

The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia and West Virginia
December 15, 2011

Time to Renew!!

It's that time of year again – review your USMS membership this month. To avoid missing out on the monthly newsletter *or Swimmer Magazine*, be sure to renew before the end of December. You can renew online: www.usms.org. See Join/Review button on upper right of home page. A paper registration form is also included in this newsletter.

Important Note: A reduced membership fee is available for swimmers who are under 25. To take advantage of this, you must register with the paper form, not online.

Also note that if you represent Virginia Masters Swim Team, the fee to join is \$10 more. The LMSC collects the membership fee for VMST and sends it to the Treasurer. If you represent another team or swim “Unattached,” do not pay the higher fee.

If you have any interest in going to the World Championships in Italy in June, you must register with a team. I don't know why, but FINA does not accept “Unattached” entries. For all other meets “Unattached” is valid unless you want to swim on relays.

If you decide to change teams, you can do so when you register for the year with no waiting time. If you change teams after you have registered for the year, you have a 60 day waiting period before you can represent the new team. During this period, you can swim “Unattached.” So, if you want to change, it is easier to do it now.

See Team Grid on back page.

Reading the Newsletter Online

After the black and white copy of the newsletter is sent to the printer, I go back through the file and change all photos to color. Chris Stevenson then posts the color version of the

VMST Winter Meet

The annual winter meet in Richmond will be Saturday and Sunday, February 11-12, at the NOVA pool. It's a great location, with plenty of warm-up space, and is always well-run.

By the time you receive this newsletter, the entry form will be posted at www.vaswim.org. It is also included in this newsletter.

One Hour Swim

The One Hour Swim is a national postal event held during the month of January in any pool 25 yards or longer.

To do the swim in your home pool, you will need a counter/timer and a stopwatch. Split sheets are available online – look for One Hour Swim under Competition. Your counter records your time for each 50 that you swim.

I am the first to admit that this can be boring, but there is a great sense of accomplishment when you finish. I'm a nerd for numbers and splits and I like to figure out where fatigue really sets in and my splits slow down. Comparing your level of fitness from year to year and your ability to pace is very helpful to your training.

There will be an organized group swim at Seatack Rec Center in Virginia Beach on Saturday, January 21. Everyone will swim one heat and time for another. If you are interested in participating, let me (Betsy) know.

the newsletter online at www.vaswim.org. If you prefer to read the newsletter online and do not want a paper copy, let Chris know at: chrisstevenson@usms.org.





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

- January 1-31:** One Hour Swim Postal
- January 29:** Tropical Splash in Alexandria
- January 28-29:** Charlotte.
- February 11-12:** VMST Winter Meet, Richmond
- March 3:** Greensboro. Meet is in the new pool!
- March 17:** Albatross Open (SCM) Bethesda
See PV website
- March 25:** Lexington, VA
- April 13-15:** Colonies Zone Meet at GMU
- April 25-29:** SC Nationals, Greensboro, NC
Hotel information has been posted. Go to usms.org, Competition, Nationals
- June 10-16:** FINA Worlds in Italy
Information available at www.fina.org.
Look under events, Masters. There is a link to the meet information.
- July 5-8:** USMS LC Nationals, Omaha
Hotel information is available at usms.org

Newsletter Editor

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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

Graphics from www.swimgraphics.com

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

Graphics from Swimgraphics.com

Rules for Rotation:

Six tips from a TI Coach

By Brian Vande Krol

We are often tempted to quantify core-body rotation numerically – e.g. more than 30 but less than 90 degrees – but few of us are likely to carry a protractor to the pool to pin down the number. I've found that it's easier and more "organic" to be guided by kinesthetic awareness and a clear sense of the potential benefits and costs of more or less rotation. Here are six "Rules for Rotation" that have worked in my own freestyle practice and with the students I teach:

1. Rotate enough to allow a relaxed, healthy recovery. Shoulders are notoriously troublesome joints which are particularly vulnerable to strain when the arm is behind the body (imagine lying on your stomach, flat on the floor and bringing your arm forward with your elbow higher than your back). With greater rotation, lifting your arm for recovery will be easier and your shoulder will be in a more stable position.

2. Rotate enough to allow a weight shift from track to track. Rather than using your arms to push water back, use your lead hand as an anchor, holding your "place" in the water. Shift your weight forward from that lead hand/anchor onto the new lead hand; the weight shift is achieved as you rotate from track to track.

3. Rotate enough to allow a shoulder to reach the air and follow that shoulder to air for a breath. Lifting the head for a breath will harm your balance, alignment and propulsion. In the skate position, the mouth is near the shoulder; maintain that proximity as the shoulder rotates to the air and the mouth follows to breathe.

4. Limit rotation to receive more support from the water, thereby improving your balance. If you lay a dinner plate face down in the water and release it, it will descend slowly. If you turn it on edge and release it, it will descend rapidly because it has lost support. So it is with our bodies: as you rotate from a flat position, you lose support and your hips may fall through. It's important in your skating practice to find the balance point – where you lose enough support that your hips drop. Limit your rotation short of

that point.

5. Limit rotation to improve rhythm - too much Rotation when breathing makes an uneven rhythm. Many people rotate more than needed to get a breath; this extra rotation will either take more time to accomplish or require an energetic, rushed stroke. In the first case, the likely outcome is that energy is wasted holding a static position (especially of balance and alignment are compromised as your head reaches for the air), and momentum is lost because your stroke rhythm (propulsion) is interrupted. In the second case, the rushed energetic stroke will likely create waves, damage your alignment, and swirl away water, rather than using it effectively. In some cases, it becomes aquatic violence: water has a way of getting even with you for treating it roughly!

6. Limit rotation to increase stroke rate. If you want to swim faster (and you can consistently maintain a stroke count (SPL) for the distance you choose to swim), the key is to increase your stroke rate. Because rotation takes time, it may help you to increase your stroke rate by limiting rotation. Because we are land based animals, swimming often presents us with compromises. The first three rules ask us to rotate; the second three rules ask us to limit rotation. Practicing with all six rules in mind helps us find the right compromise for effective swimming.

During his first year as a competitive triathlete, Brian struggled with the swim. He wasn't fast, and he could barely walk after the swim leg of a triathlon. Then he found Total Immersion. After one year of TI swimming, he took over one minute off of his 1500M swim time, and came out of the water running! Now he's hooked on TI, and shares his passion for swimming with his students. This article appeared originally in Brian's FDS Coaching newsletter at <http://fdscoaching.com>.



Editor's Note: I found this article on the Total Immersion website (www.totalimmersion.net). It is reprinted with permission. I recommend browsing through the website; there is a lot of good information.

Age Group	Gender	Event	Time	Name	Team
30-34	Men	200 Back	02:20.3	Adam Barley	VMST
30-34	Men	200 Breast	02:38.3	Adam Barley	VMST
55-59	Women	50 Free	31.28	Lisa Bennett	VMST
55-59	Women	50 Breast	40.49	Lisa Bennett	VMST
55-59	Women	100 Breast	01:28.4	Lisa Bennett	VMST
55-59	Women	200 Breast	03:13.6	Lisa Bennett	VMST
30-34	Women	400 Free	04:54.5	Maura Bolger	VMST
30-34	Women	800 Free	09:57.8	Maura Bolger	VMST
30-34	Women	1500 Free	18:38.4	Maura Bolger	VMST
30-34	Women	200 Fly	02:29.3	Maura Bolger	VMST
30-34	Women	400 IM	05:18.5	Maura Bolger	VMST
65-69	Men	800 Free	12:31.8	Warner Brundage	VMST
25-29	Men	1500 Free	19:25.8	Craig Charley	RCA
75-79	Women	50 Back	55.62	Johnnie Detrick	VMST
75-79	Women	100 Breast	01:57.9	Johnnie Detrick	VMST
75-79	Women	50 Fly	01:01.3	Johnnie Detrick	VMST
75-79	Women	200 IM	04:07.6	Johnnie Detrick	VMST
70-74	Women	400 Free	07:00.8	Betsy Durrant	VMST
60-64	Women	200 Free	02:32.2	Shirley Loftus-Charley	VMST
60-64	Women	400 Free	05:17.9	Shirley Loftus-Charley	VMST
60-64	Women	800 Free	10:39.1	Shirley Loftus-Charley	VMST
60-64	Women	1500 Free	19:59.9	Shirley Loftus-Charley	VMST
60-64	Women	200 Back	03:00.9	Shirley Loftus-Charley	VMST
60-64	Women	50 Breast	45.99	Shirley Loftus-Charley	VMST
60-64	Women	100 Breast	01:35.8	Shirley Loftus-Charley	VMST
60-64	Women	200 Breast	03:17.7	Shirley Loftus-Charley	VMST
60-64	Women	100 IM	01:24.7	Shirley Loftus-Charley	VMST
50-54	Men	50 Back	32.12	David Malsbury	VMST
50-54	Men	50 Breast	35.33	David Malsbury	VMST
18-24	Women	800 Free	12:38.9	Maria Martinez	QMST
18-24	Women	1500 Free	24:16.6	Maria Martinez	QMST
25-29	Men	50 Back	27.49	Kevin Mukri	UNAT
25-29	Men	100 Back	59.38	Kevin Mukri	UNAT
25-29	Women	800 Free	09:51.6	Danielle Myers	VMST
25-29	Women	400 IM	05:32.1	Danielle Myers	VMST
35-39	Men	100 Breast	01:15.1	Christopher Scharver	VMST
18-24	Women	100 Back	01:14.8	Kim Thoresen	SUNF
18-24	Women	200 Back	02:41.9	Christina Thoresen	SUNF
72-99	Women	200 Medley Relay	02:29.6	Anastasio, Tanner, Cavazos, Brown	CNU

New LMSC Records set at the November SCM meet in Virginia Beach.

Shirley Loftus-Charley had a new USMS Record in the 200 breaststroke.

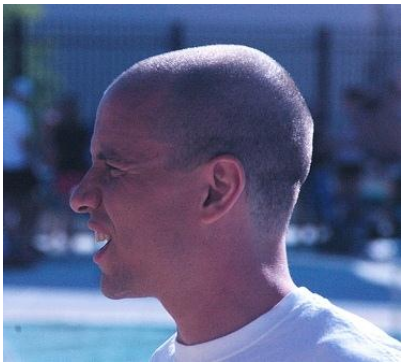
120-159	Women	400 Free Relay	05:59.2	Benn, Rotch, Flannery, Benn	VMST
160-199	Women	400 Free Relay	05:35.5	Kelley, Locher, Raab, Nefczyk	SHYM
280-319	Women	200 Medley Relay	03:23.4	Martin, Detrick, Marens, Walker	VMST
320-359	Women	400 Medley Relay	09:55.3	Berkley, Tuovila, Hlavacek, Meredith	VMST
280-319	Mixed	200 Free Relay	03:39.6	Newbury, Averette, Sokolik, Maher	VMST
280-319	Mixed	200 Medley Relay	04:00.2	Gregory, Scott, Broderick, Miller	VMST
240-279	Men	400 Free Relay	05:57.8	Maher, Newbury, Swiger, Romo	VMST

Marianna Berkley, Miriam Tuovila, Ida Hlavacek and Jeanne Meredith had a new USMS record in the 200 Free Relay.

Some of the Record Breakers:

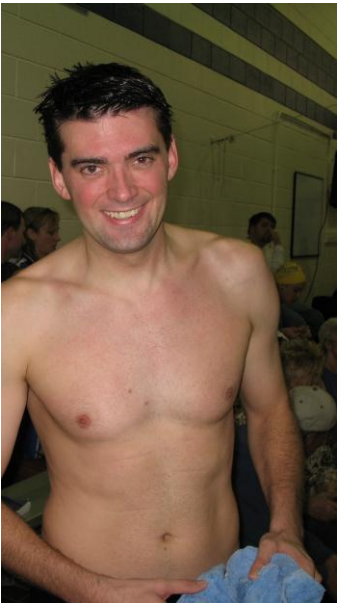


Warner Brundage shown with his son Patrick.



Adam Barley

Shirley Loftus-Charley with Dave Holland



Chris Sharver



Danielle Myers

In and Out of the Water

Carl Russ came to the meet in Virginia Beach from the mountains of North Carolina. It's been awhile since he has competed.

FINA World Championships are in Italy in June. Who is thinking of going? My family and I (**Betsy Durrant**) are going and planning an extended vacation. **Chris Stevenson** and family are also going. **Susan Marens** is making plans. **Sandy Galletly** will be there. Let me know if you are going. We have to enter relays by the deadline for individual entries; we can't wait until the meet starts as we can at USMS Nationals.

USMS LC Nationals are in Omaha immediately following the Olympic Trials. The meet will start on July 5. Tickets for the Trials can be purchased if you are planning to go early. Hotel information is posted on the USMS website.

Hotels in Greensboro for SC Nationals. Earlier, there was a list of hotels for the meet. I couldn't find that list recently, there was one central housing site through which you book reservations. I made reservations at the Hampton Inn on Veasley Street through the Hampton Inn website before the central booking was online.

On November 25, **Calvin Barnes** married Gale Overton. Many of you met Gale at the meet in Richmond last February, at Zones, or in Virginia Beach. My granddaughter, Torie, and I attended. The quality of the photo is not the best (taken with a phone), but I wanted to share it.



Workout

If you are swimming by yourself and need a workout, this one might work for you. The total is 2800.

Warm-up (700)

Go straight through the warm-up, just stopping to get equipment.

100 Swim free

50 (25 catch-up/25 almost catch-up)

100 (Swim 50 free/50 choice)

100 Pull

100 Kick

250 (50 swim/50 kick/50 swim/50 drill/50 swim)

Set 1 (600)

3 x 200

#1 Pull, #2 Swim, #3 Pull. 20 seconds rest.

Set 2 (500)

5 x 100:

#1 100 Drill (3 rt/3/3ft/3)

#2 75 Drill/25 Swim (chg 3 with 3),

#3 50 D/50 S (choice drill)

#4 25 D/75 S (choice drill)

#5 Swim

Set 3 (400)

8 x 50 Interval for 15 sec rest.

Descend #1-3, #4 easy;

descend #5-7, #8 easy.

Set 4 (300)

6 x 50 Kick on 1:00, 1:10, or 1:20.

Set interval after #1.

Set 5 (200)

2 x 100 Choice, descend on 2:00, 2:15, 2:30.

Quality.

Cool-Down (100)

4 x 25 choice, count strokes



USMS Top Ten Relays for Long Course

This is a preliminary listing, but I had room this month so I have included relays now. Next month I will list the individual Top Ten. VMST once again had a good showing for relays: 4 first place relays and a total of 10 in the Top Ten. The relays were either from LC Nationals at Auburn or from the LC meet at the University of Maryland.

Men 160-199 LCM (2011)

Place	Event	Club	LMSC	Swimmers (age)	Time
2	200 Free Relay	VMST	Virginia	Billy Gaines (30) Dave Holland (44) David B Malsbury (50) Chris L Stevenson (47)	1:43.79
2	200 Medley Relay	VMST	Virginia	Chris L Stevenson (47) David B Malsbury (50) Dave Holland (44) Billy Gaines (30)	1:55.83

Women 240-279 LCM (2011)

Place	Event	Club	LMSC	Swimmers (age)	Time
1	200 Free Relay	VMST	Virginia	Kelly Parker Palace (50) Betsy Durrant (70) Nancy R Betts (55) Beth Schreiner (70)	2:24.31
1	200 Medley Relay	VMST	Virginia	Nancy R Betts (55) Betsy Durrant (70) Kelly Parker Palace (50) Beth Schreiner (70)	2:45.61

Women 280-319 LCM (2011)

Place	Event	Club	LMSC	Swimmers (age)	Time
1	200 Medley Relay	VMST	Virginia	Judy Martin (69) Laura S Walker (74) Barbara M Zaremski (74) Beth Schreiner (70)	3:50.08

Mixed 120-159 LCM (2011)

Place	Event	Club	LMSC	Swimmers (age)	Time
3	200 Free Relay	VMST	Virginia	Kate Hibbard (27) Danielle E Myers (27) Dave Holland (44) Billy Gaines (30)	1:52.77
4	200 Medley Relay	VMST	Virginia	Kate Hibbard (27) Danielle E Myers (27) Dave Holland (44) Billy Gaines (30)	2:05.89

Mixed 200-239 LCM (2011)

Place	Event	Club	LMSC	Swimmers (age)	Time
5	200 Medley Relay	VMST	Virginia	Kelly Parker Palace (50) David B Malsbury (50) Chris L Stevenson (47) Nancy R Betts (55)	2:12.93

Mixed 240-279 LCM (2011)

Place	Event	Club	LMSC	Swimmers (age)	Time
10	200 Free Relay	VMST	Virginia	Beth Schreiner (70) Ralph B Swiger (55) Betsy Durrant (70) Chris L Stevenson (47)	2:25.44

Mixed 280-319 LCM (2011)

Place	Event	Club	LMSC	Swimmers (age)	Time
1	400 Free Relay	VMST	Virginia	Barbara M Zaremski (74) Richard A Scott (76) Laura S Walker (74) Bill L Nelson (58)	6:44.11

Plan Your Plate

Amanda Telford, September 6, 2011

Editor's Note: This article came from the USMS website. For other articles, click on Articles and Publications from the home page, then Articles on the left.

Swimmers have chosen an exercise that is a little more preparation intensive than say, running. We can't just throw on our suits and head out the door: we need to get to the pool, suit up, brace ourselves for cold-ish water, jump in and swim. The back end is similar; we need to shower to get the chlorine off and then put ourselves back together again.

So we've got to plan a bit to get our exercise in, and sometimes we're restricted by pool hours, training times or other conflicts in our schedule, so our swimming might take place at odd times, including right before or after dinner. Meal planning is one way to make sure that we get a healthy meal on the plate quickly and easily. Meal planning can consist of setting aside an hour on a Sunday afternoon to select four or five recipes for the upcoming week, take stock of the pantry and the fridge, make a list, and go the grocery store.

Besides just organizing our options and giving us the tools we need to cook a good dinner (by meal planning, you'll have the recipes you want to make and the ingredients on hand when you need them), meal planning gives us an opportunity to plan the plate. Planning the plate is simply the ability to decide that you want to make a healthy plate by having a third to a half of it being fruits and vegetables, a quarter or third be lean protein and a quarter or third be whole grains.

When you have the picture of the plate in mind and plan for that plate, you can choose to find recipes that incorporate those ingredients that might be missing otherwise. For instance, you might "know" (because everyone keeps saying it!) that you should eat more leafy greens. If you meal plan, you can search out those recipes that use kale, mustard greens, etc. (Googling kale recipes brought up 8,880,000 hits.) Meal planning lets you think ahead about what proteins to use and maybe substituting a vegetarian meal for a traditional protein meal. Doing so can save you 15% of your saturated fats consumed each week.

In other words, if you incorporate meal planning into your routine, you can think ahead a bit as opposed to coming home from the pool, looking in the refrigerator, longing for some inspiration and ending up with spaghetti. Again.

Amanda Telford founded [Menu Masters](#), a meal planning service which provides healthy recipes and grocery lists each week to on-the-goal people, after more than a decade in the corporate food and beverage business. She can be found in the office, speaking to corporate wellness groups about meal planning for healthy eating or in the pool. A member of Great Bay Masters, she uses swimming to provide the camaraderie, exercise and to add a different sort of mental challenge to her day.



Registration 2012 USMS, INC and LMSC for Virginia

New	Renewal - Your Current/Past USMS # _____
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Last Name: _____ First Name: _____ Middle Initial: _____

Important: Register with the name that you will use when you enter meets. Please read carefully and print clearly.

Street Address _____

City, State, Zip _____

Telephone: _____ Date of Birth: _____ Age: _____ Sex: _____

Email Address: _____	Are you an Official:	<input type="checkbox"/>	USMS	<input type="checkbox"/>	USA-S
	Are you a Coach:	<input type="checkbox"/>	USMS	<input type="checkbox"/>	USA-S

Swim Teams

<input type="checkbox"/>	ACAM	Atlantic Coast Athletic Club (C'ville)	<input type="checkbox"/>	UNATTACHED
<input type="checkbox"/>	BMS	Blacksburg Masters	<input type="checkbox"/>	NNMC Newport News
<input type="checkbox"/>	BWST	Blue Wave Swim Team	<input type="checkbox"/>	POWM Peluso Open Water Masters
<input type="checkbox"/>	CFYM	Charleston Family YMCA	<input type="checkbox"/>	QMST Quest Masters
<input type="checkbox"/>	CNU	Christopher Newport Univ	<input type="checkbox"/>	RCA Rockbridge Co Aquatics
<input type="checkbox"/>	FAFF	Fredericksburg American Family Fit	<input type="checkbox"/>	SHYM South Hampton YMCA Masters
<input type="checkbox"/>	FIN	Fin-Atics	<input type="checkbox"/>	SMAM Shenandoah Marlins
<input type="checkbox"/>	FSYM	Four Seasons Y - Masters	<input type="checkbox"/>	SNOW Snow Master Swimming
<input type="checkbox"/>	GBT	Green Bank Turtles	<input type="checkbox"/>	STON Stonewall Masters
<input type="checkbox"/>	HOKI	H2okie Masters	<input type="checkbox"/>	SUNF Sunfish Masters
<input type="checkbox"/>	LAMS	Leesburg Area Masters	<input type="checkbox"/>	URMS University of Richmond Masters
<input type="checkbox"/>	LTSM	LetSwim Masters	<input type="checkbox"/>	VMST Virginia Masters Swim Team
<input type="checkbox"/>	MAC	Midlothian Athletic Club	<input type="checkbox"/>	WAVA Warrenton Masters Swim Team
<input type="checkbox"/>	MRTY	Martinsville Y Masters	<input type="checkbox"/>	WMS Winchester Masters Swimming

Make check payable to:
LMSC for Virginia

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

(804) 379-5324

swimlab56@msn.com

NOTE: If joining from 9/1/12 through 10/31/12, 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

Fees:	VMST	\$49	VMST 18-24 yr old	\$29	
	**All Other Teams And Unattached	\$39	Other Fees:	<input type="checkbox"/>	I wish to contribute \$1 (or \$ _____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2012 registration fees.
	**18-24 yr old	\$24		<input type="checkbox"/>	I wish to contribute \$1 (or \$ _____) to the United States Masters Swimming Foundation. I have added this amount to my 2012 registration fees.

TOTAL AMT: \$

☑ - PLEASE BE SURE TO SIGN YOUR FORM - ☑

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 LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTER 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): _____
DATE _____

Benefits of Membership include: A subscription to USMS Magazine, USMS Swimmer, during the length of the membership year(\$8.00 of the annual dues are designated for the magazine subscription), and periodic mailings from the Local Masters Swim Committee. VMST members also receive additional VMST news letters.

USMS Registered Swimmers are covered with secondary accident insurance. 1) In practices supervised by USMS or USA certified Coaches where all swimmer are USMS members. 2) In USMS sanctioned meets where all competitors are USMS members.



VMST David Gregg III Memorial Meet

NOVA of Virginia Aquatic Center

12207 Gayton Rd, Richmond, VA 23233

(804) 754-3401

February 11 and 12, 2012

Sponsored By: Virginia Masters Swim Team

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction # 122-02.

Meet Director: Nancy Miller (nancymillr@aol.com) **Meet Referee:** Bob Rustin

Location: NOVA of Virginia Aquatic Center. Address: 12207 Gayton Road, Richmond, VA 23233. Telephone number: (804) 754-3401. This is a 10-lane, 25-yard indoor pool with a fully electronic timing system.

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 be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

Entries: \$4.00 per individual event plus a \$7.00 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 each day at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays. **NOTE:** The 200-yard event entered on Saturday by the swimmer may not be repeated on Sunday. The results of heats swum on Saturday and Sunday in each of these events will be combined, and results will be published on Sunday.

Entry Deadline: Entries must be received no later than **February 3, 2012**, 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. Lanes 1 and 2 will be maintained as continuous warm-up/warm-down lanes during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THESE LANES 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.vaswim.org. If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

Social: Join us for our Masters potluck after the meet on Saturday, February 11. \$8.00 per person covers food and drink. Please enclose payment with your entry and indicate the number of people who will be attending on your entry form.

Nearby Lodging: Holiday Inn Express, 9933 Mayland Drive, Richmond, VA 23233. Phone: (804) 934-9300

The Holiday Inn is at the Gaskins Rd South exit off I-64. There are 10 double queen rooms being held for the night of 02/11/2012 at a rate of \$79.00 per night plus tax. Be sure to mention Virginia Masters Swim Team to get a room from this block. All unreserved rooms will be released after January 28, 2012.

RELEASE

The following release must be dated, signed, and in possession of the Meet Director before the swimmer may compete. 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 MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Fill in the following information:

Date:		Signature:	
Name:		Sex:	USMS Reg. No.:
Address:			
City:		State:	Zip Code:
E-Mail Address:			
Age as of 2/12/2012:		Birthdate (Mo/Day/Yr):	
LMSC:	Club:	Phone (Day):	Phone (Night):

SATURDAY, February 11

Warmups: 1-2 PM; Meets Starts: 2 PM

Women	Time	Event	Men	Time
1	_____	200 IM	2	_____
3	_____	200 Fly	4	_____
5	_____	200 Breast	6	_____
7	_____	200 Back	8	_____
9	_____	1000 Free	10	_____
11	_____	1650 Free	12	_____
13	_____	400 IM	14	_____
15	_____	500 Free	16	_____

SUNDAY, February 12

Warmups: 7:30-8:30 AM; Meet Starts: 8:30 AM

Women	Time	Event	Men	Time
1	_____	200 IM	2	_____
3	_____	200 Fly	4	_____
5	_____	200 Breast	6	_____
7	_____	200 Back	8	_____
17	_____	100 Free	18	_____
19	_____	Novice 50 Fly	20	_____
21	_____	50 Fly	22	_____
23	_____	100 Breast	24	_____
25	_____	Novice 50 Free	26	_____
27	_____	50 Free	28	_____
29	_____	100 IM	30	_____

BREAK

31	_____	200 Free	32	_____
33	_____	100 Back	34	_____
35	_____	Novice 50 Breast	36	_____
37	_____	50 Breast	38	_____
39	_____	100 Fly	40	_____
41	_____	Novice 50 Back	42	_____
43	_____	50 Back	44	_____

RELAYS RELAYS RELAYS RELAYS

45	_____	200 Medley Relay	46	_____
47	_____	200 Free Relay	48	_____
49	_____	200 Mixed Medley Relay	50	_____
51	_____	200 Mixed Free Relay	52	_____

ENTRY FEES

Total Events (both days) _____ x \$4.00:	_____
Surcharge:	\$7.00
Social (\$8.00/person):	_____
(number attending social: _____)	_____
TOTAL AMOUNT ENCLOSED:	_____

**Make checks payable to:
Virginia Masters Swim Team**

Questions? Contact Nancy Miller – (804) 338-1540 or nancymillr@aol.com or James Wolfle – (804) 272-2485 or wolfle@aol.com

**Mail Entry To: James Wolfle
3109 Williamswood Road, Richmond, Virginia 23235**

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

