

The Wet Gazette

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

SC Nationals

By Betsy Durrant

Four teams from Virginia had swimmers in Short Course Nationals in Mesa, Arizona.

WAVA – **Charlie Tupitza**. QMST – **Kristen Jacobson, Cleary Maly, Pam Dameron, Steve Eliasek**. SNOW – **Stacy Russello, Craig Baldwin**. VMST – **Kate Hibbard, Betsy Turner, Danielle Myers, Donna Hodgert, Karen Kaufmann, Suzanne Newell, Lisa Bennett, Kitten Braaten, Betsy Durrant, Ida Hlavacek, Susan Marens, Beth Schreiner, Boyd Orr, Adam Barley, Billy Gaines, Dave Holland, Chris Stevenson, Tracy Hernlen, Mark Kutz, Dave Frisch, Warner Brundage, Tom Woods**. We also had one unattached swimmer from Virginia: **David Vaughn**.

It was one of the best run meets I have been to. The biggest problem for swimmers was that the meet was always ahead of the timeline, sometimes as much as an hour. Susan Marens had to run from the parking lot to make her 1650; Beth Schreiner just barely got to her 50 free; Ida Hlavacek missed her 100 fly. I am sure there were others.

Dave Holland barely made his 1650 through no fault of his own. He was supposed to arrive Wednesday evening from Atlanta, but the flight was cancelled due to the tornados. He had to spend the night in Atlanta, fly into Phoenix and get to the pool in time for his race!

Complete results can be found on the USMS website (usms.org) under Competition/Nationals. Note that Beth Schreiner won all 4 of her events! Also of note, Chris Stevenson broke his own 200 Back record. First Place finishes are highlighted in bold type. Top 10 finishes for Virginia swimmers: **Craig Baldwin**, SNOW, M35-39, 9th 100 Breast, 8th 200 Breast.

Kristen Jacobson, QMST, W35-39, 9th 50 Fly, 8th 200 IM.

Pam Dameron, QMST, W65-69, 3rd 50 Breast, 8th 100 IM.

Kate Hibbard, VMST, W25-29, 4th 200 Free, 5th 50 Back, 4th 100 Back, 5th 200 Back, 7th 100 IM, **1st 200 IM**.

Betsy Turner, VMST, W25-29, 10th 500 Free, 8th 200 Fly, 9th 400 IM.

Danielle Myers, VMST, W25-29, 2nd 1000 Free, 8th 50 Breast, 8th 100 Breast, 5th 200 Breast, 2nd 200 Fly, 6th 100 IM.

Donna Hodgert, VMST, W40-44, 3rd 100 Fly, 2nd 200 Fly, 4th 200 IM.

Suzanne Newell, VMST, W50-54, 4th 50 Free, 3rd 100 Free, 5th 50 Back, 5th 100 Back, 3rd 50 Fly, **1st 100 IM**.

Lisa Bennett, VMST, W50-54, 6th 100 Free, 2nd 50 Breast, 2nd 100 Breast, 5th 50 Fly, 3rd 100 Fly, 4th 100 IM.

Kitten Braaten, VMST, W55-59, 6th 1000 Free, 5th 200 Fly.

Betsy Durrant, VMST, W65-69, 10th 500 Free, 5th 50 Breast.

Susan Marens, VMST, W65-69, 4th 1650 Free, 7th 100 Breast, 5th 200 Breast, 8th 100 Fly, 6th 200 Fly, 9th 400 IM.

Ida Hlavacek, VMST, W66-69, 7th 1000 Free, 6th 100 Back, 8th 200 Back, 4th 200 Fly, 8th 400 IM.

Beth Schreiner, VMST, W70-74, **1st 50 Free, 1st 100 Free, 1st 200 Free, 1st 50 Back**.

Adam Barley, VMST, M25-29, 9th 100 Back, 10th 100 Fly, 3rd 200 Fly, 2nd 200 IM.

Billy Gaines, VMST, M30-34, 7th 100 Free, 4th 200 Free, 7th 500 Free, **1st 1000 Free**, 6th 100 Fly, 2nd 200 Fly.

Dave Holland, VMST, M40-44, 5th 1650 Free, 5th 200 Fly, **1st 400 IM**.

Chris Stevenson, VMST, M45-49, 2nd 200 Free, 4th 500 Free, 1st 100 Back, **1st 200 Back, 1st 100 Fly, 3rd 200 Fly**.

David Frisch, VMST, M60-64, 6th 50 Back, 8th 50 Breast, 9th 100 Breast, 9th 100 IM.

Tom Woods, VMST, M665-69, 10th 500 Free, 6th 1000 Free, 10th 100 Back, 9th 200 Back.

Warner Brundage, VMST, M65-69, 8th 50 Breast, 6th 100 Breast, 4th 200 Breast, 10th 100 IM, 6th 200 IM.

For Team Scores and Relay Results, see **VMST NEWS** on page 3.





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

May 28-29: 1 and 2 Mile Lake Swims, Reston
See PV website.

June 11 or 12: Freestyle Clinic in VA Beach

June 24-26: Zone LC, Middlebury, VT
<http://www.middleburymuffintops.org/lcmchamps/>

June 25: LC in Goldsboro, NC
Entry will be on NC website.

June 26: Jack King Ocean Swim, VA Beach
Entry is in this newsletter.

July 9: 1 and 2 Mile Lake Swim in Charlottesville
Online entries at cablesim.org. Paper entry is in this newsletter.

July: LC Meet at Hains Point in DC
No definite information on this yet.

August 3-6: LC Nationals at Auburn University, AL
Entry will be in *SWIMMER Magazine* and online.

Newsletter Editor

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

Graphics from www.swimgraphics.com



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

Vice Chair: Charlie Tupitza
ctupitza@warrentonmasters.org

Secretary: Dave Holland
HenryDaFif@aol.com

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

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

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

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



Relay Results from SC Nationals:

Women 25+ 200 Medley Relay
6th – Hibbard, Myers, Turner, Hodgert.

Women 65+ 200 Freestyle Relay
1st – Hlavacek, Durrant, Marens, Schreiner

Women 65+ 200 Medley Relay
1st – Durrant, Marens, Hlavacek, Schreiner

Mixed 25+ 200 Free Relay
7th – Gaines, Hodgert, Bennett, Barley

Mixed 45+ 200 Medley Relay
7th – Stevenson, Bennett, Kutz, Newell

Mixed 65+ Freestyle Relay
4th – Woods, Durrant, Brundage, Schreiner

Mixed 65+ Medley Relay
Woods, Durrant, Brundage, Schreiner

Team Scores from SC Nationals

Scores are kept for Regional Teams (teams that compete locally but join together for Nationals) and for Local Teams (all others). VMST falls in the Local category because we never divide into smaller groups for local competition. We were 4th in Men and Women Combined Scoring. We were behind The Olympic Club, Phoenix, and San Diego (all three of these team are Arizona or west coast teams).

For those of you who worry (needlessly) that we do not always win at Zones, Reston Masters finished 32nd and Curl Burke finished 35th.

LC Nationals in Auburn, Alabama

Start making plans now if you want to attend. It appears you have to drive from the nearest airports (1-2 hours). It makes sense to try to coordinate arrivals to cut down on number of rental cars needed. Information about hotels and transportation are on the nationals website.



Stonewall Masters

*This article appeared on the website:
rockbridgeweekly.com.*

From left to right, Ginder, Geissinger, deHart, and Mierzwa pose with their first place trophy after the Colonies Zone 2011 Swim Meet awards ceremony held at George Mason University on April 17, 2011.

Stonewall Masters Make a Splash at Zones

By Traci Mierzwa

The Stonewall Masters, a local club affiliated with U.S. Masters Swimming, won the First Place Trophy for the Small Team Division at the Colonies Zone 2011 Swim meet. The meet was held at George Mason University in Fairfax, VA, on April 15-17, 2011.

Stonewall Masers teammates Pieter deHart, John Geissinger, Mike Ginder and Hank Mierzwa accumulated 298 point from 28 individual events and five relays, putting them over 40 points ahead of the second place team and beating out 52 other teams. They took 17 first place finishes out of the 33 events entered. Each member represented different age groups: Geissinger competed in the 18-24 group, taking six first place finishes; Ginder competed in the 25-29 age group, taking two first place finishes; deHart competed in the 30-34 troup, taking two first place finishes in the largest competitive age group; and Mierzwa competed in the 60-64 group, taking three first place finishes. The Stonewall Masters also took four first place finishes in the five relays they entered.

See Stonewall on page 5.

SCM Top 10 Relays for USMS and for FINA (World Rankings)

Last month the newsletter contained individual rankings for USMS Top 10 and FINA World Top 10. This month I have the relays. The last two columns indicate the ranking for each tabulation. Thanks to Chris Stevenson for getting this in a good format for the newsletter.

Gender	Age Group	Event	Club	Time	Swimmers	USMS	FINA
Men	100-119	200 Medley Relay	VMST	1:57.14	Sam Harris, Adam Barley, Michael Hipps, Boyd Orr	3	
Men	120-159	400 Medley Relay	VMST	4:07.92	Chris Stevenson, Adam Barley, Dave Holland, Billy Gaines	2	6
Men	280-319	400 Medley Relay	VMST	8:09.97	Calvin Barnes, Richard Durham, Owen Maher, Alfred Newbury	4	10
Women	160-199	200 Free Relay	SHYM	2:16.95	Elizabeth Graf, Shasta Rouch, Gail Kelley, Mary Hamilton	10	
Women	200-239	200 Free Relay	VMST	2:34.20	Carol Downing, Cindy Hamilton, Betsy Goode, Nancy Speer	10	
Women	280-319	400 Medley Relay	VMST	7:31.13	Judy Martin, Johnnie Detrick, Susan Marens, Laura Walker	1	2
Mixed	100-119	200 Medley Relay	VMST	2:02.65	Kate Hibbard, Claire Russo, Adam Barley, Boyd Orr	3	
Mixed	100-119	400 Medley Relay	VMST	4:23.50	Kate Hibbard, Claire Russo, Adam Barley, Billy Gaines	1	3
Mixed	160-199	400 Medley Relay	SHYM	5:27.26	Elizabeth Graf, Gail Kelley, Steven Jackson, Robert Hueller	7	
Mixed	200-239	200 Medley Relay	VMST	2:05.35	Chris Stevenson, Lisa Bennett, Dave Holland, Shirley Loftus-Charley	1	1

Mixed	200-239	400 Medley Relay	VMST	4:35.02	Chris Stevenson, Lisa Bennett, Dave Holland, Shirley Loftus-Charley	1	1
Mixed	200-239	400 Medley Relay	VMST	6:09.85	Victor Mickunas, Nancy Speer, Mary Peterson, Mitch Saks	7	
Mixed	240-279	400 Free Relay	VMST	6:12.57	Susan Marens, Ida Hlavacek, Bill Nelson, Ralph Swiger	6	
Mixed	240-279	400 Medley Relay	VMST	7:50.81	Bryan Stone, Marianna Berkley, Ralph Swiger, Ida Hlavacek	7	
Mixed	320-359	200 Medley Relay	VMST	4:02.38	Alfred Newbury, Marianna Berkley, Owen Maher, Terry Sokolik	1	3

Stonewall continued from page 3.

The Stonewall Masters Club was organized in October 2010 and has participated in local, state and regional events. Locally, Pat Bradley, Pieter deHart, Hank Mierzwa and Royn Wilhelm competed in the “Dive into Sprint” meet held at the Lexington community pool in March 2011.

For more information, see the Stonewall Masters Club website at:
stonewallmasters.webs.com.

LetSwim Masters Team

By Tamara Yaunches

LetSwim Inc. operates aquatic programming out of more than 20 community pools in Loudoun and Prince William counties. They offer group and private lessons, Masters, water aerobics and swim team management services to residents of local Homeowner Associations. Their expansion from 14 communities last year has them searching for talented personnel to staff their programs for this summer. They are currently looking for more than 20 instructors to teach swim lessons, two more coaches and a coordinator for their Masters program, a couple of water aerobics instructors, deck supervisors (one in Prince William and one in the Leesburg area) and a Manager to oversee a newly formed summer swim team in the Ashburn area. If you or anyone you know is interested in working for this dynamic company for the summer, have them contact Tamara at jobs@letswim.com for more details.

LC Top Ten

In last month's newsletter, the individual rankings for SCM were published (both USMS and FINA). The USMS Top Ten was published in October or November. The FINA World Rankings were just released. This list, prepared by Chris Stevenson, has just the USMS Top Ten that also made the world list.

Gender	Age Grp	Event	Name	Age	Club	Time	USMS	FINA
Men	25-29	200 Free	Billy Gaines	29	VMST	1:59.83	1	6
Men	25-29	400 Free	Billy Gaines	29	VMST	4:23.11	2	7
Men	25-29	200 Fly	Billy Gaines	29	VMST	2:16.62	1	4
Men	30-34	50 Fly	Matt Haupt	30	SNOW	25.97	1	5
Men	30-34	100 Fly	Matt Haupt	30	SNOW	55.67	2	3
Men	30-34	200 Fly	Matt Haupt	30	SNOW	2:03.76	1	1
Men	45-49	200 Free	Chris Stevenson	46	VMST	2:04.46	2	5
Men	45-49	50 Back	Chris Stevenson	46	VMST	29.18	1	1
Men	45-49	100 Back	Chris Stevenson	46	VMST	1:03.25	1	1
Men	45-49	200 Back	Chris Stevenson	46	VMST	2:17.81	2	2
Men	65-69	Free	Sandy Galletly	68	VMST	23:16.48	4	8
Men	85-89	400 Free	Calvin Barnes	86	VMST	8:47.81	4	9
Men	85-89	800 Free	Calvin Barnes	86	VMST	18:12.12	3	7
Men	85-89	Free	Calvin Barnes	86	VMST	34:22.29	3	4
Women	45-49	800 Free	Kelly Palace	49	VMST	10:25.48	4	9
Women	55-59	400 Free	Shirley Loftus-Charley	59	VMST	5:24.34	3	7
Women	55-59	800 Free	Shirley Loftus-Charley	59	VMST	10:54.51	1	3
Women	55-59	Free	Shirley Loftus-Charley	59	VMST	20:31.89	1	2
Women	60-64	200 Free	Terry Sue Gault	60	VMST	2:42.47	2	4
Women	60-64	400 Free	Terry Sue Gault	60	VMST	5:42.62	2	2
Women	60-64	400 Free	Marcia Barry	62	VMST	5:52.11	5	7
Women	60-64	800 Free	Terry Sue Gault	60	VMST	11:42.09	3	4
Women	60-64	800 Free	Marcia Barry	62	VMST	12:07.63	5	7
Women	60-64	Free	Terry Sue Gault	60	VMST	22:09.84	3	3
Women	60-64	Free	Marcia Barry	62	VMST	22:47.21	4	5
Women	60-64	200 Back	Marcia Barry	62	VMST	3:17.81	2	9
Women	60-64	50 Fly	Terry Sue Gault	60	VMST	36.40	3	6
Women	60-64	100 Fly	Terry Sue Gault	60	VMST	1:25.58	3	5
Women	70-74	50 Free	Barbara Zaremski	73	VMST	38.07	2	6
Women	75-79	50 Free	Johnnie Detrick	75	VMST	38.14	1	1
Women	75-79	100 Free	Johnnie Detrick	75	VMST	1:32.24	1	4
Women	75-79	200 Free	Johnnie Detrick	75	VMST	3:34.71	2	7
Women	75-79	50 Breast	Johnnie Detrick	75	VMST	55.47	2	10
Women	75-79	Breast	Johnnie Detrick	75	VMST	2:03.34	3	8
Women	75-79	Breast	Johnnie Detrick	75	VMST	4:29.13	3	8
Women	75-79	200 IM	Johnnie Detrick	75	VMST	4:11.94	1	2

Zone Championship at GMU April 15-17

Thanks to Bud Swiger for the pictures!



Calvin Barnes and Gail Overton ▲



Ed Gaulrapp and Robert Romo ▲



◀ Collette and Bill Nelson

Kirk Clear ▼



Billy Gaines

Do you know what Beer Pong is? Did you know there is a World Series of Beer Pong? Billy Gaines, of Richmond, is the founder and organizer of the World Series of Beer Pong? Read about it at:

http://sports.espn.go.com/espn/page2/story?page=trask%2F110111_beer_pong

Billy Gaines ▲

28th Annual Jack King One Mile Ocean Swim



Sunday, June 26, 2011
10:00 a.m.
Virginia Beach, VA

Hosted By VMST



Sanctioned by the Local Masters Swim Committee for Virginia (LMSC for VA) for USMS, Inc.

Sanction # 121-004

Entry Fee: \$25 if postmarked by June 6, 2011. \$30 after June 6 to June 24th, 2011. \$50 RACE DAY. T-shirts are guaranteed to swimmers who register by June 6, 2011. No Refunds.

Eligibility: Minimum age to participate is 18 as of June 26, 2011. All swimmers must be registered with USMS. Online registration is available on the web at www.usms.org. or contact:

Lisa Bennett, Registrar -11812 Winfore Drive - Midlothian, VA 23113 swimlab56@msn.com

NOTE: ALL ONE EVENT PASSES TO BE SENT WITH RACE APPLICATION TO JUNE MCDANIELS (see back)

Age Groups/Awards: Awards will be presented to the 1st – 6th place swimmers in each age group. Standard Masters age groups will be used (18-24, 25-29, 30-34 and so on in 5 year increments).

NOTE: Wet suits are allowed. However, no official time will be given and not eligible for awards.

Course: The start is in the water at 24th Street, swimming north parallel to the beach/boardwalk. The finish is on the beach at 38th Street. Buoys mark the start and finish. You must swim around the finish buoy before exiting the water.

Directions: From I-64 take Route I-264 East. When the expressway ends, you are on 21st Street. Take 21st Street to Atlantic Avenue. Turn left on Atlantic Avenue and follow to 24th Street.

Parking: Municipal lots are located at 19th and 25th Streets. The cost is \$7 for the entire day. Metered spots are located along Atlantic and Pacific Avenues as well as sides streets.

Inclement Weather: No rain date, No refunds due to weather.

General Race Information:

Swim caps will be provided to all entrants. Caps must be worn by all who participate. Water Temperature will be approximately 72 degrees or less. Trucks will be available at the start line to transport swimmers' bags to the finish line.

All swimmers must check-in race day at 24th Street on the beach. Restrooms and changing facilities are available at 24th Street Park. Check-in begins at 8:30 A.M. and ends at 9:30 A.M. A safety briefing will be held on the beach at 24th at 9:50 A.M.

For more information please contact:

June McDaniels: june@aquariusengineering.com or 757-496-2570

Hotel Information at: www.vbhotels.com / www.vbfun.com

Upcoming Events

Jim McDonnell Lake Swims

Sunday, May 28-29, 2011
Reston, Virginia

www.restonmasters.org

Chris Greene Lake 1&2-mile Cable Swim

Saturday, July 9, 2011
Charlottesville, Virginia
www.VASwim.org
or cableswim.org

JACK KING ONE MILE OCEAN SWIM ENTRY FORM

*** Please attach a copy of your USMS card or One Day Application here.***

Name: _____
(Last) (First)

Address: _____

City : _____ State: _____ Zip: _____ Phone: _____

Date of Birth: _____ Team: _____ Sex: M F (Circle One)

Entry Fee: \$ _____ T-Shirt: Small Medium Large X-Large (Circle One)

(\$25 Until June 6 / \$30 June 7 - June 24/ \$50 Race Day) *Make Check Payable to VMST. Mailed Entries due by JUNE 24, 2011.

E-Mail Address: _____

Include Entry Form, Signed Release, and copy of USMS Registration Card with check and mail to:

June McDaniels
 ATTN: Jack King Swim
 2400 Ketch Court.
 Virginia Beach, VA 23451

RELEASE: The following waiver must be signed and in the hands of the meet director before a 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 DAMAGE 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature: _____ Date: _____ USMS # _____

For Use for Jack King Only. For other events, go to vaswim.org

2011 ONE EVENT REGISTRATION FORM

Make check payable to: LMSC for Virginia Mail To: June McDaniels, 2400 Ketch Court, Va Beach, VA 23451	 ONE EVENT MEMBERSHIP APPLICATION	Register with the same name you will use for competition. Print clearly.																			
	USMS Fee: <u> \$12.00 </u> LMSC Fee: <u> \$12.00 </u> TOTAL FEE: <u> \$24.00 </u>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Last Name</td> <td style="width: 25%;">First Name</td> <td style="width: 10%;">Init</td> <td style="width: 40%;">For Office Use</td> </tr> <tr> <td>Street</td> <td colspan="2">Apt</td> <td></td> </tr> <tr> <td>City</td> <td>State</td> <td>Zip</td> <td>Phone No.</td> </tr> <tr> <td colspan="4">Email Address</td> </tr> <tr> <td>Date of Birth Mo. Day Yr</td> <td>Age</td> <td>Sex</td> <td>Today's Date Mo. Day Yr</td> </tr> </table> <p style="text-align: center; border-top: 1px solid black; border-bottom: 1px solid black;"> OEVT – One Event Membership Event Date: </p>	Last Name	First Name	Init	For Office Use	Street	Apt			City	State	Zip	Phone No.	Email Address				Date of Birth Mo. Day Yr	Age	Sex
Last Name	First Name	Init	For Office Use																		
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Email Address																					
Date of Birth Mo. Day Yr	Age	Sex	Today's Date Mo. Day Yr																		
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.		Signature _____																			



Chris Greene Lake 1- & 2-Mile Cable Swims

Charlottesville, Virginia, Saturday, July 9, 2011

Sponsored by: Virginia Masters Swim Team and Albemarle County Parks and Recreation
Sanctioned by: LMSC of Virginia for U.S. Masters Swimming, Inc. Sanction # 121-05
SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at www.cableswim.org
Your credit card will be charged to "ClubAssistant.com Event Billing"

Event: There will be two races: a 2-mile cable swim at 8:30 am and a 1-mile cable swim beginning at 10:30 am. The 2-mile swim will consist of 4 laps in a clockwise direction around a ¼-mile straightaway cable, with start and finish in the water. The 1-mile race will consist of 2 laps around the ¼-mile cable in a counter-clockwise direction. Both the 1- and 2-mile distances are certified and qualify for national records. No splits or premature finishes will be eligible for records.

- Anticipated water temp: 78° to 82°
- NO WETSUITS ALLOWED

Check-in Closes at:

2-Mile: 8:15 AM
1-Mile: 10:15 AM

Eligibility: Open to all swimmers 18 years & older as of July 9, 2011. All swimmers must be registered with U.S. Masters Swimming. **Paper entries submitted without a copy of your 2011 USMS card will be returned. Online entries will be verified automatically.** To renew or join USMS online, visit www.usms.org/reg

Rules: Current 2011 USMS rules will govern both races.

Entries: All snail mail entries must be postmarked by **June 30, 2011. Online entries will close at 11:59pm Pacific Standard Time on July 4, 2011.** Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. Entry fee is \$25/ \$40.

Safety: For safety reasons, swimmers who cannot complete 1 mile in 1 hour or 2 miles in 2 hours should NOT enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The Charlottesville-Albemarle rescue/dive team will be on site with boats, scuba divers, and a rescue squad.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 30-second intervals. "No Time" entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

Age Groups: 18-24, 25-29, 30-34, etc. in five year increments, as high as necessary for both men/women.

Awards/ Social: For both races, custom awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the 1-mile race. Drinks and snacks will be provided.

Accommodations:

Doubletree Hotel (6 miles from lake) 990 Hilton Heights Rd. Charlottesville, VA 22901 (434) 973-2121 or (800) 222-TREE	Hampton Inn (9 miles from lake) 2035 India Rd. Charlottesville, VA 22901 434-978-7888 or (800) 426-7866
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Directions: (mapquest "Chris Greene Lake")

from Washington, D.C:

(Distance: 115 miles, Drive Time: ~ 2 to 2.5 hours)

Take Rt. 29 toward Charlottesville, VA. In Earlsville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. At roundabout, bear right onto 606. Go 1.2 miles and turn left onto Chris Greene Lake Rd. Proceed past guardhouse and follow the road downhill and around the lake to the parking lot at the end of the road.

from Richmond, VA:

(Distance: 75 miles, Drive Time: ~ 90 minutes)

Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 250 West), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

from Waynesboro, VA:

(Distance: 34 miles, Drive Time: ~ 45 minutes)

Take I-64 East to exit 118B, Charlottesville/Culpeper, (U.S. 29 North Bypass), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

Race Director Contact:

Dave Holland, 804-282-6224
Email: HenryDaFif@aol.com



2011 Chris Greene Lake 1- & 2-Mile Cable Swims ENTRY FORM

Avoid this form, avoid errors by registering online at www.cableswim.org

**PLEASE INSERT SEED TIME
FOR EVENT(S) YOU ARE ENTERING**

2- MILE 8:30 am	>>>> Clockwise <<<<	1650 yd time: ____ : ____
1- MILE 10:30 am	<<<< Counter-Clockwise >>>>	1650 yd time: ____ : ____

PLEASE STAPLE A LEGIBLE COPY OF YOUR 2011 CARD HERE. TRIM YOUR CARD AND COMPLETE THE FOLLOWING:

Emergency Contact Name: _____

Emergency Contact Phone: _____

Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____

		<input checked="" type="checkbox"/>	CHECKLIST
\$ _____	\$ 25.00 1-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$ _____	\$ 40.00 2-Mile Cable Entry Fee	<input type="checkbox"/>	Copy of USMS card
\$ _____	T-Shirt: included free with entry; \$ 3.00 charge for XXL or XXXL	<input type="checkbox"/>	Check or money order payable to VMST
\$ _____	Additional T-Shirt: \$12.00 each XS-XL, \$15.00 for XXL or XXXL	<input type="checkbox"/>	Signed Release Below
\$ _____	Total Enclosed (Check or money order payable to VMST)	<input type="checkbox"/>	T-Shirt Size Below

T-Shirt Size: (please circle) XS S M L XL XXL XXXL

Additional T-Shirts: indicate quantity and size: _____

Please re-check the checklist to ensure that your entry is complete!!
Mail this completed form with check or money order payable to VMST, postmarked by June 30, 2011 to:
Dave Holland, 504 West Drive Circle, Richmond, VA 23229-6832

RELEASE BY PARTICIPANT FROM LIABILITY

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 Swimming, Inc.; Virginia Swimming, Inc.; NOVA of Virginia Aquatics, Inc.; United States Masters Swimming; LMSC of Virginia; Virginia Masters Swim Team; each swim club participating in the Event; Event Meet Sponsors, Event Meet Directors; Albemarle County and its officers, agents, and employees; Charlottesville-Albemarle Rescue, Individual Event Officials; or any other person participating in administrating the Event. In addition, I agree to abide by and be governed by the rules of the USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE: _____ **DATE:** _____ **AGE ON 7/9/11:** _____

Phone (H): _____ **Phone (W):** _____ **E-Mail:** _____

PLEASE PRINT CLEARLY

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

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Looking ahead ...



◀ August 3-6, LC Nationals at Auburn University

November 10-15, Pan Ams in Rio de Janeiro, Brazil



◀ April 26-29, 2012, SC Nationals in Greensboro, NC ▶

