



# VIRGINIA SENIOR GAMES & MASTERS SWIM MEET

Friday, May 4 & Saturday May 5, 2007

**Location:** Bayside Community Recreation Center, 4500 First Court Road, Virginia Beach, VA 23455

**Facility:** Eight lane, 25 meter pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. Pool has been measured and certified for USMS records and Top Ten.

**Important Notes:** Lockers require a quarter (25 cents). No glass containers in the pool area.

**Directions:** From I-64, take the Northampton Blvd. Exit. Go approximately 3.5 miles (Route 13 north) to the stoplight at Pleasure House Road. Turn right on Pleasure House and take a left at the first stoplight onto First Court. The Recreation Center is approximately .8 mile on the left. From the oceanfront area: take Shore Drive and turn left on First Court Road. There is a stoplight at the intersection and a water tower nearby. The Recreation Center will be on your right (about .8 mile), past Bayville Park.

**Meet Directors:** Maribeth Janka (email: [mjanka@vbgov.com](mailto:mjanka@vbgov.com))  
Mark Giusto (email: [mgiusto@vbgov.com](mailto:mgiusto@vbgov.com))

**Recognized by:** LMSC for Virginia For USMS, INC. 127-0003

**Eligibility:** The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc.) All swimmers 50 and over will be Virginia Senior Games Participants. If you are currently a registered Masters swimmer, please include a copy of your card with your entry.

## Order of events:

### **Friday, May 4, 2007, 1:30 pm**

1. 100m IM
2. 200m Freestyle
3. 100m Breaststroke
4. 100m Backstroke
5. 50m Butterfly

### **Friday, May 4, 2007, 5:30 pm**

6. 400m IM
7. 800m Freestyle
8. 1500m Freestyle

### **Saturday, May 5, 2007, 9:30 am**

9. 200m IM
10. 50m Freestyle
11. 50m Backstroke
12. 100m Butterfly
13. 50m Breaststroke
14. 400m Freestyle
15. 200m Backstroke
16. 100m Freestyle
17. 200m Breaststroke

**Entries and Entry deadlines:** \$11 per event/ \$40 maximum if postmarked by April 25, 2007. Entries mailed postmarked April 26 – May 1 must include an \$8 late fee. Please do not mail entries after May 1. They will not be received in time. You may do same day registration for the event fee with an additional \$10 up to one hour before the session. You may enter no more than 5 events per day.

**Mail Registration Form to:** VSG/VRPS, 6038 Cold Harbor Road, Mechanicsville, VA 23111 (Fax to 804-730-9455) with credit card information.  
On-line with credit card or check at: [www.VirginiaSeniorGames.org](http://www.VirginiaSeniorGames.org)

**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 Marshals who will monitor warm-up. No diving will be allowed during warm-up except in designated lanes.

**Awards:** Medals for 1st through 3rd places in each event. Swimmers 50 and older will receive official Senior Games Medals. Ribbons for 4th through 6th places in each event.

# Entry Form

(This entry form is for swimmers 18-49. **Swimmers 50 and older must use the Senior Games Registration Form.** Go to [www.VirginiaSeniorGames.com](http://www.VirginiaSeniorGames.com))

Entrant \_\_\_\_\_ Gender: Male \_\_\_\_\_  
First Middle Last Female \_\_\_\_\_

Address: \_\_\_\_\_ Birthday \_\_\_/\_\_\_/19\_\_\_ Age: \_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

USMS # \_\_\_\_\_ Email: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Hometown Newspaper: \_\_\_\_\_ T-Shirt Size: S M L XL XXL(+\$2) XXXL (+\$4)  
(Circle one)

## Waiver and Release of Liability Virginia Senior Games

(All Registrants must sign both release forms to participate.)

In consideration of the acceptance of my application for registration in the Virginia Senior Games, I hereby waive and release for myself, my heirs, executors, and administrators any and all rights and claims fro injuries, damages, and/or losses to include loss of life, (except for personal injury solely and proximately caused by the negligence of The Virginia Recreation and Park Society, any sponsor, and/or their respective officer, employees, or agents, their representatives, and their affiliates) arising out of any and all activities connected with the Virginia Senior Games. I acknowledge and understand the inherent risks involved with participating in the physical activities of the Virginia Senior Games.

By signing this waiver and release, I affirmatively declare and warrant that:

- I am physically healthy and able to participate,
- I have no medical condition that may limit or impair my safe participation in the games,
- I have received my doctor's permission, if necessary, to participate and
- I voluntarily assume all foreseeable risks associated with physical activity incident to the Virginia Senior Games.

I understand that photographs or videos of me may be taken during the events, that my likeness may appear in news coverage, publications, and/or other publicity regarding the Virginia Senior Games, that no compensation will be made by the sponsors, and I give my consent to these conditions.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Release for Masters Swimming

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, OR THE FOLLOWING: UNITES STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUAL OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature \_\_\_\_\_ Date \_\_\_\_\_

### Entries (Limit 5 Events per Day)

#### Friday, May 4, 2007, 1:30 pm

- |                      | Entry Time |
|----------------------|------------|
| 1. 100m IM           | _____      |
| 2. 200m Freestyle    | _____      |
| 3. 100m Breaststroke | _____      |
| 4. 100m Backstroke   | _____      |
| 5. 50m Butterfly     | _____      |

#### Friday, May 4, 2007, 5:30 pm

- |                    |       |
|--------------------|-------|
| 6. 400m IM         | _____ |
| 7. 800m Freestyle  | _____ |
| 8. 1500m Freestyle | _____ |

#### Saturday, May 5, 2007, 9:30 am

- |                       | Entry Time |
|-----------------------|------------|
| 9. 200m IM            | _____      |
| 10. 50m Freestyle     | _____      |
| 11. 50m Backstroke    | _____      |
| 12. 100m Butterfly    | _____      |
| 13. 50m Breaststroke  | _____      |
| 14. 400m Freestyle    | _____      |
| 15. 200m Backstroke   | _____      |
| 16. 100m Freestyle    | _____      |
| 17. 200m Breaststroke | _____      |

