

The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia And West Virginia
March 15, 2010

“Tropical” Splash??

The Tropical Splash meet in Alexandria was January 31. **Mark Daniels** sent the pictures below of the group from Chinn Aquatic Center.



Ariel Lotz responding to a challenge from Mark.

Heather Williams, Mike Fadorick, Brooke Berrier, Sue Horab and Courtney Harris playing in the snow.



Oh, they did go in and swim! Relay team of **Courtney Harris, Brooke Berrier, Sue Horab, Jen Barnett. Coach Wayne White** is in the background.

New Team in Tazewell

Registrar Lisa Bennett reports that new team has been formed in Tazewell, VA. Tazewell is in the western part of Virginia (west of Roanoke, north of Abingdon and south of Bluefield.

Tommy Parham is the coach and they train at the Four Season YMCA. Lisa says that went to a meet in early February. I'd like to get a report from someone on the team.

Late Breaking News

Two new meets in Virginia:
Sunday, March 28, Lexington, VA
Saturday, April 10, Manassas

Both entries are in this newsletter!!!



If you do not have internet access, contact me (Editor's information below), and I will send you an entry.

April 22-24: Zone Meet, George Mason U.
Entry information is on the back page.

May 1-2: NC Championship. New Location!
Hillsborough, NC (just outside of Durham).
Information is on the NC website.

May 20-23: USMS SCY Nationals, Atlanta
Entry is in the current *Swimmer* Magazine and will
be available online (usms.org).

Newsletter Editor

Betsy Durrant
211 66th Street
Virginia Beach, VA 23451
757-422-6811 (fax or phone, before 9:30 pm)
durrant6@cox.net



May 29-30: 1 and 2 Mile Swim, Reston, VA.

June 27: Jack King One Mile Ocean Swim
Virginia Beach. New date, one week later than
usual.

July 10: Chris Greene Lake 2-Mile Cable Swim
USMS National Championship this year!
Entry will be in the newsletter.



Virginia LMSC Website
www.vaswim.org

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
chrisl Stevenson@usms.org, 804-282-0124

Vice Chair: Alison Moore
swimbot@comcast.net

Secretary: Dave Holland
HenryDaFif@aol.com

Treasurer: Charlie Cockrell
Charles.Cockrell@alumni.virginia.edu

Registrar: Lisa Bennett
Swimlab56@msn.com, 804-379-5324

Sanctions: Judy Martin
Jmartin240@cox.net, 757-721-0890

Records and Top Ten: Chris Stevenson
chrisl Stevenson@usms.org, 804-282-0124

Graphics from www.swimgraphics.com

LMSC of Virginia Minutes

Sunday, Feb. 21, 2010, 7:00 pm

Conference Call

Present: Chris Stevenson (Chair), Allison Moore (Vice Chair), Dave Holland (Secretary), Betsy Durrant (Newsletter Editor), Lisa Bennett (Registrar), Heather Stevenson (VMST President), Bud Swiger (VMST Vice President), Charlie Tupitza (Warrenton Masters), Jay Peluso (Coaches Chair), Judy Martin (Sanctions Chair), Tommy Parham (Four Seasons YMCA), Debbie Jaeger (VMST Secretary), Pam Dameron (Quest Masters), Ginger Cyganiewicz (Sunfish Masters)

Old Business:

1. The meeting was called to order by the Chair at 7:00pm via teleconference.
2. Jay Peluso (newly appointed Coaches Chair) requested \$1700 for a coaching development project. He proposed that the LMSC purchase 50 stopwatches (Ultrak 495 at \$32.95 each). Betsy Durrant moved to accept this proposal, Lisa Bennett seconded, and discussion ensued. Jay explained that his idea is to send out an initial email to all the coaches, asking them to respond by confirming their email and that they are current USMS coaches. Along with their response, Jay will ask them give him one idea about what they need or would like to see from the LMSC. In exchange, they get the stopwatch. The stopwatches will be a bright color so that it's readily identified by swimmers and coaches as an LMSC stopwatch. Motion was carried by unanimous vote.
3. Betsy Durrant drafted a set of amendments to the LMSC by-laws that would reduce the size of the Board of Directors and create an Executive Committee. Betsy explained that when the composition of the BOD was originally set up, there were only a couple teams within the LMSC. Now, with 25-30 teams in our LMSC, the BOD is composed of around 40 people, which makes policymaking unwieldy and inefficient.
 - Betsy recommended that we amend the wording of the bylaws so that clubs with at least 10 registered swimmers (instead of 1) will receive one voting delegate to the LMSC BOD, and a second voting delegate

is warranted with 200 registered swimmers (instead of 50).

- Betsy recommended that we create an Executive Committee composed of the five LMSC officers (Chair, Vice Chair, Secretary, Treasurer, Registrar) and five other members of the BOD, appointed by the Chair. The purpose of this Executive Committee would be to assume policymaking decisions from the BOD for time-sensitive LMSC needs. Discussion ensued.
 - Heather Stevenson expressed concern about the BOD being heavy with VMST officers, and Betsy's proposal was amended to include someone on the BOD who represents small teams. Lisa Bennett expressed concern about unattached swimmers not being represented. Charlie Tupitza indicated that Unattached members are able to submit ideas to the BOD.
 - Betsy's amended proposal was MSA'd by unanimous vote.
4. Meeting adjourned at 7:52pm.

Minutes submitted by Dave Holland, Secretary

Free Watches for Coaches?!?!?

By Jay Peluso

In an effort to get a dialogue going within our coaching ranks, the Coaches Committee asked for and received approval for funding to provide our coaches with one of the most important tools of the trade. We then sent out an email to the more than 50 coaches in our LMSC but only heard from a small percentage.

For those of you that did respond, thank you. Your ideas are great and we hope to implement as many of them as we can.

Swimmers, ask your coach if he/she responded to our email. The more we provide them, the better they can provide for you.

Coaches, this is your ***call to action***. The first thing we need from you is an email to let us know that you are currently an active USMS coach. See ***Coaches*** on page 5.

VMST News

Two Important Team Events!!

The Zone Meet is at George Mason again, and USMS Short Course Nationals is in Atlanta. What to do?? Two great meets?? If you can, enter both. Use the Zone Meet for preparing for nationals. Try to schedule at least one; you will have a good meet and at good time either way.

Zone Meet at George Mason University

It's that time again! Let's get organized for the Zone Relays. For those of you who have not participated in the Zone Championship Meet (April 22-24), it is a real happening!

The set-up for the meet:

1. It runs 3 days. All events are offered.
2. Friday night (5 pm Warm-Up, 6 pm Start) is the distance. The 1000 and 1650 will be run simultaneously.
3. Saturday and Sunday start Warm-Up at 9am.
4. Relays are: 200, 400, and 800 Freestyle Relays plus 200 and 400 Medley Relays. Each relay is available for Men, Women, and Mixed teams – in all age groups (18-24, 25-34, 35-44, etc). The possibilities are mind-boggling!

Your job:

1. Seriously consider entering. It is great fun.
2. Let the relay people know that you are entering the meet and what relays you would like to swim. Let anyone of the following people know and we'll communicate names to others. We have found the easiest way to compose relays is for different people work on different age groups.

Dick Cheadle, dbcheadle@verizon.net, 703-425-1699

Bud Swiger, MSSswim@aol.com

Betsy Durrant, durrant6@cox.net, 757-422-6811

3. Can you help create the relays? Do you have some ideas for good relays?

USMS Nationals in Atlanta

The meet is May 20-23 in the pool at Georgia Tech. This is the pool used for the Atlanta Olympics. The pool is the same, but it has been enclosed.

I expect that there will be a good turnout from VMST. It's relatively close and easy to get to. I find it very inspiring and invigorating to be around so many people who love the sport as I do. Most

SC nationals have around 1500 entries. There are qualifying times, but everyone may enter 3 events without meeting the qualifying times.

Please let me or Chris Stevenson know if you are going to enter.

Dave Holland and the group at NOVA:

Dave does an electronic newsletter for the workout group. I have included a few excerpts from his article.

MEET RESULTS

Feb 13-14, 2010. The annual David Gregg III Memorial Meet at NOVA was attended very well by the NOVA group. There were many highlights. •**Maura's** 200 fly. Oh, how reckless the youth can be these days! She was out in 1:03 at the halfway point, and we watched with smiles and cringes. The current 25-29 LMSC record holder (**Diane Cayce**, 2:14.8 from 1984) was on hand to observe history in the making, and then, wait, a collective "oh, poor Maura" as Diane's jinx took over. In Maura's own words: "I felt like someone had grabbed my arms and was holding them against my body." She finished in 2:17 but was laughing about it later, which means she learned her lesson and perhaps next time that record will belong to the perky compliance gal who was splashing around the baby pool back in 1984.

•Nine of our people swam the 500 free, but only two of them managed to tie for first. **Betsy Turner** and **Claire Russo** both finished in 5:59.12 to share the podium for the 25-29 women.

•**Allison Czapracki** doing best times in all her events (100 free, 500 free, 100 back, 50-100-200 breast). Unrelenting hard work pays off. That could be a Kutzism...

•**Claire Russo** earning career best times in the 50-100-200 breast (34.3, 1:14.9, 2:41.1). Who says you can't get faster after college?

•**Chris Stevenson's** national record in the 200 back (1:56.05), swimming unshaved. Now that Chris has aged up to 45, the record books are in serious trouble.

•Five. That's the number of events that **Bud Swiger** swam on Saturday within the space of two and a half hours (200 fly- 1000 free-1650 free-400 IM-500 free). No, he doesn't swim at NOVA, but Mark was watching, so look for this set in a future workout.

Coaches continued from page 3.

so we can be sure our distribution list is up to date. You can email me directly at jpeluso@peluso-law.com.

Along with your response, give me **one** thing you would like to see from the LMSC. In exchange, we will send you a **brand new LMSC coaches only Ultrak 495 Professional Stopwatch**. That's right, you respond, we give you a watch - it's that easy. Go ahead and "Google" it now. This thing is awesome; certainly worth an email and an idea.

Once we get the distribution list set, we will take your ideas and get started on implementing them over the course of the year. Our first order of business will be a coaching/swimming clinic sometime in the first quarter. Stay tuned for more details.

The season is starting, time to stop working out and start training.

This and That ...

•Meet Results for the Richmond meet (and other local events) can be found on the LMSC website (www.vaswim.org).

•**Mark Daniels** (from the Chinn Aquatics workout group, sent me the following two links for "swimming vacations." Check it out.

<http://www.swimtrek.com/default>

[http://www.active.com/travel/articles/Guided-Swimming-Vacations -A-New-Twist-on-Adventure-Travel.htm](http://www.active.com/travel/articles/Guided-Swimming-Vacations-A-New-Twist-on-Adventure-Travel.htm)

•I just ordered another copy of **Karlyn Pipes-Neilsen**'s freestyle video. I have given away several copies because I think it is an excellent video. Karlyn wrote: "Hey, I have a video clinic at Burke Racquet club on Sunday, May 2nd from 12-4:30 if you know of anyone that would like to make a road trip! Register soon at www.aquaticedge.org." You can order the video at the same website.

Unlocking the Mystery of the Flog

by Marcia Anziano

(December 1, 2009, from the USMS website)

What is a FLOG?

You've probably been hearing the word FLOG lately. It's a funny word, FLOG. Actually, to me it sounds a bit dangerous. But have no fear, FLOG is an acronym for **Fitness Log**. But what exactly is a Fitness Log? Well, it's one of the benefits our members get as part of the [MyUSMS](#) section of the U.S. Masters Swimming website. That's right, it's a benefit. This became clear to me last weekend when I asked a friend if she had set up her FLOG, and she replied, "What's a FLOG?" When I told her it was a Fitness Log that you can maintain for yourself on the USMS website, she was thrilled. She had just put Fitness Log on her Christmas wish list.

This was perfect. I needed to write a tutorial for the Fitness Education Committee to share with participants in the **Go the Distance** fitness event. So here was my opportunity. My friend and I sat down at the computer and I walked her through the process. We set up a logon for MyUSMS, initialized the MyUSMS area, set up the Fitness Log and organized the preferences. And that was it. She was ready to go.

You can use the FLOG to keep track of all sorts of activities, not just swimming. You can track walking, weights, running, Pilates, cycling, spinning, yoga, and there's also an "other" section for anything else you might want to add. You can even have multiple workouts for each day. It's all tracked automatically.

FLOGs are also a benefit to the Fitness Education Committee since they are the source of input to the popular Go the Distance program. In the past, volunteers had to read through hundreds of emails each month and enter the information into a database for tracking the distance of each participant. Now the participants can track their own workouts using the FLOGs. If they choose to participate in Go the Distance, the data is picked up on a monthly basis.

*See **Flog** on page 6.*

Flog continued from page 5.

I have to admit, at first I was only entering my monthly totals for Go the Distance into the FLOG because I had my own traditional way of keeping track of workouts. But as I spent more and more time on the FLOG, I decided to use it on a daily basis. Now I'm hooked. I love seeing the icons and the distance and time I've spent, and see the running totals at the bottom. I even know how many hours I spend walking my dog each month. Now that's a benefit!

So check out the Fitness Logs. I think you'll find them helpful and fun to use.

Editor's Note: Look in the upper right hand corner of the USMS home page (www.usms.org). You will see a tab for "My USMS." It is a good idea to set up a user name and password. On the Discussion Forums, there are sections that are only open to USMS members, but you have to have a user name and password. The Workout section is restricted and is one of the best areas. USMS pays three coaches to post workouts each week. In addition, other swimmers and coaches also post workouts. It is a very good resource.

Long Distance All American Listings for the LMSC for Virginia 2009

To be recognized as attaining Long Distance All American status, a swimmer must post the fastest time in an event/age group in one of the recognized Long Distance Championships.

From Virginia:

Lisa Bennett, W50-54, SQST, 2 mile Cable
Shirley Loftus-Charley, W55-59, SMAM, 2 mile Cable, 3-6 mile Open Water, 6 mile Open Water, 5 K Postal, 10K Postal, 3000 yard Postal, 6000 yard Postal (7 out of 9 events).

Craig Charley, M25-29, SMAM, 2 mile Cable, 10 K Postal, 5 K Postal

Chris Stevenson, M40-44, VMST, 2 mile Cable

Shirley and Apolo???

Shirley Loftos-Charley and Apolo Ohno are in the photo below. How did this come about? Don't you know there is a story here?!

I just got this photo as I was ready to send the newsletter to the printer. Shirley mentioned at the Richmond meet that she had won a fully paid trip to the Winter Olympics. I will try to get the full story for the next newsletter.



Long Distance All-Stars

Long Distance All-Stars are named on a total point basis from the results of all long distance championships. Points are awarded for placing in the top ten places in each event.

2009 All-Stars from Virginia:
Shirley Loftus-Charley and Craig Charley



Similarities in Training

In the February 2010 issue of *Swimming World Magazine*, there is an article by **Karlyn Pipes-Neilsen** about how the “catch” for butterfly and breaststroke are similar to freestyle. Below is the introduction to the article. If I have room next month, I’ll include the rest of the article.

“If you have been working on a high-elbow catch for freestyle, I have some great news for you. Did you know that the same catch is also effective for butterfly and breaststroke.

Think about it – aside from end-point and recovery variations, these competitive strokes have a similar pull pattern: a long reach with a shoulder-wide hand placement, a pause before setting up a high-elbow catch and an early application of power followed by a quick release that flows into a relaxed recovery.”

Richmond Meet Photos from Kathryn Gregory



Dick Scott and Esther Platsis



*VMST President **Heather Stevenson** (center) setting out food for swimmers. Heather also managed to swim a few events.*



Owen Maher, Terry Sokolik, Al Newbury

Please, please send photos for the newsletter! Everyone likes to see the pictures and put names with faces. I need your help with this.

Get someone from your workout or team to write an article on someone or on what’s happening in your area.



Rockbridge County Aquatic Masters Spring Meet

The Community Pool

194 Wallace Street Lexington VA, 24450

Sunday, March 28th, 2010

Sponsored By: Rockbridge County Aquatics

Sanctioned By: LMSC for Va. for USMS, Inc. - **Sanction # 120-006**

Meet Director: Craig Charley craig@rockbridgeswims.org

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.

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:** \$4.00 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 \$7.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays.

Entry Deadline: Entries must be received no later than **March 22nd 2010**, 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. Instructions given by the designated Safety Marshall shall be obeyed at all times. Lane 6 will be maintained as continuous warm-up/warm-down lanes 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.

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.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: 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. **Do not take business route 11**
- 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 left on Taylor street. Take left on Wallace. Take 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 **Sanction# 120-006**

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 CAUSE 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.

Please fill in the following:

Date:		Signature:	
Name (First, MI, Last):			
Gender:		USMS Number:	
Address:			
City:		State:	Zip:
Email:		Age as of 3/28/10:	
Phone Number (day):		Cell Phone number:	

****Warm ups: 11:45am-12:45pm. Meet will start at 1:00pm. At 12:15pm- Lanes 2, & 5 will be used as one way sprints. Lanes 1, 3, 4 & 6 will remain as general warm-ups. The 500 & 1,650 are limited to the first 15 registered athletes.****

Women	Time	Event (yards)	Men	Time
1	_____	**500 Free**	2	_____
3	_____	100 Back	4	_____
5	_____	50 Breast	6	_____
7	_____	100 Fly	8	_____
9	_____	200 IM	10	_____
11	_____	200 Free	12	_____
13	_____	50 Back	14	_____
15	_____	200 Breast	16	_____
17	Deck entered	200 Medley Relay	18	Deck entered
		10 Minute Break		
19	_____	50 Fly	20	_____
21	_____	400 IM	22	_____
23	_____	100 Free	24	_____
25	_____	200 Back	26	_____
27	_____	100 Breast	28	_____
29	_____	200 Fly	30	_____
31	_____	100 IM	32	_____
33	_____	50 Free	34	_____
35	Deck entered	200 Free Relay	36	Deck entered
		10 Minute Break		
37	_____	**1,650 Free**	38	_____

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

Event Fees:

Total Events _____ x 4.00= _____

Surcharge \$6.00 \$6.00

Total Amount Enclosed: _____

Make Checks Payable to: **Rockbridge Storm**

Mail Entries to:
 Craig Charley
 207 H East Nelson Street
 Lexington VA, 24450

SUNFISH MASTERS “SPRING SPLASH”

Saturday, April 10, 2010

Warm-Ups: 10:00 AM - Meet Starts: 11:00 AM

USMS Sanction: 120-005

LOCATION: George Mason University -- Prince William Campus; 10900 University Boulevard; Manassas, Virginia 20110-2203; (703) 993-8444

FACILITY: The Freedom Center facility is one of the finest facilities in the area. The pool will be set in a 25 Yard 8 lane configuration with non-turbulent lane markers. Automatic scoreboard will be set up. A separate area will be available for continuous warm-up/cool-down throughout the meet. The pool has been measured and certified for USMS records and Top Ten.

ENTRIES: The meet is open to all Masters Swimmers holding a valid 2010 USMS registration card. A copy of this card must accompany your entry! Age is determined by the swimmers age on April 10, 2010. 2010 USMS rules and regulations apply. Entries are limited to 250 participants.

ENTRY FEES:

Individual entry fees are \$5.00 per event, plus a \$15 surcharge. Entries must be postmarked by Tuesday, March 30, 2010. Competitors may enter up to 5 individual events. Deck entries will be accepted up to 30 minutes prior to the start of the meet and deck entries are \$7 per event plus \$15 surcharge.

WARMUPS: Warm-Up safety rules will be strictly enforced. No diving is permitted in the general warm-up lanes. Swimmers must enter feet first in a cautious manner. Diving or backstroke starts will be permitted only in designated sprint lanes only, which are reserved for one-way swimming. Instructions from the designated safety marshal must be obeyed at all times. The use of equipment during warm-up is not permitted.

TIMERS: We ask that you volunteer to assist with the timing.

SEEDING: Events will be seeded slowest to fastest, men and women separate.

AWARDS: Ribbons will be awarded 1-3 for each age group, men and women.

RESULTS: Results will be posted on the www.vaswim.org website and www.sunfishmasters.com.

HOTELS: Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797; Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966; Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100; The Courtyard, Manassas, VA (At I-66 exit # 47) 10701 Battleview Pkwy (703) 335-1300; Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966; Springhill Suites by Marriott, Centreville, VA (703) 815-7800.

QUESTIONS: Meet Director: Ginger Cyganiewicz (571) 643-6619 or e-mail sunfishmasters@gmail.com

You MUST **ENCLOSE** a copy of your 2010 USMS Card. Please complete the right side of the form below in case there is a problem with your entry.

Place Copy of USMS Card Here (Trimmed and Taped)			Please supply the following information also:
USMS #	Team		Daytime Phone #
Name(As it appears on USMS Card):			Evening Phone #
Birth Date:	Age	Sex	E-mail:

RELEASE OF LIABILITY BY PARTICIPANT:

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 MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 203.1) **This must be dated, signed, and in possession of the Meet Director before a swimmer may compete in the meet.**

SIGNATURE: _____

DATE: _____

CIRCLE EVENT NUMBERS YOU WISH TO SWIM AND INDICATE SEED TIMES IN YARDS:

Event #	Seed Time <u>WOMEN</u>	Event Name	Seed Time <u>MEN</u>	Event #
1	_____	200 Free	_____	2
3	_____	100 Breast	_____	4
5	_____	50 Fly	_____	6
7	_____	200 Back	_____	8
9	_____	100 IM	_____	10
11	_____	100 Fly	_____	12
13	_____	50 Back	_____	14
15	_____	200 Breast	_____	16
17	_____	200 IM	_____	18
19	_____	100 Free	_____	20
21	_____	200 Fly	_____	22
23	_____	50 Breast	_____	24
25	_____	100 Back	_____	26
27	_____	50 Free	_____	28
29	_____	500 Free	_____	30

MAIL TO: Ginger Cyganiewicz

Entry Fees: \$15 Surcharge + \$5 per event

DECK ENTRIES: \$15.00 + \$7 per event

CHECK PAYABLE TO: SUNFISH MASTERS, 1104 SPAIN DRIVE, STAFFORD, VA 22554

ENTRIES POSTMARKED: Tuesday, March 30, 2010

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

<p><i>Prstd Std U. S. Postage PAID Richmond, VA Permit #3022</i></p>

Information on Zone Meet, April 23-25, at George Mason University:

The meet director prefers to receive **online** entries. To register online, go to:
www.patriotmasters.org and follow the links.

If you need a paper copy of the entry to mail, go to the same website as above or let me know and I'll send you one (Betsy Durrant, 757-422-6811)