



WARRENTON MASTERS SWIM TEAM PRESENTS
4th Annual Short Course Yards “DREAMING OF SPRING” Swim Meet
Warrenton, VA Sunday, March 4, 2012

Sanctioned by LMSC for VIRGINIA for USMS, INC. Sanction number 122-03

Location: Warrenton Aquatic and Recreation Facility, 828 Waterloo, Warrenton, VA 20186

Facility: 11 lane, 25 yard pool, non-turbulent lane markers. 6 lanes will be used for competition, however, 8 lanes will be used if necessary to finish the meet prior to 12:00. 2 to 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(Warrenton) -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 **Meet Referee:** Rita Page

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **Your age is your age on March 4, 2012.** **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 \$34. Forms are available at <http://www.warrentonmasters.org> (click USMS Registration on right). They will also be available at the pool for new swimmers.

ORDER OF EVENTS. Pool opens at 8:00 am. Warm-up starts at 8:15 am. First heat begins at 9:00 am. Men and Women will swim together to help meet move quickly.

Evt #	Event	Evt #	Event
(1)	200 yd Freestyle	(11)	50 yd Butterfly
(2)	200 yd Medley Relays (W/M/Mixed)*	(12)	200 yd Breaststroke
(3)	200 yd Freestyle Relays (W/M/Mixed)*	(13)	100 yd Freestyle
(4)	50 yd Breaststroke	(14)	100 yd Backstroke
(5)	100 yd Butterfly	(15)	100 yd Individual Medley
(6)	200 yd Individual Medley	(16)	50 yd Backstroke
(7)	200 yd Backstroke	(17)	400 yd Freestyle Relays (W/M/Mixed)*
(8)	50 yd Freestyle	(18)	500 yd Freestyle
(9)	200 yd Butterfly		
(10)	100 yd Breaststroke		

ENTRIES: \$5.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. **No deck entries will be accepted except for relays and the 500 yd Freestyle – these events will be seeded during the meet.** You may enter a total of 5 individual events and 3 relays.

RELAYS! Events 2, 3, and 17. There will be only one heat of each event. You must choose whether you are going to do a Women’s, Men’s, or Mixed Relay – they will be swum at the same time and first come first serve entries will be accepted at the meet. **A \$10 fee will be charged for each relay.** Entries for relay Events 2 and 3 must be received prior to 8:45 and prior to Event 11.

ENTRY DEADLINE: Entries should be received by **Thursday, March 1st**. **Please help us by registering in advance.**

RULES: Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded according to times; heats will run slowest to fastest; men and women will swim together. Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving during warm-up except in designated lanes.

AWARDS: Ribbons 1st - 6th places or optional commemorative results label card.



4th Annual Short Course Yards “DREAMING OF SPRING” Swim Meet - March 4, 2012
Official Entry Form

Sanctioned by LMSC for VIRGINIA for USMS, INC. Sanction number 122-03

Age (on Mar 4, 2012): _____ 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 enter seed times for yards. Relays may be entered on the day of the meet. Relay forms will be available at check-in.

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	200 yd Freestyle			
(4)	_____	50 yd Breaststroke	(11)	_____	50 yd Butterfly
(5)	_____	100 yd Butterfly	(12)	_____	200 yd Breaststroke
(6)	_____	200 yd Individual Medley	(13)	_____	100 yd Freestyle
(7)	_____	200 yd Backstroke	(14)	_____	100 yd Backstroke
(8)	_____	50 yd Freestyle	(15)	_____	100 yd Individual Medley
(9)	_____	200 yd Butterfly	(16)	_____	50 yd Backstroke
(10)	_____	100 yd Breaststroke	(18)	_____	500 yd Freestyle

Please note that there is no break in the meet program. Relays (Events 2, 3, 17) deck entered. There will be \$10 entry fee for each relay. Deck entries will also be permitted for the 500 yd Freestyle (Event 18). The relays and the 500 yd Freestyle will be deck seeded.

Number of Events _____ x \$5 = \$ _____
 \$10 Surcharge = \$ **10**
 If you want results mailed
 Results Mailed (\$1) = \$ _____
 Total Amount Enclosed = \$ _____

Results will be posted at:
www.warrentonmasters.org

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 or answers, e-mail Charlie at ctupitza@warrentonmasters.org or phone Charlie at (703) 989-8777.