



Waynesboro Long Course Invitational
September 10, 2011
VA Masters for USMS, Inc. Sanction # 121-06



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| LOCATION: | War Memorial Pool, Ridgeview Park, Waynesboro, VA 22980. (540) 949-7665 <ul style="list-style-type: none"> • Use 700 Magnolia Ave, Waynesboro, VA 22980 on Mapquest for directions. |
| FACILITY: | <ul style="list-style-type: none"> • Outdoor 8-lane, 50 meter pool, 13 feet deep at the start end and 3 feet deep at the turn end of the pool with Kiefer Wave Eater lane lines. Competition will be conducted in 6 lanes with one lane continuous warm-up/cool-down and an empty lane between warmup and competition lanes. • Timing will be manual system with three watches. |
| MEET DIRECTOR: | Name: David Bihl Email: davidbihl@yahoo.com Phone: 717-350-3896 (mobile) |
| ELIGIBILITY: | <ul style="list-style-type: none"> • Open to all U.S. Masters athletes registered by the first day of the meet. • Age on December 31, 2011 will determine age for the entire meet. |
| DISABILITY SWIMMERS: | <ul style="list-style-type: none"> • Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, SEPTEMBER 8, 2011.</p> <ul style="list-style-type: none"> • Entries may be submitted in long course meters times (LCM), Short Course Yards (SCY) or Short Course Meters (SCM) times. • "No Time" (NT) entries will be accepted and will be seeded in the slowest heat(s). • Swimmers may enter a maximum of 5 <i>individual events</i> per per day. This number includes distance events. • The Meet Referee or Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. • Email entries to: davidbihl@yahoo.com • Mail entries to: David Bihl Waynesboro YMCA 648 S. Wayne Avenue Waynesboro, VA 22980 Phone: (540) 942-5107 • IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added to seeded events. Deck entries must be submitted to the Meet Referee on the provided forms. |
| FEES: | Individual events: \$8.00 (includes swimmer surcharge) <ul style="list-style-type: none"> • Checks should be made payable to "Waynesboro YMCA SMAC". |
| SEEDING: | <ul style="list-style-type: none"> • All events will be swum with mixed sexes, all ages, by seed time, slowest to fastest, except distance events. Distance events will be swum fastest to slowest, alternating heats with the fastest 800 meter heat first, followed by the fastest 1500 meter heat, followed by the second fastest 800 meter heat, etc. • All 200 meter or shorter events will be pre-seeded. • All 400 meter or longer events will require a positive check-in to swim Positive check-in will close at the end of warm-ups for the session in which the event will be swum. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. |

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| RULES: | Current US Masters Swimming rules apply. No "Tech Suits" allowed. Swimmers must provide their own counter (person) to operate lap counter cards, which will be provided for use during the distance events. |
| OFFICIALS: | Meet Referee: David Bihl Email: davidbihl@yahoo.com Phone: (717) 350-3896 (mobile) <ul style="list-style-type: none"> • There will be a minimum of 4 stroke & turn officials at this meet. |
| DIRECTIONS: | Take exit 94 off I-64 onto US 340 North (Rosser Ave.) into Waynesboro. Go approx. 2 miles and turn right at the stoplight onto 13 th St. Take the first right onto Linden Ave., which will take you to the grassy parking area at the pool. |

Order of Events:

Morning Session (8:15 am warmup/9:00 am competition)

1. 400 Meter FREESTYLE
2. 50 Meter BACKSTROKE
3. 200 Meter INDIVIDUAL MEDLEY
4. 100 Meter BREASTSTROKE
5. 100 Meter FREESTYLE
6. 200 Meter BACKSTROKE
7. 50 Meter FREESTYLE
8. 100 Meter BUTTERFLY
9. 200 Meter BREASTSTROKE
- ***15 minute break***
10. 50 Meter BUTTERFLY
11. 100 Meter BACKSTROKE
12. 200 Meter BUTTERFLY
13. 50 Meter BREASTSTROKE
14. 400 Meter INDIVIDUAL MEDLEY

Distance Session (Warmup N/E/T 12:00 noon/Competition N/E/T 12:30 pm)

15. 800 Meter FREESTYLE
16. 1500 Meter FREESTYLE

2011 Waynesboro Long Course Invitational Individual Entry Form

Last Name¹: _____ First : _____ Middle I: _____

Address: _____ Phone: _____ - _____ - _____

City: _____ State: _____ Zip: _____

Email Address: _____ @ _____

Age²: _____ DOB: _____ Gender: _____

Club Name or Unattached: _____ Registration #: _____

¹Print Name as it appears on USMS registration card. ²All swimmers must be at least 18 years old on 12/31/11

USMS LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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.

SWIMMER'S SIGNATURE _____ **DATE** _____

| Event # | Event Description | Entry Time | Entry Time Course (LCM,SCY,SCM) |
|---------|-------------------|------------|---------------------------------|
| 1 | 400 Free | | |
| 2 | 50 Back | | |
| 3 | 200 Ind. Medley | | |
| 4 | 100 Breast | | |
| 5 | 100 Free | | |
| 6 | 200 Back | | |
| 7 | 50 Free | | |
| 8 | 100 Fly | | |
| 9 | 200 Breast | | |
| 10 | 50 Fly | | |
| 11 | 100 Back | | |
| 12 | 200 Fly | | |
| 13 | 50 Breast | | |
| 14 | 400 Ind. Medley | | |
| 15 | 800 Free | | |
| 16 | 1500 Free | | |

Mail Entries To:

David Bihl
c/o SMAC Swimming
648 S. Wayne Ave.
Waynesboro, VA 22980

**Entries Must Be Received by
September 8, 2011**

Total Fee enclosed: _____ X \$8.00 = _____
Number of events

Make Checks Payable to:
Waynesboro YMCA SMAC