



VMST David Gregg III Memorial Meet

**NOVA of Virginia Aquatic Center
12207 Gayton Rd, Richmond, VA 23233
(804) 754-3401**

February 11 and 12, 2012

Sponsored By: Virginia Masters Swim Team

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction # 122-02.

Meet Director: Nancy Miller (nancymillr@aol.com) **Meet Referee:** Bob Rustin

Location: NOVA of Virginia Aquatic Center. Address: 12207 Gayton Road, Richmond, VA 23233. Telephone number: (804) 754-3401. This is a 10-lane, 25-yard indoor pool with a fully electronic timing system.

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 be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

Entries: \$4.00 per individual event plus a \$7.00 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 each day at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays. **NOTE:** The 200-yard event entered on Saturday by the swimmer may not be repeated on Sunday. The results of heats swum on Saturday and Sunday in each of these events will be combined, and results will be published on Sunday.

Entry Deadline: Entries must be received no later than **February 3, 2012**, or they will be considered deck entries.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

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. Lanes 1 and 2 will be maintained as continuous warm-up/warm-down lanes during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THESE LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards: Awards will be given for first, second, and third place in each individual event. No awards for relays.

Results: Results will be posted on our website at www.vaswim.org. If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

Social: Join us for our Masters potluck after the meet on Saturday, February 11. \$8.00 per person covers food and drink. Please enclose payment with your entry and indicate the number of people who will be attending on your entry form.

Nearby Lodging: Holiday Inn Express, 9933 Mayland Drive, Richmond, VA 23233. Phone: (804) 934-9300
The Holiday Inn is at the Gaskins Rd South exit off I-64. There are 10 double queen rooms being held for the night of 02/11/2012 at a rate of \$79.00 per night plus tax. Be sure to mention Virginia Masters Swim Team to get a room from this block. All unreserved rooms will be released after January 28, 2012.

RELEASE

The following release must be dated, signed, and in possession of the Meet Director before the swimmer may compete. 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.

Fill in the following information:

| | | | |
|----------------------|-------|------------------------|----------------|
| Date: | | Signature: | |
| Name: | | Sex: | USMS Reg. No.: |
| Address: | | | |
| City: | | State: | Zip Code: |
| E-Mail Address: | | | |
| Age as of 2/12/2012: | | Birthdate (Mo/Day/Yr): | |
| LMSC: | Club: | Phone (Day): | Phone (Night): |

SATURDAY, February 11

Warmups: 1-2 PM; Meets Starts: 2 PM

| Women | Time | Event | Men | Time |
|-------|-------|------------|-----|-------|
| 1 | _____ | 200 IM | 2 | _____ |
| 3 | _____ | 200 Fly | 4 | _____ |
| 5 | _____ | 200 Breast | 6 | _____ |
| 7 | _____ | 200 Back | 8 | _____ |
| 9 | _____ | 1000 Free | 10 | _____ |
| 11 | _____ | 1650 Free | 12 | _____ |
| 13 | _____ | 400 IM | 14 | _____ |
| 15 | _____ | 500 Free | 16 | _____ |

SUNDAY, February 12

Warmups: 7:30-8:30 AM; Meet Starts: 8:30 AM

| Women | Time | Event | Men | Time |
|-----------------------------|-------|------------------------|-----|-------|
| 1 | _____ | 200 IM | 2 | _____ |
| 3 | _____ | 200 Fly | 4 | _____ |
| 5 | _____ | 200 Breast | 6 | _____ |
| 7 | _____ | 200 Back | 8 | _____ |
| 17 | _____ | 100 Free | 18 | _____ |
| 19 | _____ | Novice 50 Fly | 20 | _____ |
| 21 | _____ | 50 Fly | 22 | _____ |
| 23 | _____ | 100 Breast | 24 | _____ |
| 25 | _____ | Novice 50 Free | 26 | _____ |
| 27 | _____ | 50 Free | 28 | _____ |
| 29 | _____ | 100 IM | 30 | _____ |
| BREAK | | | | |
| 31 | _____ | 200 Free | 32 | _____ |
| 33 | _____ | 100 Back | 34 | _____ |
| 35 | _____ | Novice 50 Breast | 36 | _____ |
| 37 | _____ | 50 Breast | 38 | _____ |
| 39 | _____ | 100 Fly | 40 | _____ |
| 41 | _____ | Novice 50 Back | 42 | _____ |
| 43 | _____ | 50 Back | 44 | _____ |
| RELAYS RELAYS RELAYS RELAYS | | | | |
| 45 | _____ | 200 Medley Relay | 46 | _____ |
| 47 | _____ | 200 Free Relay | 48 | _____ |
| 49 | _____ | 200 Mixed Medley Relay | 50 | _____ |
| 51 | _____ | 200 Mixed Free Relay | 52 | _____ |

| | |
|---|--------|
| ENTRY FEES | |
| Total Events (both days) _____ x \$4.00: | _____ |
| Surcharge: | \$7.00 |
| Social (\$8.00/person): | _____ |
| (number attending social: _____) | _____ |
| TOTAL AMOUNT ENCLOSED: | _____ |
| Make checks payable to: Virginia Masters Swim Team | |

Questions? Contact Nancy Miller – (804) 338-1540 or nancymillr@aol.com or James Wolfle – (804) 272-2485 or wolfle@aol.com

Mail Entry To: James Wolfle
3109 Williamswood Road
Richmond, Virginia 23235

A COPY OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED FOR YOUR ENTRY TO BE ACCEPTED