$6.00 \$6.00
Meet Tee-Shirt (optional):	\$15.00 _____
Total Amount Enclosed:	_____
Make Checks Payable to:	_____
Rockbridge Storm	

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

Questions? Contact Craig Charley craig@rockbridgeswims.org (540) 463-5441 or (540) 447-0326