

# The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia And West Virginia  
February 15, 2011

## Attention Coaches

The Warrenton Masters Swim Team and United States Masters Swimming are Hosting a USMS Masters Coach Level I and II Certification Class March 5<sup>th</sup> – 6<sup>th</sup> in Warrenton VA.

**Level I** - Foundations of Coaching

**Level II** – The Stroke School

**Instructors:** Scott Bay and Mel Goldstein

**BIOS:** **Scott Bay** is an ASCA Level V Coach and has been actively coaching for 20 Years. He is currently the Chair of the Florida Athletic Coaches Association, Chair of the FHSAA Swimming and Diving Advisory Committee and Coaches Chair for Florida LMSC and Vice Chair for USMS Swimming Coaches Committee. **Mel Goldstein** was the 2001 Speedo US Masters Coach of the year, Mel won the 1997 Ransom J. Arthur MD Award that goes annually to a person who best supports the objectives of masters swimming. It is the highest honor bestowed by United States

Masters Swimming. He is a past President of USMS and USMS All American with 255 Individual Top Ten Achievements

*Coach Charlie*

*Tupitza of Warrenton* ▶



**Prerequisites:** You must be a USMS Member and ASCA Member. ASCA and USMS Membership information is provided on the application for this clinic and you will be able to sign up on site. ASCA Membership fee is \$70 for one year. More information about ASCA may be found here :

[www.swimmingcoach.org](http://www.swimmingcoach.org)

**Upon successful completion of the class:** Each person will be awarded a ASCA USMS Level I and II Coaches Certification.

**Hosted Housing for Coaches Program available.** Some members of the Warrenton Masters Swim Team

*See Clinic on page 5.*

## Free/Back Combo Drill

by Kerry O'Brien, Walnut Creek Masters  
February 22, 2010

*Editor's Note: This article came from the USMS website under Training.*

This Free/Back Combo Drill is a drill that anyone can incorporate into their training. We've mentioned time and time again the importance of head position and body alignment and this drill focuses on both of these elements as it transitions between freestyle based and backstroke based swimming. You can use this drill during your warm up or cool down before or after a backstroke set and is great for triathletes as an opportunity to "take a break" from the typical all-freestyle triathlon workout. This drill can be swum short course or long course.

There are three elements to focus on while performing the Free/Back Combo Drill:

- Rock-steady head position
- Shoulder/hip rotation
- Constant kick

Begin by swimming a fifty and alternating five strokes freestyle and six strokes backstroke. By using both an odd and even stroke count, you ensure that you practice transitioning from both sides of the stroke. When you roll from one stroke to the other, make sure to transition at a speed that allows you to maintain body balance—the slower, the better.

### Rock-Steady Head

To ensure that you minimize head movement, breathe only during the backstroke cycles, keeping the eyes looking either straight down or straight up.

*See Combo Drill on page 3.*



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

**March 5:** Greensboro, NC

**March 6:** Warrenton "Dreaming of Spring"  
Entry is in this newsletter. Online entries available  
At [www.clubassistant.com](http://www.clubassistant.com)

**March 19:** SCM, Albatross Open  
(in the DC area). See PV website.

**March 27:** Rockbridge County  
Entry is in this newsletter.

**April 2-3:** Hillsborough, NC  
NC Championship meet.

**April 15-17:** Zone Meet, George Mason U.  
Entry is in this newsletter. Online entries at  
[www.clubassistant.com](http://www.clubassistant.com)

**April 28-May 1:** USMS SCY Nationals in Mesa,  
Arizona. Entry will be in *Swimmer* Magazine and  
will be available online (usms.org).

### **Newsletter Editor**

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Graphics from [www.swimgraphics.com](http://www.swimgraphics.com)



**Virginia LMSC Website**  
[www.vaswim.org](http://www.vaswim.org)

**USMS Website**  
[www.usms.org](http://www.usms.org)

**Latest info on all levels of swimming**  
[www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com)

**Nearby LMSCs**  
North Carolina: [www.ncmasters.org](http://www.ncmasters.org)  
Maryland: [www.maryland@usms.org](mailto:www.maryland@usms.org)  
Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)

**Colonies Zone**  
[www.ColoniesZone.org](http://www.ColoniesZone.org)

### **LMSC Officers**

**Chair: Patty Miller**  
[Patricia.m.Miller@altria.com](mailto:Patricia.m.Miller@altria.com)

**Vice Chair: Charlie Tupitza**  
[ctupitza@warrentonmasters.org](mailto:ctupitza@warrentonmasters.org)

**Secretary: Dave Holland**  
[HenryDaFif@aol.com](mailto:HenryDaFif@aol.com)

**Treasurer: Charlie Cockrell**  
[Charles.Cockrell@alumni.virginia.edu](mailto:Charles.Cockrell@alumni.virginia.edu)

**Registrar: Lisa Bennett**  
[Swimlab56@msn.com](mailto:Swimlab56@msn.com), 804-379-5324

**Sanctions: Judy Martin**  
[Jmartin240@cox.net](mailto:Jmartin240@cox.net), 757-721-0890

**Records and Top Ten: Chris Stevenson**  
[chrisl Stevenson@usms.org](mailto:chrisl Stevenson@usms.org), 804-282-0124

## **Shoulder/Hip Roll**

Make sure that your shoulders and hips always rotate on the same plane from side to side around an anchored head position. Focus on the entry of the hand being hip-driven in both strokes.

## **Consistent Kick**

Though there are various options for kicks with freestyle, backstroke almost always requires a six-beat kick, therefore use the same six-beat kick for both the freestyle and backstroke portions of the drill. Your goal is to kick so that you rotate on the same plane as the shoulder and hips. Your kick should stay within the width of the body so as to not create frontal resistance and drag by opening up wider than the hips.

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## ***Note from the Editor***

Last month I had an article that I wrote “Breathing and Streamlining.” I do a lot of reading about technique and training. Many coaches express the same concepts but have different ways of explaining them.

I want to give credit to **Terry Laughlin of Total Immersion** for one part of the article. I read an article by Terry several years ago about why new swimmers have trouble breathing. Terry clearly explained that the problem is exhaling completely. Because I have asthma and have to consciously think about breathing correctly, this really made sense to me and stuck with me.

Several people have mentioned to me that this concept has helped them. I want to acknowledge that I first read this explanation in an article by Terry.

# **VMST News**

## Zones and Nationals

Make plans now if you are planning to go to Zones (GMU, Apr 15-17) or to Nationals (Arizona, Apr 28-May 1). Your officers are planning to meet while in Richmond for the meet. In the March newsletter, I will let you know who to notify if you are going to either one of these meets. Swimming relays, especially at Zones, is lots of fun. But entering relays is a challenge.

At Zones, we usually have about 60 swimmers and enter about 26 relays. When you see the notice next month, let the person (or group) coordinating relays know your availability and preferences. Saturday relays have to be entered by 9 am on Saturday, before we know for sure who will be there.

Relays for Nationals are a little easier because the number of team members entering will be around 20 (that’s a guess).

## Financial Report

I (Betsy, in role of Treasurer) have sent a 2010 financial report to the officers and to the meet/race directors for VMST events. If anyone else would like the complete summary, email me.

I think all members should know that we had a good year and had a small surplus of income over expenses. The team has ample reserves and doesn’t need to make money, but no organization wants to operate at a deficit indefinitely.

## Projects for 2011

If you have any suggestions for things our team should be doing to benefit the members, please let one (or all) of the officers know.

**President:** Heather Stevenson, 804-282-0124

hstevenson@mcguirewoods.com

**Vice President:** Bud Swiger, mssswim@aol.com

**Secretary:** Debbie Jaeger, jaegerdkwf@aol.com

**Treasurer:** Betsy Durrant, durrant6@cox.net



## Important Announcement Concerning the 2011 YMCA Short Course National Swimming Championships

*Editor's Note: This is part of the announcement that is on the YMCA Nationals website.*

<http://www.ymcaswimminganddiving.org...nouncement.pdf>

We have just been informed by the Ft. Lauderdale Aquatic Complex that city engineers have recommended the closure of the entire grandstand seating area, resulting in the loss of a total of 1,500 seats. We want to alert our YMCA community to what we will be doing to try to work within the remaining parts of the complex for seating, as it is too late to find another site for our 2011 National Championships.

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### 2011 Check-Off Challenge

The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete 18 "pool" events and an "open water swim" during the 2011 calendar year. It challenges all levels of swimmers.

Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical. Simply "Check-off" each swim on your [t-shirt](#) when you complete the event.

#### When do I receive my T-shirt?

Swimmers whose entries are received by the end of each month will receive their shirt and cap in the following month. Entries will be accepted until September 30, 2011.

*See Challenge Yourself article for more.*

## Challenge Yourself

by Heather Hagadorn

January 1, 2011

*(Heather Hagadorn is Chair of the USMS Long Distance Committee.)*

It's a new year and your friends are beginning to put together their race strategies, travel plans and they are working out the precious workout time with their families.

But you are not a competitor. You are not in a situation to travel. You are not going to an Iron Man and you have never swum the 200 fly—and you never plan to do it. Who cares?

Maybe, though, you do need a little challenge. One that is not timed—just one that says, "Yeah, I really did finish the 200 fly." No one is present with a stopwatch to know how long it takes, so they can't prove how fast or slow you are for eight lengths, and no officials are on top of you to tell you that you forgot to touch the wall with two hands. You do it all by yourself, one 25 at a time, until you got to eight. Resting on the wall for 2 seconds or 1:45 is allowed. Just do 8. 200 fly, DONE.

#### What's Next?

The **USMS Check-off Challenge** is just for that – it is the time to say you swam something for the first time and want more, or a time to set a stretch goal for swimming events you may never have done otherwise ... all on your own time.

You can swim the 18 pool events in one workout, or one per workout, or as races during meets. You can take a full year to complete the events. There is one open water swim though ... how about hitting the ocean on your next vacation?

This year the **USMS Check-off Challenge** is hosted by Maryland Masters. If you've ever been to a YMCA Nationals meet, you'd know that they are one of the most spirited teams and have some of the coolest outfits. Everything matches. Somehow they even get the men to wear black and red nail polish on their toes. The **Check-off Challenge t-shirts are sure to be a hit.**

**COACHES:** Sign up your entire team and use the event as a team challenge. Spread out the during practice sessions, progressively building up to the tougher events. The entire team can work together, cheering each other on.



*Clinic continued from page 1.*

will provide housing to those that request. Space is limited and will be reserved only for registered students.

**Fees:** \$100 for Certification class includes Saturday lunch **Option:** \$12 Social on Saturday. This is sure to be a fun event.

**Scholarship:** The Virginia LMSC is providing scholarships to the first 10 that request it. Limit of two per team. Please send request ASAP to Jay Peluso at [jpeluso@peluso-law.com](mailto:jpeluso@peluso-law.com).

**Who should attend?** Current coaches, anyone interested in supporting their existing team and coach, or anyone interested in starting a Masters Program, big or small.

**More information** including Registration can be found at [www.warrentonmasters.org/Blog](http://www.warrentonmasters.org/Blog) our contact Charlie Tupitza at 703 989-8777 or [ctupitza@warrentonmasters.org](mailto:ctupitza@warrentonmasters.org)

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## ***Rowdy Gaines Visits N. Myrtle Beach***

By Johnnie Detrick

On Saturday, Jan. 22, Rowdy Gaines – a “3 gold medal” Olympic swimmer – lead a clinic for Masters swimmers at the N. Myrtle Beach, SC, Aquatic and Fitness Center. This is a beautiful new facility, under the direction of aquatic director and Masters coach Diane Bartlett. I was there, and it was a fun and informative day! Rowdy won his gold medals in the 1984 Olympics and, for the last several years has been the “TV Voice of Swimming” at major swim events and has been an announcer at the last five Olympics. He also holds several world records in Masters swimming.

Thirty-eight Master swimmers with a variety of skill levels were signed up for the clinic. The morning session, lasting three hours and was very helpful. We worked on long axis and short axis drills as well as starts and turns. Rowdy demonstrated each technique in the water, roaming from lane to lane to observe and critique as we swam.

The afternoon was really crazy. We were divided by cap color, at random, into relay teams (called a relay carnival), and, during the relays, Rowdy swam with each team twice. None of the relays were timed and many of the events were, to say the least, strange. For example, have you ever swum in a 500 yard relay, where the four swimmers swam either a 50 yd., 100 yd., 150 yd., or 200 yd.? During this time, Rowdy was available for photos, autographs, and answering questions.

Our entry fee was \$35 and included three meals and an “I Got Rowdy” shirt. The food was prepared by one of the Grand Strand Masters swimmers and was delicious; during lunch we watched footage of Rowdy’s Olympic 100 meter free win and heard of his experiences and insights.

A dinner buffet reception was held at Wild Wings Café, courtesy of the owner, a Grand Strand Master swimmer. There was a “meet and greet” time with the public at the restaurant. Rowdy passed one of his gold medals around for us to see and hold. Wow! I’ve now touched an Olympic gold medal!

As always, the swim group was congenial and welcoming. It was a day to remember.



***Rowdy Gaines and Johnnie Detrick***



# RCA'S Dive Into Spring Meet, Sunday, March 27, 2011

The Community Pool, 194 Wallace Street Lexington, VA, 24450

**Sponsored By:** Rockbridge County Aquatics

**Sanctioned By:** LMSC for Va. for USMS, Inc. - 121-03

**Meet Director:** Craig Charley [craig@rockbridgeswims.org](mailto:craig@rockbridgeswims.org)

**Meet Referee:** Gordon Hair [grhair919@aol.com](mailto:grhair919@aol.com)

**Location:** The Community Pool. Address: 194 Wallace Street, Lexington, VA 24450. Telephone number: (540) 463-5441. This is a 6-lane, 25-yard indoor pool with a semi automatic electronic timing system including 6 lane scoreboard.

**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. Events will be swum slowest to fastest.

**Entry Deadline:** Entries must be received no later than **Monday, March 21<sup>st</sup> 2011**, or they will be considered deck entries. The 500 and 1,650 are limited to the first 20 registered athletes and will be notified either way.

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

**Warm-up/Warm-down Procedures:** Swimmers must enter the pool feet first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Instructions given by the designated Safety Marshall shall be obeyed at all times. Lane 6 will be maintained as continuous warm-up/warm-down lane during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THIS LANE ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times. A swimmer may be disqualified at the discretion of the meet director or Meet Officials for failure to comply with these rules.

**Awards:** Awards *will* be given for first, second, and third place in each individual event by the standard Masters age groups. No awards for relays.

**Results:** Results will be posted on our website at [www.rockbridgeswims.org](http://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
- Follow Route 11 bypass for approximately 2 miles to the 1st stop light • Turn Right on Main (route 11)
- Take 1st right turn on Waddell street at the Farmers' Coop • Go straight through Maury River Middle School Parking lot.
- Turn left into Pool parking lot If anyone is taking route 60 west into Lexington, it will bring you all the way into town. Take a left off of route 60 onto Walker street (at the KFC). Take a right on Houston Street when Walker dead ends after a block or two. Take a left on Taylor street. Take a left on Wallace. Take a left at the Maury River Middle School parking lot and come up hill and turn left again into the Pool parking lot.

**Sponsored by:** Rockbridge County Aquatic Masters- 121-03

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 3/27/11:	
Phone Number (day):		Cell Phone Number:	

**Warm Ups: 11:45am-12:45pm; Meet Starts at 1:00pm**  
**At 12:15PM lanes 2 & 5 are one way sprints. Lanes 1,3,4,6 will remain as general warm-ups**  
**\*\*The 500 and 1,650 freestyles are limited to the first 20 registered athletes.\*\***

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

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

<b>Event Fees:</b>		
Total Events:	_____ X \$4.00 =	_____
Surcharge:	\$6.00	\$6.00
Meet Tee-Shirt (optional):	\$15.00	_____
Total Amount Enclosed:		_____
Make Checks Payable to :		
<b>Rockbridge Storm</b>		

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

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



**WARRENTON MASTERS SWIM TEAM PRESENTS**  
**III Annual Short Course Yards “DREAMING OF SPRING” SWIM MEET**  
**Warrenton, VA Sunday, March 6, 2011**

**Location:** Warrenton Aquatics and Recreation Center, 828 Waterloo, Warrenton, VA 20186

**Facility:** 11 lane, 25 yard pool, non-turbulent lane markers. 6 lanes will be used for competition, 8 if we have too many entries to finish meet prior to 12:00; 4 lanes will be available for continuous warm-up and cool down. This is a grade “A” facility with a clean deep cool water course, bleachers, and lots of light. We will use electronic timing and are certified for USMS records and Top Ten.

**Important Notes:** Locker Rooms are available. No glass containers in the pool area.

**Directions:** From I-66, exit 43A(Warrenton) -29 travel 11.5 miles south to 15/211 travel 2.1 miles, turn right on Frost Ave just past Burger King. Make first right after passing first light into parking lot. From the South take Route 29 North, turn left at US-15/US-17/US-29 go 2.6 miles, turn Left on Frost Ave/US-211. Turn right just after first light into the parking lot (1 block).

**Meet Director:** Charlie Tupitza **Meet Referee:** Rita Page

**Eligibility:** The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **Your age is your age on March 6, 2011. 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](http://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 \$34. Forms are available at [www.warrentonmasters.org/Blog](http://www.warrentonmasters.org/Blog) click USMS Registration on right. They will also be available at the pool for new swimmers.

**ORDER OF EVENTS.** Pool opens at 8:00 am. Warm-up starts at 8:15 am. First heat begins at 9:00 am.

**Men and Women will swim together to help meet move quickly.**

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| (1) 200 yd Freestyle                  | (11) 50 yd Fly                    |
| (2) 200 yd Medley Relays (W/M/Mixed)* | (12) 200 yd Breaststroke          |
| (3) 200 yd Free Relays (W/M/Mixed)*   | (13) 100 yd Freestyle             |
| (4) 50 yd Breaststroke                | (14) 100 yd Backstroke            |
| (5) 100 yd Butterfly                  | (15) 100 yd Individual Medley     |
| (6) 200 yd Individual Medley          | (16) 50 yd Backstroke             |
| (7) 200 Backstroke                    | (17) 400 Free Relays (W/M/Mixed)* |
| (8) 50 yd Freestyle                   | (18) 500 Free                     |
| (9) 200 yd Butterfly                  |                                   |
| (10) 100 yd Breaststroke              |                                   |

**ENTRIES:** \$5.00 per event for pre-entries, plus a \$10.00 surcharge for pool and equipment. **No deck entries will be accepted except for relays and 500 Free, which will be deck-seated.** You may enter a total of 5 individual events and 3 relays. **Deck entries will be accepted for events 1–18 by 8:40am, events 8–18 by 9:30.**

**RELAYS!** Events 2, 3, and 18. 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 and first come first serve entries will be accepted at the meet. A \$10 fee will be charged for each relay. Entries for relay events 2 and 3 must be received prior to 8:45 and prior to event 11

**ENTRY DEADLINE:** Entries should be received by **Tuesday, March 1<sup>st</sup>.** **Please help us by registering in advance.**

**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:** Ribbons 1<sup>st</sup> - 6<sup>th</sup> places.



**III Annual Warrenton Masters “Dreaming of Spring” Swim Meet March 6, 2011 Official Entry Form**

**Sanctioned by:** LMSC for VIRGINIA for USMS, INC. Sanction # 121-01

Age (on Mar 6, 2011): \_\_\_\_\_ 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 yards.*

*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)	_____	200 yd Free			
(4)	_____	50 yd Breast	(11)	_____	50 yd Fly
(5)	_____	100 yd Butterfly	(12)	_____	200 yd Breast
(6)	_____	200 yd IM	(13)	_____	100 yd Freestyle
(7)	_____	200 yd Back	(14)	_____	100 yd Backstroke
(8)	_____	50 yd Freestyle	(15)	_____	100 yd IM
(9)	_____	200 yd Butterfly	(16)	_____	50 yd Backstroke
(10)	_____	100 yd Breaststroke	(18)	<b>Circle if interested</b>	500 Free

*Please note that there is no break in the meet program. Relays (events 2, 3, 18) will be deck entered. There will be \$10 entry fee for relays.*

Number of Events \_\_\_\_\_ x \$5 = \$ \_\_\_\_\_  
 \$10 Surcharge = \$10

**Results will be posted at**  
[www.warrentonmasters.org/Blog](http://www.warrentonmasters.org/Blog)

*If you want results mailed*  
 Results Mailed (\$1) = \$ \_\_\_\_\_  
 Total Amount Enclosed = \$ \_\_\_\_\_

**Make checks payable to: Warrenton Masters Swim Team. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: Charlie Tupitza, 190 North View Circle, Warrenton, VA 20186. For questions, e-mail Charlie at [ctupitza@warrentonmasters.org](mailto:ctupitza@warrentonmasters.org) or phone Charlie at 703 989-8777. No calls after 9:30 pm, please!**

# Colonies Zone Short Course Yards Championship

## April 15 – 17, 2011

Hosted by: George Mason University Swimming & Diving  
George Mason University Aquatic and Fitness Center, Fairfax, Virginia  
Sanctioned by Potomac Valley LMSC for USMS, INC. # 101-01

Welcome to the 2011 Colonies Zone Short Course Yards Championship meet. The swimming facility will be configured as two separate 8-lane competition courses, women in one course and men in the other, with both courses displayed on the scoreboard. The all deep-water lanes, overflow gutters and non-turbulent lane lines should allow for some very *fast* swimming! A separate 6-lane 25-yard pool will be available for continuous warm-up/cool-down throughout the meet.

**ENTRIES:** Online entries are preferred. **Online entry deadline is Wednesday April 6.** Paper entries must be postmarked by Friday April 1. Competitors may enter up to 5 individual events per day, plus relays. The meet is open to all Masters Swimmers holding a valid 2011 USMS registration card. **A COPY OF THIS CARD MUST ACCOMPANY YOUR MAILED ENTRY!** Age is determined by a swimmer's age on April 17, 2011. 2011 USMS rules and regulations apply.

**SEEDING:** Events will be seeded slowest to fastest. Women will swim in the shallow end on Saturday and the deep end on Sunday. Men will swim in the deep end on Saturday and the shallow end on Sunday. The 1000 and 1650 free will be seeded fastest to slowest, men and women combined.

**RELAYS:** Relay Deck Entries will be accepted **BEFORE 10am** Saturday and Sunday, or Friday night, or they may be mailed in with your meet entry. Relay Entry Forms are available at [www.patriotmasters.org](http://www.patriotmasters.org).

**DISTANCE EVENTS:** You must check in Friday night **BEFORE 5:30pm** for the 1000/1650 or you will be scratched. *Choose either the 1000 free or the 1650, not both.* The 1000 is limited to the first 80 entries received and will be swum in the deep end. The 1650 is limited to the first 48 entries received and will be swum in the shallow end. Please ask a friend to count for you in the distance freestyle races.

**PSYCH SHEETS:** Psych sheets and rosters will be available on our website [www.patriotmasters.org](http://www.patriotmasters.org) before the meet.

**AWARDS:** Medals will be awarded to the first three places in each age group, and to each member of a winning relay. Special Championship awards to the highest scoring team in three divisions: Large, Medium and Small Team. Individual events are scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2.

**RESULTS:** Available on-line at [www.patriotmasters.org](http://www.patriotmasters.org) and [www.colonieszone.org](http://www.colonieszone.org). Results will be submitted for Top-Ten recognition. Swimmers who are registered with USA-Swimming and want their times entered into the USA-Swimming SWIMS database should contact the meet director before the meet.

### DIRECTIONS:

- **From the West:** Take I66 east to Route 123 (exit 60), south on Route 123 for 2.7 miles to Braddock Rd, left on Braddock, left on Sideburn, park in Lot C.
- **From the South:** Take I95 north to exit 160, north on Route 123 for 14.5 miles to Braddock Rd, right on Braddock, left on Sideburn, park in Lot C.
- **From the North:** Take I95 south to the Capitol Beltway (495), 495 west to Braddock Rd (exit 54), Braddock Rd west 5 miles to Sideburn, right on Sideburn, park in Lot C.

### HOTELS:

Mason Inn - 703-865-5705 (on campus)  
Courtyard Fairfax Fair Oaks - 703-273-6161 (3 miles from the pool)  
Holiday Inn Express - 703-359-2888 (2 miles from the pool)  
Fairfax Marriott at Fair Oaks - 703-352-2525 (4 miles from the pool)  
Springhill Suites Fairfax Fair Oaks - 703-691-7880 (3 miles from the pool)

**QUESTIONS:** Meet Director: Cheryl Ward (703) 425-1609 e-mail [cherylaward@yahoo.com](mailto:cherylaward@yahoo.com)

<b>Place Copy of USMS Card Here (Trimmed and Taped)</b>			Please supply the following information also:
USMS Number	Team		Daytime Phone Number:
Name:			Evening Phone Number:
Birth Date:	Age:	Sex:	E-mail:

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. (Rule Book Article 203.1)

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

<b>WOMEN</b>			<b>MEN</b>		
Event #	<u>Seed Time</u>	<u>Event Name</u>	<u>Seed Time</u>	<u>Event #</u>	
<b>Friday April 15, 2011 (Warm-up at 5 pm – Meet Start at 6 pm)</b>					
1	_____	1000 Free	_____	1	
3	_____	1650 Free	_____	3	
<b>Saturday April 16, 2011 (Warm-up at 9 am – Meet Start at 10 am)</b>					
5	_____	100 Free	_____	6	
7	_____	200 Fly	_____	8	
9	(use relay form)	400 Mixed Free Relay	(use relay form)	9	
11	(use relay form)	200 Mixed Medley Relay	(use relay form)	11	
13	_____	50 Breast	_____	14	
15	_____	200 IM	_____	16	
17	_____	500 Free	_____	18	
19	_____	100 Back	_____	20	
21	_____	200 Breast	_____	22	
23	_____	50 Fly	_____	24	
25	(use relay form)	800 Free Relay	(use relay form)	26	
27	(use relay form)	400 Medley Relay	(use relay form)	28	
29	(use relay form)	200 Free Relay	(use relay form)	30	
<b>Sunday April 17, 2011 (Warm-up at 9 am – Meet Start at 10 am)</b>					
31	_____	200 Free	_____	32	
33	_____	100 IM	_____	34	
35	(use relay form)	800 Mixed Free Relay	(use relay form)	35	
37	(use relay form)	400 Mixed Medley Relay	(use relay form)	37	
39	(use relay form)	200 Mixed Free Relay	(use relay form)	39	
41	_____	50 Back	_____	42	
43	_____	100 Breast	_____	44	
45	_____	400 IM	_____	46	
47	_____	50 Free	_____	48	
49	_____	200 Back	_____	50	
51	_____	100 Fly	_____	52	
53	(use relay form)	400 Free Relay	(use relay form)	54	
55	(use relay form)	200 Medley Relay	(use relay form)	56	

<b>SURCHARGE (required)</b> \$ <u>20.00</u>	<b>MAIL TO:</b> Cheryl Ward, Entries Chair
<u>      </u> Events @ \$5 each: \$ _____	9821 Laurel St.
<b>TOTAL FEE ENCLOSED:</b> \$ _____	Fairfax, VA 22032
<b>CHECK PAYABLE TO:</b> PATRIOT MASTERS	<b>ENTRIES POSTMARKED:</b> April 1, 2011

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

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

*Remembering Summer... Bay swim at June and Ray McDaniels' home last September. Summer weather will return!*



*Susie Gordon, Betsy Goode, Glen Knutson, June McDaniels, Diane Haupt, Sheri Segal, Pete Virok, Mary Ann Peterson, Christine Morris*