



The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia And West Virginia

Two Newsletter Changes

By Betsy Durrant

I'm experimenting with a new design. Feel free to send me comments and suggestions. When I post the newsletter online or when I send it by email, I add some color. Primarily, it's the photographs that are in color. I wasn't able to add appropriate color to the old graphic, so I'm trying again.

The other change is that in the normal schedule of newsletters, the LMSC newsletter goes out in January, March, May, July, September and November. Lisa Bennett, our Registrar, had some information she wanted to get out to all members, so we decided to move the November issue up a month, to October.

See page 7 for VMST news. I encourage all teams (clubs) to send me information about their activities for the newsletter.

NEWS FROM THE REGISTRAR

From Lisa Bennett

The new 2010 Masters swim season is upon us and it is time for registration and renewals to begin. It has been a pleasure being your Registrar and I hope to continue to serve our LMSC with this duty. There have been many changes to the registration process and I would like to provide you all with an overview:

Masters Swimming is a sport for life. We believe that if a younger swimmer has the benefits now, he or she will want to continue to the ripe old age of 100! The Board of Directors for the LMSC for Virginia voted to offer a **reduced registration fee to the 18-24 year olds**. The standard registration fee for 2010 is \$35.00. The 18-24 year old fee would be \$20.00 if they register PRIOR to turning 24. The current online registration processing is not available for this at this time therefore swimmers in this age group will have to send me their forms and checks for processing. This reduced fee does not include any other fees

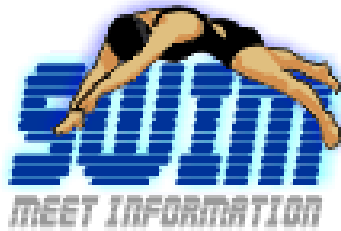
such as team fees or coaching fees. This is an experiment to see how many younger swimmers will take advantage of this, and the success of this offering. It has been brought to my attention (from other LMSCs, not ours!) that some swimmers might use a false date of birth in order to get this discount. I cannot imagine such a thing happening in our LMSC. However it is to be noted that when a swimmer registers, he or she is assigned a "permanent" USMS number that follows him/her for all future registrations. (ex: 129X-12345 means that the 12 is our LMSC designation; 9 is the year - 2009; X is just a letter, or number; and the 12345 is the "permanent" designation that keeps track of the swimmer's information, i.e. date of birth.

TEAMS may begin to register on October 1, 2009. If you are a NEW team or a team with a NAME CHANGE, you must send me the new 2010 form/check. All others may go to CLUBASSISTANT.COM and follow their procedures. The fee for a team is unchanged from 2009. The fee is \$60.00 (\$30 going to USMS and \$30 to the LMSC.)

SWIMMERS may register/renew beginning November 1, 2009. However, you will not be able to join a team that has not registered for 2010. It is very important to make sure your team representative has registered the team. I must hold all registrations until the teams are registered. You may also register ONLINE using ClubAssistant.com. If you go to our LMSC website (vaswim.org) or USMS.org you can get linked to that site for joining. When you register online you will have the ability to print out your USMS card immediately, which is great for the short deadlines! You will have to have a credit card to do that online.

PLEASE READ THE NEW FORM CAREFULLY. Please print clearly, double check the fees, and SIGN your form. Registrations are good through December 31, of each year. If a swimmer wishes to register from September 1 through October 31, a reduced fee is given. The reduced amount is indicated online as well as on the paper registration forms.

See Registrar on page 3.



If you do not have internet access, call or write to me (Editor information below), and I will send you an entry.

October 25: GMUP Sprint Classic
Fairfax, VA

November 7: Fall Meet in Virginia Beach (SCM)
Entry is in this newsletter. Online entries are available also.

November 28-29: Possible SCM in Manassas at the Freedom Aquatic Center.

December 5-6: SCM Zone meet
Flushing Meadow, NY

Newsletter Editor

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LMSC Meeting November 7

- ▶ All team should have a representative at the meeting.
- ▶ The meeting will be at the social following the Virginia Beach meet. The meeting will begin as soon as everyone has a chance to get something to eat.



USMS Website

www.usms.org

Latest info on all levels of swimming

www.SwimmingWorldMagazine.com

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: www.maryland@usms.org

Potomac Valley: www.PVMasters.org

Colonies Zone

www.ColoniesZone.org

LMSC Officers

Chair: Chris Stevenson

chrisstevenson@usms.org, 804-282-0124

Vice Chair: Alison Moore

swimbot@comcast.net

Secretary: Dave Holland

HenryDaFif@aol.com

Treasurer: Mike Duignan

mikeduignan@cox.net

Registrar: Lisa Bennett

Swimlab56@msn.com, 804-379-5324

Sanctions: Judy Martin

Jmartin240@cox.net, 757-721-0890

Records and Top Ten: Chris Stevenson

chrisstevenson@usms.org, 804-282-0124

Graphics from www.swimgraphics.com

Registrar continued from page 1.

We have approximately 24 teams now in our LMSC (with two more prospects for 2010!). They comprise all but 360 of our 1000 registered swimmers. The 360 are UNATTACHED, which means they don't have a team affiliation. They get all of the same benefits, however when they go to competition they are not allowed to swim relays. If any of the unattached swimmers are interested in relays, a list of teams will be posted at the LMSC website. As a note: The swimmer registration form is getting lengthy, so a list of team names is not on this new form. As your coach, representative, or look on the website for your team name.

If you have any questions at all, please do not hesitate to contact me: Lisa Bennett, (804) 379-5324, swimlab56@msn.com.

New!

Workout at Ft Eustis

From Robbie Allen

SWIMMERS!! WE ARE GOOD TO GO!!!
Pass the word!!!

From Coach Steve:

The program will begin on October 5th. We will have practice from 5:30 am to 7:00 am at the Fort Etuis aquatic center. Anyone wishing to leave early can do so as needed for whatever schedule needs they may have. We will have a coach on deck from 5:15 to 7:00 am on Monday, Wednesday, and Friday.

The fees will be pretty simple. Swimmers can purchase a "Punch Card" for 10, 15, or 25 visits at \$20, \$30, or \$50. Swimmers can also come for a daily visit for \$3.00 per visit for military and \$4 per visit for civilians. Civilians can participate in the program. We can provide a team decal to ease access. We will be putting on the Coast Guard Blue Dolphins team website a "Master's" page with a registration page. Questions about the program and sign ups should come to the office at 369-2202 or via email at cgbdswwimming@cox.net.

This is great news I look forward to swimming with you. Hope you can make it!

Two Mile Cable National Championship

From Chris Stevenson

Attached are the results from the 2-mile cable **national championships** held in Lake Placid August 15. Several from our LMSC competed (Lisa's results have an asterisk because she tied with Tracy Grilli). I'd also like to point out the mother-son national champions of Shirley and Craig. How many times has that happened?

Women 50-54 2 Mile Open Water

- *1 Lisa A Bennett , SwimQuest Masters, 47:42.27

Women 55-59 2 Mile Open Water

- 1 Shirley A Loftus-Charley, Shenandoah Marlins, 48:07.11

Men 25-29 2 Mile Open Water

- 1 Craig R Charley, Shenandoah Marlins Aquatic 46:49.21

Men 35-39 2 Mile Open Water

- 2 Bruce S MacDonald, Unattached 47:10.08

Men 40-44 2 Mile Open Water

- 1 Chris L Stevenson, Virginia Masters Swim Team 41:14.21

Men 55-59 2 Mile Open Water

- 6 Howard B Craddock, Virginia Masters Swim Team 1:03:09.96

Men 60-64 2 Mile Open Water

- 5 John R Shrum, Virginia Masters Swim Team 51:55.96

Note from Dave Holland

Two of our VMST members did open water races on Sept. 12.

Val Pate swam the Brooklyn Bridge event in 13:59, finishing first in her age group, 9th among all females, and 17th overall (of 283 finishers):

http://www.nycswim.org/Event/Event.aspx?event_id=1909&from=results

Bill Winters swam the Big Shoulders 5K in Chicago in 1:09.08, finishing 10th in his age group in the non-wetsuit division (40-44).

http://www.bigshoulders.org/2009/2009_Results/5KAGERESNOWET.txt

See page 5 for an account of the Big Shoulders 5K from Bill Winters.

Postal Event and Clinic

Report on the Weekend of October 3-4

By Betsy Durrant

Postal Swim

On Saturday, October 3, four swimmers completed a 6000 yard swim at Seatack Recreation Center in Virginia Beach. That is 240 lengths!!! Bud Swiger, Barbara Streater, Adam Barley, and Sean Carter were the finishers. At the same time, Barbara Boslego, Nancy Speer, Betsy Goode, Mitch Saks, Ed Schiavoni, and Susie Gordon completed the 3000 yard swim.

The key to this is having timers/counters to count laps and record splits every 50 yards. It is extremely interesting to calculate each 100 and see how well the swimmers maintained a pace. All of the 6000 swimmers and three of the 3000 swimmers started together. When the 3000 participants finished, another three started. Judy Martin, Glen Knutson and Martha Swiger counted and timed throughout. Ed, Betsy, Barbara and Mitch swam the 3000 and counted for the other heat. There were not enough people to put lap counters in the water each 50. Tom Woods worked with the timers to signal the swimmers their lap count every 500 yards (approximately).

Many thanks to Janis Sweeney, Aquatic Director with Virginia Beach, for helping to make this possible. The Rec Center treated the swim as a class, charging \$3 per swimmer. If you were not a member of the recreation centers, there was also a \$5 guest fee. This arrangement was far better than trying to rent pool space!

Clinic

Twenty-eight swimmers participated in the clinic on Sunday, October 4, at Seatack Recreation Center in Virginia Beach. Janis Sweeney, Aquatic Director for Virginia Beach, and I were in charge. Seatack collected \$20 per swimmer, plus guest fee if necessary, for letting us use the entire pool for three hours. The LMSC (Local Masters Swim Committee) contributed \$250 to pay the coaches a small stipend for helping. The clinic was followed by lunch for all and then a VMST team meeting.

I was extremely fortunate to get four outstanding coaches to conduct the clinic. Chris Stevenson, our LMSC chair, did the backstroke session. Jim Miller did two sessions – freestyle and open water techniques. Diane Cayce coached the butterfly session. Diane coaches at NOVA in Richmond. Diane will swim Masters events from time to time when she has time to train. She also assists in running the Richmond meet in February.

The breaststroke session was coached by Nate Boyle, the head coach for TIDE (a USA Swimming team in Virginia Beach). Nate swam in northern Virginia as a teen, then at Auburn. He coached at Auburn and in Charlotte before coming to Virginia Beach. In addition, Nancy Miller was available on deck to assist coaches as needed.

The schedule for the clinic was a 10-15 minute warm-up. Session 1 for an hour, followed by another 10-15 warm-up or break. Session 2 ran for an hour with another 10-15 at the end to swim or talk to the coaches. Swimmers could choose from freestyle or breaststroke in the first session. In the second session, they could choose from backstroke, open water, or butterfly.

I have gone into so much detail for a reason. If anyone in the LMSC can arrange for pool time, the LMSC can help you run a clinic. The LMSC budgets money for a clinic, and there are coaches who are willing to help out. **If you want a clinic in your area, contact me or Chris Stevenson and we will help you make it happen.**

See pages 6-7 for clinic pictures.

What is an LMSC?

From time to time, I think it is helpful to explain how USMS is organized.

National Level. USMS has 7 national officers: President, four Vice Presidents (Administration, Programs, Local Operations, Community Services), Secretary and Treasurer. These officers, plus the immediate Past President make up the Executive Committee. Legal Counsel and the Executive Director are ex officio members of the Executive Committee. The Executive Committee plus eight At Large Directors make up the Board of Directors. All past presidents are ex officio members of the BOD.

Each year there is a convention when plans are made for the coming year. USMS has committees to deal with various aspects of our sport (Rules, Legislation, Finance, Championships, Open Water, Fitness and Education, Officials, Coaches, Sports Medicine, Registration, Records and Tabulation, and others). Each LMSC is allotted delegates to the convention based on number of swimmers registered in the LMSC. Virginia gets three delegates. In addition, BOD members,

See What is? on page 5.

What is? continued from page 4.

committee chairs, and members of certain committees are automatic delegates.

Local Level. The country is divided into 52 Local Masters Swim Committees (LMSCs). The LMSC for Virginia covers most of Virginia (except Fairfax and Arlington counties) and part of West Virginia. Within our LMSC, we had 24 clubs registered for 2009. This is a confusing point sometimes. Most of us refer to our "team," but USMS uses the term "club." When there is a meeting of the LMSC (on November 7 this year), each club should send representatives.

Big Shoulders 5K Swim

By Bill Winters

I swam in my 10th Big Shoulder's. It was the USMS National Championship for the 5K held at Ohio Street beach in downtown Chicago, by Navy Pier. It's a 2.5K course you complete twice for the 5K. There is a 2.5K option which started after all the 5K participants and there were over 800 people combined for both events.

In the week or two leading up to the race Lake Michigan temperatures were recorded anywhere from 52 to 71 degrees. Well, the weather and lake could not have been more perfect. Water temp was probably right around 70 and there was no wind meaning the lake water was the clearest I've ever seen. They had a record number of participants, a very fast race, and a fair amount of controversy. Just check out USMS Discussion Forums (www.usms.org), Open Water and then look for Big Shoulders. The race director is a friend of mine, and he runs a great race and this time was no different, despite what some of the folks say.

As for my personal performance, well let's just say, I managed to finish the race and Dave Holland pointed out since it was a National Championship event I squeaked into the awards category by finishing 10th in my age group, by far my worst performance, but I still completed and am hoping one day we can get some other VMST swimmers to come and enjoy a great race and a great city.

**BIG SHOULDERS 5K
LAKE MICHIGAN SWIM**



2009 USMS CONVENTION

By Pam Dameron and Lisa Bennett

Pam Dameron and Lisa Bennett were just two of the 7 members from our LMSC who attended the USMS Convention this past September in Chicago, IL. It was a rather calm year compared to those when "rules" were hashed out. But we weren't disappointed...the swimwear issue was rather heated.

Some of the highlights came from the Registrar's Committee. Club Assistant has been helping streamline and make the registration process easier. Renewing Clubs can now go online and register their teams.

The Coaches Committee has valuable resources and can lend assistance to any club. They also provide for grants for a Mentor Clinic. This grant will help defray coach's costs if he/she attends a sanctioned clinic. They are also trying to establish revisions for the ASCA Masters level coaches.

Looking for a way to put a little fun into your Club's fitness swimming? Join USMS's "Go the Distance" (GTD) and set up virtual swims for your teammates to any destination in the world! Swim down the Mississippi, across the English Channel, or even the Atlantic Ocean. Have individual goals or team swims.

"Go the Distance" is an event for swimmers to track their distance and workout time over the course of the year. USMS offers incentives for participants when they achieve distance milestones beginning at 50 miles and continuing to 1500 miles. There is no cost, however T-shirts can be purchased with the GTD 2009 (soon to be 2010) on the front, and a milestone check-off on the back. All data is entered on each swimmer's personal "fitness log" (FLOG) on the USMS website. It's fast and easy to use, and includes swimming, dryland and cross training sports such as running and cycling. Swimmers can enter their mileage daily, weekly, or at the end of the month. The website will automatically compile the results for the month, with both mileage and time listed, and it will report the total for the year-to-date.

If you are new to FLOG, you will need to set up an account. Go to www.USMS.org Click on "Forums" in the upper right corner of the home page. Follow the step-by-step instructions to create your login account. Check your email inbox for an automated confirmation message from the "Discussion Forums." Follow the instructions in that

See Convention Report on page 6.

Convention Report continued from page 5.

email message to fully activate your account. Once you are activated in the forums, return to www.usms.org. Click on the My USMS tag in the upper right corner of the page. The first time you visit this area, you will need to enter your current USMS membership information in order to link your login account to your membership. It's time for you and your team to "Go The Distance!"

The budget of course was a hotspot. This year the budget was proposed at just over 2 million dollars. Even though USMS is currently operating in the black, it is suspected that next year it will be in the red.

Many bids were awarded for the upcoming National Championships (pool and open water). Atlanta, GA and Puerto Rico have the 2010 SCY/LCM events. Chris Green Lake is host to the 2-mile 2010 Nat. Championship too. In 2011, the SCY Nats. will be in Mesa, AZ and LCM Auburn, AL. All of the Championship meets (pool, open water, and postal) can be located at USMS.org

The last item to be discussed at the House of Delegates was the swimwear issue. Three options came out for voting and recommendations for FINA (world governing organization for swimming). One option (ax the technical suits in January) only got 3 votes! The other two options needed a head count! The first option was to ax the suits immediately (or by Oct.1 when FINA made the ruling) The third option was to wait until June 1, 2010. As you can imagine every side of the suit was discussed. In the end, it was 101 to 93 in favor of giving the suits the boot immediately! However it ain't over til the skinny lady swims....the recommendation will be taken to FINA for more discussion. So you might want to hold off for all those tech suit bargains!

Editor's Note on the tech suit issue: The House of Delegate recommendation was to allow the suits for Short Course Meters for the rest of 2009. The issue was over the use for SC Yards. The vote referred to above was that if the suits were banned for Masters as of January 1, 2010 (which was expected), USMS should ban the suits for yards immediately (October) rather than to split the season any further. The vote was close because the short course season has started and many wanted to ban them for meters in January, but continue for yards through the season (May 31, 2010). Everything, however, is still undecided. The FINA Masters Technical committee met in late September and voted to follow the same rules as

the elite swimmers (ban the suits January 1). The FINA Masters Technical Committee can't change the rule; the committee made a recommendation to the FINA board (I'm not sure who the recommendation goes to) and this committee or board meets again in late January. Meanwhile, things remain the same. The way I understand it, tech suits can be worn through the end of 2009. Beyond that, I don't know. Charlie Cockrell is on the USMS Rules Committee, and I will get an update from him for the next newsletter.

Delegates to the USMS Convention from Virginia were: Lisa Bennett, Pam Dameron, Chris Stevenson (the three LMSC delegates), Betsy Durrant (BOD), Charlie Cockrell (Officials Committee Chair), Patty Miller (Legal Counsel), Jim Miller (Past President).



Jim Miller on deck at the clinic.

Clinic Group Photo

See page 7 for clinic photo.

Front row, left to right: Judy Martin (in water), David Dorazio (Charlottesville), Barbara Boslego (Norfolk), Coach Nancy Miller (Richmond), Nancy Speer, Nahum Berenstain, Al Newbury.

Second row: Coach Chris Stevenson (Richmond), Ann Stafford (Norfolk), Sheri Segal, Cathy Rotch, Karen Mickunas, Susan McKerns (Heathsville), Tom Woods (Missouri), Coach Diane Cayce (Richmond)

Third row: Amy Lindoerfer, Mike Duignan, Pete Virok, Dean Cummings, Jim McFarland (Lynchburg), Tony Evelyn, Vic Mickunas, Coach Jim Miller (Richmond).

Back row: Bud Swiger (Leesburg), Corky Robinette, Susie Gordon, Mitch Saks, Cheryl Benn, Betsy Goode, Amelia DaCruz, Coach Nate Boyle.



VMST News

Team Meeting.

A team meeting was held after the clinic on October 4. Betsy Durrant, President, called the meeting to order.

Betsy gave a brief summary of the club's activities and status. One of the things that has not been accomplished yet is to get a new team banner. In the discussion that followed the consensus was to order a new banner and use purple, white, and black as the colors.

Pete Virok, Treasurer, gave a brief report on the financial status of the club. Pete reported that reserves had been invested several years ago and had lost value in the current market. When the funds regain most of the lost value, they will be transferred to certificates of deposit.

A discussion followed about the excess amount of reserves that we have. The team receives income from membership (\$15) and from the profits of successful events. The largest expense is for the newsletter. It was decided that VMST would reduce the membership fee for 18-24 year old members from \$15 to \$10. If newsletter costs go down, we will discuss whether or not to reduce membership cost for everyone.

At the present time, VMST sends out a VMST newsletter 6 times a year. The other 6 months the newsletter costs are shared by the LMSC and VMST. Chris Stevenson, LMSC Chair, explained his wish to have an LMSC newsletter each month and provide space for each team. If this occurs, VMST costs would go down drastically, and we could then lower our membership fee.

Elections were then held. Judy Martin, Dave Holland, and Wayne White were the nominating committee. Judy presented a slate of officers: President – Heather Stevenson, Vice President – Bud Swiger, Secretary – Debbie Jaeger, Treasurer – Betsy Durrant. There were no additional nominations and the slate was approved.

Coached Workouts.

Betsy Durrant has compiled the list below of coached workouts where VMST swimmers practice. Since we are so spread out, it is not easy to gather all of the information. Please review the information below and contact Betsy (durrant6@cox.net) with additions and corrections.

WORKOUTS WHERE VMST MEMBERS PRACTICE			
These are coached workouts and are not necessarily limited to VMST members.			
City	Pool	Coach	Times
Kilmarnock	Northern Neck YMCA	Kathryn Gregory	T,Th 7:00-8:30 am
		katgreg07@kaballero.com	Sat 7:30-9:00 am
Lynchburg	Jamerson YMCA	Priscilla Bettis, Jann Brown	M,Th 11:00 am - noon
		pbettis@gmail.com	
	Downtown YMCA	Priscilla Bettis, Jann Brown	W, F 11:00 am - noon
		pbettis@gmail.com	
Norfolk	Virginia Wesleyan College	TAC (USA-S team)	M,W,F 6:00-7:30 am
		tidewateraquaticclub.com	Sat 8:00-11:00 am
			T,W,Th 10:30 am - noon
	Fleet Rec Park	TAC (USA-S team)	M,W,F 6:00-8:00 pm
		tidewateraquaticclub.com	
Richmond	NOVA	Mark Kutz	M-F 5:45-7:00 am
		kutz@vcu.org	
	ACAC	Jim Miller	M-F 6:00-7:00 am
		jwmswimmd@aol.com	M-Th 7:00-8:15 pm
			Sat 8:00-9:00 am
			Sun 9:00-10:30 am
Roanoke	Gator Aquatic Center	Marcia Barry (not on deck)	M, T, Th, Fri 5:45-7:00 am
		barryml@cox.net	
	Carter Athletic Center	Eva Steib	M,W,F 8:00-9:30 am
	Downtown YMCA	Pat Bateman	M-F 9:30-10:30 am
			M-F noon-1:00 pm
		T,Th 5:15-6:15 am	
		T,Th 6:30-7:30 am	
Virginia Beach	Great Neck Rec Center	Betsy Durrant	M,W,F 7:45-8:45 am
	Seatack Rec Center	Betsy Durrant	M,W 6:30-7:30 pm
		durrant6@cox.net	
	Bayside Rec Center	Karen Mickunas	T, Th 7:00-8:00 am
		mickunasvic@aol.com	
Hilltop YMCA	Laura Peter	M,T,Th 12:00-1:00 pm	
		lmjpeter1@cox.net	
Woodbridge	Chinn Aquatic Center	Wayne White	M, T, Th 8:00-9:00 pm
		wwhitefamily@comcast.net	Sat 7:00-8:00 am
			Sun 8:00-9:30 am

From Charlie Cockrell:

I am swimming at Midtown Aquatic Center from 6:30 to 7:45 a.m. on Mondays, Wednesday, and Fridays most weeks. If anyone is interested in forming a workout group or joining others to swim, please contact me by e-mail (Charles.Cockrell@alumni.virginia.edu or 757-745-7045). Perhaps if we can get a few more people, we can work with the facility on lane space and see how we can grow.



2010 USMS Membership Registration

New _____ Renewal ____ (past USMS # _____)

Register with the same name you will use for competition. PLEASE PRINT CLEARLY.

Last Name: _____ First Name: _____ MI: _____

Street Address: _____ Phone: _____

City/State/Zip: _____ Date of Birth: _____

Email Address: _____ Sex: (circle) M F

(Email addresses ARE NOT supplied to sponsors)

Team Name/Unattached: _____

WAIVER: 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 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.

Signature (required) _____

Use of Image/Likeness: I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recording, or any other record for legitimate purpose.

I am a coach Certified Official I am a member of YMCA USA Triathlon USA Swimming

Fee: \$35.00 _____ ***18-24 year olds : \$20.00 ____ (All registrations valid through 12/31/10)
VMST fee: \$15.00 _____

I wish to contribute \$1.00 (or \$____) to the International Swimming Hall of Fame Foundation. I have added this to my total fees.

I wish to contribute \$1.00 (or \$____) to the United States Masters Swimming Foundation. I have added this to my total fees:

TOTAL FEE: _____

NOTE: If joining from 9/1/10 through 10/31/10, with the exception of 18-24 year olds, fees are reduced by \$8.00.

***** 18-24 year olds MUST REGISTER PRIOR TO YOUR 25TH BIRTHDAY!**

MAKE CHECK PAYABLE TO: LMSC FOR VIRGINIA

Mail this form and check to: Lisa Bennett, Registrar
11812 Winfore Drive
Midlothian, VA 23113

swimlab56@msn.com
(804) 379-5324

USMS Registered members are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) In USMS sanctioned meets where all competitors are USMS registered.

VIRGINIA MASTERS SWIM TEAM
29th ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 7, 2009



Short Course Meters

Location: Bayside Recreation Center, 4500 First Court Road, Virginia Beach.

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 Rd. Turn right on Pleasure House and take a left at the first stoplight onto First Court. The Rec Center is approximately .8 mile on the left. **From the oceanfront area**, take Shore Drive to First Court Rd. There is a stoplight at the intersection and a water tower nearby. The Rec Center will be on your right (about .8 mile), just past Bayville Park.

Meet Director: Betsy Durrant

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction #129-007.

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, 2009. 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 \$35. Forms are available at www.vaswim.org and will also be available at the pool for new swimmers. **All new registrations after November 1 will be valid through December 2010.**

ORDER OF EVENTS. Pool opens at 9:00 am. Warm-up starts at 9:15 am. First heat begins at 10:00 am.

Men and Women will swim together. Back-to-back events are not a good idea.

- | | |
|------------------------------------|-------------------------------------|
| (1) 800 m Freestyle | (12) 50 m Butterfly |
| (2) 200 Medley Relays (W/M/Mixed)* | (13) 200 m Breaststroke |
| (3) 400 Free Relays (W/M/Mixed)* | (14) 100 m Backstroke |
| (4) 50 m Breaststroke | (15) 400 m Freestyle |
| (5) 200 m Individual Medley | (16) 400 Medley Relays (W/M/Mixed)* |
| (6) 200 m Backstroke | (17) 200 m Butterfly |
| (7) 50 m Freestyle | (18) 100 m Individual Medley |
| (8) 100 m Butterfly | (19) 50 m Backstroke |
| (9) 100 m Breaststroke | (20) 100 m Freestyle |
| (10) 400 m Individual Medley | (21) 200 Free Relays (W/M/Mixed)* |
| (11) 200 m Freestyle | (22) 1500 m Freestyle |
| | (23) 800 Free Relays (W/M/Mixed)* |

*** Relays**

There will be one heat of each relay. Women, Men, and Mixed Relays will be in the same heat. No charge for relays.

Entries: \$5.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. **Late entries and deck entries will be accepted to fill heats at \$7 per event.** Swimmers may enter a total of 5 individual events and 4 relays.

Entry Deadline: In order to be seeded, pre-entries must be received by **Saturday, October 31.**

Online entries now available at https://www.ClubAssistant.com/club/meet_information.cfm?c=1212&smid=1763

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: Medals for 1st through 3rd places in each event for each age group. Ribbons for 4th through 6th places.

Social: There will be a social immediately following the meet. Directions will be provided at check-in.

Hotel Information: Check hotel rates online. Most of the oceanfront hotels have very good rates in November.

Relays! In an effort to provide an opportunity for swimmers to compete in SCM relays, we have scheduled relays – events 2,3,16,21,23. 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.

***** ENTRIES ARE DUE BY OCTOBER 31!*****

ENTER ONLINE AT https://www.ClubAssistant.com/club/meet_information.cfm?c=1212&smid=1763

Age (on Dec 31, 2009): _____ 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 meters. If you do not have any times for meters, add 10% to your yard times.

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)	_____	800 m Free	(12)	_____	50 m Fly
(4)	_____	50 m Breast	(13)	_____	200 m Breast
(5)	_____	200 m IM	(14)	_____	100 m Back
(6)	_____	200 m Back	(15)	_____	400 m Free
(7)	_____	50 m Free	(17)	_____	200 m Fly
(8)	_____	100 m Fly	(18)	_____	100 m IM
(9)	_____	100 m Breast	(19)	_____	50 m Back
(10)	_____	400 m IM	(20)	_____	100 m Free
(11)	_____	200 m Free	(22)	_____	1500 m Free

Please note that there is no break in the meet program. Think carefully before entering back-to-back events.

Relays (events 2,3,16,21,23) will be deck entered. There will be no entry fee for relays.

Number of Events _____ x \$5 = \$ _____

\$10 Surcharge = \$ **10**

Number of people for social _____ x \$5 = \$ _____

Results Mailed (\$1) = \$ _____

Total Amount Enclosed = \$ _____

*Results will be posted at
www.vaswim.org.
If you want results mailed
to you, fill in blank to the left.*

*Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver.
Mail to: Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451. For questions, e-mail Betsy at
durrant6@cox.net or phone Betsy at 757-422-6811. No calls after 9:30 pm, please!*

Local Masters Swim Committee
Lisa Bennett, Registrar
11812 Winfore Drive
Midlothian, VA 23113-2455

Prstd Std
U. S. Postage
PAID
Richmond, VA
Permit #3022

Time to Renew Your USMS Registration...

There are two ways to do this:

1. Online. Go to www.usms.org, click on the Join/Renew button in the top right corner.



2. Paper copy. The 2010 form is included in this newsletter on page 9.

***If you are 18-24 and want to take advantage of the reduced fees for your age group, you have to register with the paper copy. Please note: after Lisa printed the form, VMST reduced the cost from \$15 to \$10 for 18-24 year olds. Total cost for VMST for 18-24 year olds is \$30. All other teams or unattached is \$20.**