

USMS Colonies Zone 2013 Long Course Championship



Dates: June 22-23, 2013
Sponsored by: Virginia Masters Swim Team
Sanctioned by: LMSC for VA for USMS, Inc.
Sanction #123-S003
Meet Directors: Chris and Heather Stevenson
(chrilstevenson@usms.org)

Location
Greater Richmond Aquatics
Partnership
Collegiate School Aquatics Center
5050 Ridgedale Parkway
Richmond, VA 23234

Facilities:

- 50m, 8 lane competition pool with movable bulkheads and a large scoreboard. ***This pool is one of the fastest in the country and was used in the 2008 Olympic Trials in Omaha, Nebraska.***
- 25 yard, 6 lane pool available for warm-up once the competition starts.
- All times will be eligible for consideration for USMS Top 10 and national records. The pool has been measured and certified with USMS, and bulkhead placement will be confirmed before the meet and after each session.
- Seating in the competition pool area for 700 spectators; there is a lobby with swim shop and concessions.

Eligibility: The Standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). For meets held in metric pools, your age is your age on December 31, 2013. **All swimmers must be registered with USMS.** You may register online at www.usms.org/reg/.

Entries: \$6 per individual event, \$10 per relay team, \$30 surcharge for pool and equipment. **You may enter up to five individual events per day.** [Online entry is strongly encouraged!](#) Relays are deck entry only.

Entry Deadline: The deadline for online entries is June 13. Paper entries must be received by June 10 and must be accompanied by a copy of your USMS membership card. Late entries will **not** be accepted. **Entries in the 1500 meter freestyle will be limited to the first 80 entries. "NT" (no time) entries are not allowed for the 1500.** Entries for Saturday relays will be due at 2pm on Saturday; entries for Sunday relays will be due by the end of the meet on Saturday. Relay entry forms will be available at the meet.

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. Swimmers will be seeded according to entry time and heats will run slowest to fastest. Men and women will swim in separate heats except as noted. **Positive check-in is required for the 1500 free, the 400 free, and the 400 IM:** you must check in by 8:45am on Saturday (for the 1500) or 8:45am on Sunday (for the 400s) in order to swim these events. These distance events will be deck-seeded, and men and women will be seeded together slowest to fastest. Relays will also be deck-seeded. The pool has been measured and all official times will be eligible for Top 10 consideration. *For participants in the 1500 free, the 800 free split will be automatically submitted for Top 10 consideration.*

Warm-Up: The competition pool will be available for two one-hour warm-ups on Saturday: 7am for the 1500 Free and at 12pm or when the AM session ends (whichever is later) for the other events. Warm-up in the competition pool will begin at 8am on Sunday. Swimmers will be expected to cooperate with the Safety Marshal, who will monitor warm-up. *There will be no diving during warm-up except in designated lanes.* The 25-yd pool will be available for warm-up during the competition.

Awards: Medals for 1st through 3rd places in each event for each age group. Team championship trophies will be provided to the top-scoring club in Large, Medium, and Small team categories.

Social: There will be a catered social immediately following the meet on Saturday. Only a limited number of tickets will be available at the meet, so purchase tickets now (\$10 apiece) to reserve a spot.

Other items available for purchase at the meet: championship t-shirts, swim shop merchandise, massages.

Hotel Information (discounts available)

[Fairfield Inn by Marriott Richmond/Chester](#)
12400 Redwater Creek Road
Chester, VA 23831 (804-778-7500)
Phone for reservations and mention **VMST block**
(held until 6/7/13)

<http://www.outerzonesports.com/>
Use link and follow directions to access a reserved block for USMS swimmers at either:

- Comfort Inn Midlothian Turnpike
- Hyatt Place Arboretum

PAPER ENTRIES ARE DUE BY June 10, ONLINE ENTRIES CLOSE June 13!

Online entries are preferred; [enter online at Club Assistant](#)

Age (on Dec 31, 2013): _____ Phone: _____ E-mail: _____

You must be registered with USMS to participate. **Attach a copy of your registration card** in the space below. If you are not a member of USMS, you may register at www.usms.org/reg/, at which time you may print a copy of your registration card. **Be sure to sign the waiver.**

Attach registration card here

Name: _____ DOB: _____

Address: _____

USMS #: _____ Team: _____ Sex: _____

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 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:** _____

SATURDAY June 22					SUNDAY June 23				
Women	Time	Event	Time	Men	Women	Time	Event	Time	Men
Warm-up at 8:00am, Meet starts at 9:00am					Warm-up at 8:00am, Meet starts at 9:00am				
1		1500 m Free		2	25		800 m Free Relay (use relay form at meet)		26
Warm-up at 12:00pm or when AM session ends, whichever is later. Meet starts one hour later.					27		800 m Free Relay (Mixed) (use relay form at meet)		
3		100 m Back		4	29		400 m Medley Relay (use relay form at meet)		30
5		200 m Breast		6	31		400 m Medley Relay (Mixed) (use relay form at meet)		
7		50 m Free		8	33		200 m Free Relay (use relay form at meet)		34
9		200 m Fly		10	35		200 m Free Relay (Mixed) (use relay form at meet)		
11		200 m IM		12	37		400 m Free		38
13		50 m Back		14	39		100 m Fly		40
15		200 m Free		16	41		50 m Breast		42
17		400 m Free Relay (use relay form at meet)		18	43		200 m Back		44
19		400 m Free Relay (Mixed) (use relay form at meet)			45		100 m Free		46
21		200 m Medley Relay (use relay form at meet)		22	47		50 m Fly		48
23		200 m Medley Relay (Mixed) (use relay form at meet)			49		100 m Breast		50
					51		400 m IM		52

Number of Events: _____ X \$6 = \$ _____
 Surcharge: _____ = \$ 30
 Number of people for social: _____ X \$10 = \$ _____
 Total Enclosed: _____ = \$ _____

Make checks payable to: VMST. Don't forget to attach a copy of your registration card and to sign the waiver. You can print a copy of your registration card from <http://www.usms.org/myusms/>.
 Mail to: Chris and Heather Stevenson
 7702 Hampshire Rd, Henrico, VA, 23229.
 For questions, email chrisl Stevenson@usms.org.