

The Wet Gazette

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

Recent Meets

In November and December, we had one meet in our LMSC, and several swimmers traveled to meets outside Virginia.

November 28 at the George Mason Freedom Center in Manassas. This meet was run by **Ginger Cyganiewicz of the Sunfish Masters**. See note from the Registrar for more on the meet.

November 21: Chapel Hill. Five swimmers from Virginia Masters made the trip to UNC. Three were from Lynchburg: **Vera Suit, Kelly Rhodes and Jann Brown**. **Charlotte Hollings** from the Northern Neck and **Betsy Durrant** from Virginia Beach completed the team turnout. I thought this was a nice meet. There were a decent number of entries so you got some rest, and the water was cool and great for racing.

December 4: Washington, DC. This was called the "Last Chance" meet – a final opportunity to get times for SCM. Some people referred to as the "Last Minute" meet because the arrangements were made rather late. Reports are that it was a good meet – well run, in a good pool. Five Virginia swimmers competed. **Alison Moore, Shirley Loftus-Charley, Kirk Clear and Richard Scott** from VMST and **Todd Goins** from Sunfish Masters.

December 10-12: Boston. This meet was the Colonies Zone SCM Championship. It is a big meet with lots of fast swims. From Chris Stevenson...

- A handful of VMST swimmers -- seven -- traveled to Boston to represent the LMSC at the 2010 SCM Colonies Zone Championship, but what a handful (Chris Stevenson, Billy Gaines, Adam Barley, Dave Holland, Lisa Bennett, Kate Hibbard, Betsy Turner)!

- Between them they set 16 LMSC records and 13 Zone Championship records. Incredibly, every swimmer set at least one record! **Billy Gaines** and

Kate Hibbard led the way with 3 LMSC and 3 Zone records each. And **Lisa Bennett** has once again swept her age group: she now holds every LMSC record in SCM in 50-54. Wow! (Lisa had to swim the 200 fly and 200 back to complete her record quest.)

- The swimmers won 32 gold medals between them; **Billy went undefeated**, collecting an amazing 10 championships (9 individual and 1 relay) while coming pretty close to winning the overall male high point award.

- VMST came in 11th overall, and 3rd in the "USMS Clubs" category. Congratulations to everyone.

Check out www.vaswim.org for a complete list of records.

Important Reminders

- ▶ If you have not registered for 2011, you will no longer receive the newsletters and *Swimmer Magazine*. You can register online at (www.usms.org) or a form is included in this newsletter. (I forgot to include it last month.)

- ▶ The entry for the Richmond meet is in this newsletter. Entries are due February 4.

- ▶ Warrenton Masters meet on March 13. Entry is in this newsletter.

- ▶ Rockbridge County Masters meet on March 27. Entry is in this newsletter.

See page 3 for a note from our Registrar, Lisa Bennett.



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

January: One Hour Swim

This is a postal event, done in your home pool.

January 29-30: Charlotte, NC

See NC website.

January 30: Tropical Splash, Alexandria

See PV website.

February 12-13: VMST meet in Richmond

March 5: Greensboro, NC

March 6: Warrenton

March 19: SCM Albatross Open

See PV website

March 27: Rockbridge County Meet

Lexington, VA

April 2-3: Hillsborough, NC

This is the NC Championship.

April 15-17: Zone Meet, George Mason U.

Entry will be in the February newsletter.

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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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: Patty Miller

Patricia.m.Miller@altria.com

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ctupitza@warrentonmasters.org

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HenryDaFif@aol.com

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

Graphics from www.swimgraphics.com

Note from the Registrar

By Lisa Bennett

HAPPY NEW YEAR! Hope you are all ready for a great 2011 swim season. If you are, I hope you are registered! If you aren't, you will find the 2011 USMS registration form in this newsletter! December 31, 2010 was the expiration date for 2010. You can also go to vaswim.org and register online...or you can send me the form/check and I will get you registered. In the past years (several years now!) the registrar has sent out renewal forms to all of the swimmers in our LMSC. With over 1000 swimmers, that is a huge cost to your LMSC. We have had great response to the online registration system, and many of you have sent in your registrations already. Hopefully by mid-January only a few hundred renewals will have to be sent out.

Registrar Lisa Bennett

I would also like to welcome all of the new swimmers! It is hoped that you will join some of us at competitions and get involved in your LMSC. It continues to grow and new ideas are always welcome! We have over 20 teams now and would love to see some of them host a meet or two (hint, hint!)



In November, Sunfish Masters hosted its second annual SCY meets at the Freedom Center (GMU), Manassas, VA. There was small turn-out, but everyone had a great time. Freedom Center is a super facility and with the great officials and timers, it was relaxed and there were a lot of smiling faces....as well as some pretty fast swims.

There are some great meets coming up this winter and spring. They are or will be listed on our website (vaswim.org). I would recommend coming to as many as you can. The friendships made at meets are worth the trip! Plus they'll be great tune-ups for Zones and Nationals!

Breathing and Streamlining

By Betsy Durrant

Many swimmers, both experienced and novice, have problems with their breathing while swimming. Swimmers may get an "out of breath" feeling or have trouble taking in enough air. When this happens, swimming becomes a lot more difficult. In addition to the discomfort of not enough air, the higher you lift your head to breathe or the further you turn your head to breathe, the more your feet sink and you lose the streamline position.

Ideally, swimmers should remain in a streamline position while swimming to reduce resistance to the water. The head should be in alignment with the spine. When breathing, the head should be turned slightly to the side and a quick breath taken. The head is not lifted to get the breath; the head is turned with one ear always in the water.

"Quick" is a key word to describe breathing. When you breathe, the arm on the non-breathing side should remain just below the surface of the water (in a streamline position). If you take too long to get the breath, that arm sinks and the body is no longer in a streamline position, making swimming harder due to increased resistance or drag.

The secret to proper breathing is to be sure to exhale completely while your face is in the water. You may have to forcefully blow the air out. When you turn your head to breathe, you just need to take in a small amount of air, not a big gulp. If you blow out all of your air underwater, when you turn your head to breathe, the air will rush in because you have created a vacuum. The problems arise when you do not exhale all of the air from each breath. You have to get rid of the "old" air in order to make room for the "new" air.

The side ache and "out of breath" feeling come from not exhaling and therefore not having room in your lungs for more air. Think about it – you have to exhale completely to make room for what is inhaled. Even experienced swimmers sometimes have to consciously think about completely exhaling.

500 – YARD FREESTYLE

by Meghan Satterstrom

*Editor's Note: This article appeared in the November/December issue of **Splash**.*

***Splash** is a magazine published by USA Swimming. This article is reprinted with permission.*

The 500 is often on of those races that swimmers either love or hate. If you're a distance swimmer, you know that it's vital to swim smart during this race. It's not only about good technique and speed, but about nailing the turns and an overall strategy.

It is important that you do not start out too fast and lose steam, but also that you do not start out too slow and find it impossible to catch up. The 500 yard freestyle is all about finding the perfect balance. It may seem confusing when you first start swimming this race, but endurance gained from your workouts, along with close attention to proper technique will prepare you for the race. It will likely take a few meets to perfect your own strategy.

As will all distance events, there are different theories as how to maximize your performance and drop time. For instance, some prefer to keep a steady pace for the entire race, while some believe in the practice of negative splitting.

Coach Mark Crouch of Riptide Rush Swim Team in West Des Moines, Iowa offers an effective race strategy, technique drill and training set that you might find helpful in preparing for the 500 free. Discuss with your own coach whether these tips might work for you.

RACE STRATEGY

- Control your legs early in the race, focusing on kicking in and out of the walls, but backing off the legs in between to conserve energy. Good turns are crucial and an effective way to get ahead of the competition.
- Use this strategy until about the 300 or 325 mark, and then start to build your kick until the 375. Now you can get your kick going until the finish.
- Get out and keep up with the other swimmers during the first 100, but stay in control. You can get the lead back during the last 100.

- During the second 100, start your pace, but remain in control of your speed.

- After third 100, begin to negative split and start taking control of the race. Your first and last 100 should be the fastest.

- Unless you are a seasoned distance swimmer, the 500 freestyle is a longer race that most people are not used to. Because of its length, it is important that you stay focused on your strategy and pay attention to your body the entire time.

DRILL

Catch up drill, also know as “touch and go.”

Distance per stroke is an important concept with all races, but especially something to keep in mind during a distance race like the 500. Besides counting your strokes, another good way to maximize your distance per stroke is with this drill. It is simple, yet effective when done correctly. After emerging from your streamline, pull with one arm at a time, while keeping your other arm stationary, about eight inches under the water and pointed toward your destination. Your moving arm then recovers and meets your stationary arm, and the roles are reversed. Basically, you are swimming freestyle, one arm at a time, and with each arm touching the other in front before stroking. This drill is beneficial in many ways, but will specifically help you to prepare for the 500 yard freestyle because it allows you to isolate each arm and concentrate on reaching out further with the recovery arm, and therefore grabbing more water during the underwater pull, which ultimately gives a greater distance per stroke.

TRAINING SET:

- 2 x 10 x 100's – intervals chosen based on goal 500 time
- First – sprint
- 2-5 work on pace and concentrate on DPS
- 6-9 build, concentrating on strong kick
- Last – all out



Registration 2011 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"/>	VMST	Virginia Masters	<input type="checkbox"/>	Unattached	
<input type="checkbox"/>	ACAM	Atlantic Coast Athletic Club (C'ville)	<input type="checkbox"/>	LTSM	LetSwim Masters
<input type="checkbox"/>	BMS	Blacksburg Masters	<input type="checkbox"/>	MAC	Midlothian Athletic Club
<input type="checkbox"/>	BWST	Blue wave Swim Team	<input type="checkbox"/>	QMST	Quest Masters
<input type="checkbox"/>	CFYM	Charleston Family YMCA	<input type="checkbox"/>	RCA	Rockbridge Co Aquatics
<input type="checkbox"/>	CNU	Christopher Newport Univ	<input type="checkbox"/>	SHYM	South Hampton YMCA Masters
<input type="checkbox"/>	CWCM	Carroll Wellness Center Masters	<input type="checkbox"/>	SNOW	Snow Master Swimming
<input type="checkbox"/>	FAFF	Fredericksburg American Family Fit	<input type="checkbox"/>		
<input type="checkbox"/>	FIN	Fin-atics	<input type="checkbox"/>	STON	Stonewall Masters
<input type="checkbox"/>	FSYM	Four Seasons Y-Masters	<input type="checkbox"/>	SUNF	Sunfish Masters
<input type="checkbox"/>	GBT	Green Bank Turtles	<input type="checkbox"/>	URMS	University of Richmond Masters
<input type="checkbox"/>	HOKI	H2okie Masters	<input type="checkbox"/>	WAVA	Warrenton Masters Swim Team
<input type="checkbox"/>	HSC	Hampden- Sydney Swim Club	<input type="checkbox"/>	WMS	Winchester Masters Swimming
<input type="checkbox"/>	LAMS	Leesburg Area Masters	<input type="checkbox"/>	WVA	West Virginia Aquatic Barracudas

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 9/1/11 through 10/31/11, 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	\$47	VMST 18-24 yr old	\$27	
	**All Other Teams And Unattached	\$37			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 2011 registration fees.
	**18-24 yr old	\$22			<input type="checkbox"/> I wish to contribute \$1 (or \$ _____) to the United States Masters Swimming Foundation. I have added this amount to my 2011 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 form 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 12 and 13, 2011

Sponsored By: Virginia Masters Swim Team

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction # 121-02

Meet Director: Nancy Miller (nancymillr@aol.com)

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:** A swimmer is limited to one 200-yard stroke event (back, breast, fly, or IM) on each day of the meet. 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 4, 2011**, 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 12th. \$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 exit off I-64. There are 10 double rooms being held for the night of 02/12/2011 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 31, 2011.

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 2/13/2011:		Birthdate (Mo/Day/Yr):	
LMSC:	Club:	Phone (Day):	Phone (Night):

ORDER AND SELECT EVENTS

SATURDAY, February 12

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 13

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 – (757) 897-5868 or wolfle@aol.com

**Mail Entry To: James Wolfle
5344 Roanes Wharf Road
Gloucester, Virginia 23061**

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



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 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 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 1st**. **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 1st - 6th 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)	Circle if interested	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
 If you want results mailed
 Results Mailed (\$1) = \$ _____
 Total Amount Enclosed = \$ _____

Results will be posted at
www.warrentonmasters.org/Blog

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 or phone Charlie at 703 989-8777. No calls after 9:30 pm, please!



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

Meet Referee: Gordon Hair grhair919@aol.com

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

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 21st 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. 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	_____	**500 Freestyle**	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>
		15 Minute Break		
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		
		10 Minute Break		
39	_____	**1,650 Freestyle**	40	_____

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

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

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

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

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

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LMSC Clubs

As of January 3, we have twenty-six clubs registered in our LMSC. They are:

VMST – Virginia Masters	ACAM – Atlantic Coast Athletic Club (C’ville)
BMS – Blacksburg Masters	BWST – Blue Wave Swim Team
CFYM – Charleston Family UMCA (WV)	CNU – Christopher Newport University
CWCM – Carroll Wellness Center Masters	FAFF – Fredericksburg American Family Fit
FIN – Fin-atics	FSYM – Four Seasons Y-Masters
GBT – Green Back Turtles	HOKI – H2okie Masters
HSC – Hampden-Sydney Swim Club	LAMS – Leesburg Area Masters
LTSM – LetSwim Masters	MAC – Midlothian Athletic Club
QMST – Quest Masters	RCA – Rockbridge County Aquatics
SHYM – South Hampton YMCA Masters	SNOW – Snow Masters Swimming
STON – Stonewall Masters	SUNF – Sunfish Masters
URMS – University of Richmond Masters	WAVA – Warrenton Masters Swim Team
WMS – Winchester Masters Swimming	WVA – West Virginia Aquatic Barracudas

I would love to have information from each club about members, workouts, activities, anything of interest.