



**U.S. MASTERS
SWIMMING**

**RCA's Dive Into Spring Meet
The Community Pool
194 Wallace Street Lexington VA, 24450
Sunday, March 20, 2016**

Sponsored By: Rockbridge County Aquatics

Sanctioned By: LMSC for Va. for USMS, Inc.: #125-S003

Meet Director: Craig Charley ccharley9@hotmail.com

Meet Referee: Gordon Hair grhair919@aol.com

Location: The Community Pool Address: 194 Wallace Street, Lexington, VA 24450. Telephone number: (540) 463-5441. This is a 6-lane, 25-yard Indoor pool with a semi-automatic electronic timing system including 6 lane scoreboard. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

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 not be available at the meet. **Entries:** \$5.00 per individual event plus a \$6.00 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 at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays. Events will be swum slowest to fastest.

Entry Deadline: Entries must be received no later than **Monday, March 15, 2016**, or they will be considered deck entries. The 500 and 1,650 yd freestyle events are limited to the first 20 registered athletes.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. Event 38 is intentionally omitted. "NT" will be seeded arbitrarily. Heats will be swum slowest to fastest. A 4-person unofficial March Madness relay will be announced (must be a different stroke other than Butterfly, Backstroke, Breaststroke, or Freestyle and can change the style from swimmer to swimmer).

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. Instructions given by the designated Safety Marshall shall be obeyed at all times. Lane 6 will be maintained as continuous warm-up/warm-down lane during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THIS LANE ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times. A swimmer may be disqualified at the discretion of the meet director or Meet Officials for failure to comply with these rules.

Awards: Awards *will* be given for first, second, and third place in each individual event by the standard Masters age groups. Awards will be given for relays.

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

Hospitality: We will offer a wide variety of refreshments for swimmers and officials throughout the meet.

Nearby Lodging: Holiday Inn Express (540) 463-7351; Comfort Inn (540) 463-7311; Wingate Inn (540) 464-8100

Directions to THE COMMUNITY POOL:

- Take 81 south to exit 191 (64 west) • Take 1st exit 55 • At end of ramp, turn left on Route 11 South
- Stay on Route 11 for approximately 1 mile • Cross bridge • Stay left on Route 11 bypass
- Follow Route 11 bypass for approximately 2 miles to the 1st stop light • Turn Right on Main (route 11)
- Take 1st right turn on Waddell street at the Farmers' Coop • Go straight through Maury River Middle School Parking lot. • Turn left into Pool parking lot

If anyone is taking route 60 west into Lexington, it will bring you all the way into town. Take a left off of Route 60 onto Walker Street (at the KFC). Take a right on Houston Street when Walker dead ends after a block or two. Take a left on Taylor street. Take a left on Wallace. Take a left at the Maury River Middle School parking lot and come up hill and turn left again into the Pool parking lot.

Sponsored by: Rockbridge County Aquatic Masters **Sanctioned By:** LMSC for Va. for USMS, Inc: #125-S003

Please fill in the following:

Date:		Signature:	
Name (First, MI, Last):			
Gender:		USMS Number:	
Address:			
City:		State:	Zip:
Email:		Age as of 3/20/16:	
Phone Number (Day):		Cell Phone Number:	

Warm Ups: 11:45am-12:45pm; Meet Starts at 1:00pm

At 12:15 PM lanes 2 & 5 will be one way sprint lanes. Lanes 1, 3, 4, and 6 will remain as general warm-up lanes.

****The 500 and 1,650 yd freestyles are limited to the first 20 registered athletes.****

Women	Time	Event	Men	Time
1	_____	**500 yd Freestyle**	2	_____
3	_____	100 yd Backstroke	4	_____
5	_____	50 yd Breaststroke	6	_____
7	_____	100 yd Butterfly	8	_____
9	_____	100 yd Individual Medley	10	_____
11	_____	200 yd Freestyle	12	_____
13	_____	50 yd Backstroke	14	_____
15	_____	200 yd Breaststroke	16	_____
17	<i>Deck Entered</i>	200 yd Medley Relay	18	<i>Deck Entered</i>
15 Minute Break				
19	<i>Deck Entered</i>	200 yd Freestyle Relay	20	<i>Deck Entered</i>
21	_____	50 yd Butterfly	22	_____
23	_____	400 yd Individual Medley	24	_____
25	_____	100 yd Freestyle	26	_____
27	_____	200 yd Backstroke	28	_____
29	_____	100 yd Breaststroke	30	_____
31	_____	200 yd Butterfly	32	_____
33	_____	200 yd Individual Medley	34	_____
35	_____	50 yd Freestyle	36	_____
37	<i>Deck Entered</i>	March Madness Relay		
10 Minute Break				
39	_____	**1,650 yd Freestyle**	40	_____

A photocopy of your current USMS registration card must accompany your entry.

Event Fees:	
Total Events:	_____ X \$5.00 = _____
Surcharge:	\$6.00 \$6.00
Total Amount Enclosed: _____	
Make Checks Payable to :	
Rockbridge Storm	

Mail Entries to: Craig Charley 219 Donald Lane Lexington, VA 24450

Questions? Contact Craig Charley craig@rockbridgeswims.org (540) 463-5441 or (540) 447-0326





PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	