

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
September 15, 2014

Fun in Maryland: Summer Nationals

By Chris Stevenson

This article and more are posted on our LMSC website www.vaswim.org.

Sixty-three swimmers from our LMSC participated in the Long Course National Championship meet that was held Aug 13-17 in College Park, MD. Our swimmers did great! Virginia Masters Swim Team (VMST), competing with 40 swimmers, finished second overall in combined scoring, while Peluso Open Water (POWM) with only seven swimmers — all women — managed to snag eighth in the women's scoring.

There were records aplenty, too. Most impressively were two VMST relays consisting of **Marcia Barry, Johnnie Detrick, Terry Sue Gault** and **Beth Schreiner** who set a new **World Record** in the 200 Free Relay and a new **National Record** in the 200 Medley Relay in the Women's 280-319 age group. Awesome job, ladies!

There were plenty of LMSC records too, of course: 42 of them, to be exact (39 individual and 3 relay records). **Denise Letendre** and **Chris Stevenson** led the way with six records apiece, followed closely by **Greg Harris** and his five new standards. The complete list of records is given below.

We had 15 national champions at the meet, winners of one or more events:

- **Marcia Barry:** 1500 Free, 200 free relay, 200 medley relay
- **Barbara Boslego:** 200 breast
- **Johnnie Detrick:** 50 free, 100 free, 200 free, 50 breast, 200 free relay, 200 medley relay
- **Betsy Durrant:** 1500 free
- **Will Ericson:** 100 back, 200 back
- **Terry Sue Gault:** 200 free relay, 200 medley relay
- **Greg Harris:** 200 IM
- **Ida Hlavacek:** 100 fly, 200 fly, 200 IM, 400 IM

- **John Hogan:** 100 free, 200 free, 1500 free, 100 fly
- **Dave Holland:** 400 IM
- **Denise Letendre:** 800 free, 200 breast
- **Susan Marens:** 50 breast, 100 breast, 200 breast, 50 fly
- **Beth Schreiner:** 100 free, 200 free, 50 back, 100 back, 200 free relay, 200 medley relay
- **Chris Stevenson:** 200 free, 400 free, 50 fly, 100 fly, 200 back
- **William Walters:** 200 free, 400 free, 400 IM

Congratulations to all these swimmers, as well as everyone else who swam in the meet. Check out the photos at www.vaswim.org, and if you have any picture you want to share please send them to me (christl Stevenson@gmail.com).



VMST Record Breaking Relay: Johnnie Detrick, Terry Sue Gault, Marcia Barry, Beth Schreiner

More about Nationals on page 3.



If you need an entry and do not have access to email, call me and I will sent you an entry. *Betsy*

VMST Fall Meet – Saturday, November 8, in Virginia Beach. Entry is in this newsletter.

The Patriot Masters Sprint Classic – Oct 26
George Mason University. The online entry deadline is October 21. Online entry available at <http://www.patriotmasters.org/SprintClassic.htm>

Newsletter Editor

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*John Hogan, Claire Russo, Will Ericson
Alison Moore in back.*



*Dick Cheadle
and Betsy
Durrant*



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

ONLINE Registration for many meets:
www.clubassistant.com

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Graphics from www.swimgraphics.com

Virginia Swimmers at LC Nationals

Virginia Masters Swim Team (VMST)

1 Barry, Marcia L	W 66
2 Boslego, Barbara E	W 63
3 Braaten, Kitten	W 59
4 Brundage, Warner F	M 71
5 Cheadle, Richard O	M 77
6 Cockrell, Charles E	M 46
7 Deppe, Tom W	M 56
8 Detrick, Johnnie	W 79
9 Dudley, Mariah V	W 27
10 Durrant, Betsy	W 73
11 Ericson, William C	M 24
12 Frogley, Chris S	M 71
13 Galletly, Sandy	M 72
14 Gaulrapp, Edward H	M 72
15 Gault, Terry Sue M	W 64
16 Gernstein, Terry M	M 72
17 Harris, Gregory	M 51
18 Hlavacek, Ida M	W 72
19 Hogan, John	M 26
20 Holland, Dave	M 47
21 Jaeger, Debbie K	W 52
22 Kratzer, Jill E	W 47
23 Letendre, Denise M	W 26
24 Lyons, Thomas F	M 81
25 Marens, Susan E	W 72
26 Martin, Judy	W 72
27 Miller, Jim W	M 64
28 Miller, Patricia M	W 53
29 Milner, Kristin E	W 29
30 Moore, Alison	W 44
31 Nelson, Bill L	M 61
32 Romo, Robert A	M 56
33 Russo, Claire C	W 31
34 Schreiner, Beth	W 73
35 Shank, Lauren E	W 27
36 Stevenson, Chris L	M 50
37 Swiger, Ralph B	M 58
38 Throne, William C	M 58
39 Van Horn Pate, Val R	W 52
40 Walker, Laura S	W 77

Blue Wave Swim Team (BWST)

1 MacMillan, Scott	M 49
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Christiansburg Blue Fin Master (CMAS)

1 Bricken, Susan W	W 71
2 Sumner, Jean	W 72

Crozet PARC YMCA Masters (CPYM)

1 Franklin, Rebecca L	W 46
2 Witt, Cherie A	W 50

Peluso Open Water Masters (POWM)

1 Andres, Tess	W 33
2 Cattoni, Sari L	W 28
3 Glasgow, Ginny Ann	W 35
4 Gregory, Barbie J	W 46
5 Joslin, Danielle	W 36
6 Phillips, Alice W	W 49
7 Strobl, Lori C	W 34

Sunfish Masters (SUNF)

1 Goldberg, Julie F	W 30
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Warrenton Masters Swim Team (WAVA)

1 Convis, Bradley A	M 52
2 Tupitza, Charles W	M 59

WV Masters Swimming (WVM)

1 Judd, Eric A	M 22
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UC12 (UC12)

1 Blaha, Karen A	W 28
2 Buist, Chadwick L	M 28
3 Disque, Darrell C	M 47
4 Rackham, Grant B	M 25
5 Snyder, Scott C	M 25
6 Walters, William J	M 31
7 Wheeler, Jennifer	W 28

Editor's Notes:

1. UC12 is the new designation for Unattached (no team).
2. In last month's newsletter, I listed teams that had swimmers in the national meet. As always, I overlooked some. I received the following note from Becky Franklin letting me know about her new team. I really like you to do this...when I miss something, let me know!!! (See next page.)

Note about New Team in Crozet:

This is Rebecca Franklin (Becky). I was a member of Swim Quest Masters for 7 years, and also VMST for about a year after I moved from Richmond to Charlottesville, VA. I wanted to let you know about our team - Crozet Park YMCA Masters (CPYM). We are located between Charlottesville and Waynesboro. We became an official team a year ago, and have about 20 active Masters swimmers and two coaches.

We have a handful of swimmers who have competed this year (2 of us are going to LC Nationals tomorrow and Sunday). I just wanted to let you know we exist. We have a few swimmers who have placed quite well at open water and also in the meets and postals this past year. We would love to be included in the newsletter if so deserved .

Thanks, Betsy!

NEW LMSC RECORDS SET AT NATIONALS

Age Group	Gender	Event	Time	Name
65-69	Women	400 Free	6:02.45	Marcia Barry
65-69	Women	200 Back	3:22.47	Marcia Barry
60-64	Women	50 Breast	46.27	Barbara Boslego
70-74	Men	100 Free	1:20.92	Warner Brundage
70-74	Men	100 Back	1:37.01	Warner Brundage
55-59	Men	200 Back	2:54.72	Tom Deppe
18-24	Men	50 Back	30.01	William Ericson
18-24	Men	200 Back	2:27.80	William Ericson
70-74	Men	50 Breast	45.29	Terry Gernstein
70-74	Men	100 Breast	1:44.79	Terry Gernstein
45-49	Women	50 Fly	34.49	Barbie Gregory
50-54	Men	50 Free	26.40	Greg Harris
50-54	Men	100 Free	59.26	Greg Harris
50-54	Men	50 Breast	33.86	Greg Harris
50-54	Men	200 Breast	2:45.10	Greg Harris
50-54	Men	400 IM	5:31.78	Greg Harris
25-29	Men	800 Free	9:20.27	John Hogan
25-29	Men	1500 Free	17:37.50	John Hogan
45-49	Men	400 IM	5:07.27	Dave Holland
25-29	Women	400 Free	4:49.97	Denise Letendre
25-29	Women	800 Free	9:44.89	Denise Letendre
25-29	Women	200 Breast	2:49.95	Denise Letendre
25-29	Women	200 Fly	2:31.30	Denise Letendre
25-29	Women	200 IM	2:32.64	Denise Letendre
25-29	Women	400 IM	5:20.93	Denise Letendre
80-84	Men	50 Breast	1:16.85	Thomas Lyons
80-84	Men	200 Breast	6:20.41	Thomas Lyons
30-34	Women	100 Back	1:18.20	Claire Russo
50-54	Men	400 Free	4:32.22	Chris Stevenson
50-54	Men	50 Back	29.99	Chris Stevenson
50-54	Men	100 Back	1:03.71	Chris Stevenson
50-54	Men	200 Back	2:22.61	Chris Stevenson
50-54	Men	50 Fly	27.18	Chris Stevenson
50-54	Men	100 Fly	1:01.48	Chris Stevenson
50-54	Women	50 Back	36.39	Val Van Horn Pate
50-54	Women	200 Back	2:53.21	Val Van Horn Pate
50-54	Women	100 Fly	1:18.03	Val Van Horn Pate
30-34	Men	400 Free	4:19.88	William Walters
30-34	Men	400 IM	4:51.24	William Walters
280-319	Women	200 Free	2:29.97	Detrick, Schreiner, Gault, Barry
280-319	Women	200 Medley	2:58.66	Barry, Detrick, Gault, Schreiner
200-239	Men	200 Free	1:49.32	Stevenson, Holland, Harris, Deppe

Susan Bricken and Jean Sumner Survive Nationals!

Intimidated and overwhelmed, we stood on the pool deck. We were newcomers to competitive swimming, and we were keenly aware of our ignorance and inexperience. We had gone to our first meet when we were in our late sixties, and now, less than three years later, here we were at Nationals.

We were thrilled to be wearing badges that identified each of us as an “ATHLETE”, but we were nervous and a little lost. “You look scared”, said one of the on-deck coaches. “Scared” was an understatement.

We had prepared as best we could, for a lot of swimmers, for a large meet, and, of course, for our events. We were prepared to be in the right place at the right time. We weren't, however, prepared for the inclusiveness and kindness of the other swimmers. We were surprised that our direct competitors embraced us. The large number of VMST members, particularly, shared coaching tips and information that helped us survive the meet. We were amazed to find this in a such a competitive environment.

All in all, we were glad that we went. The meet was well run, the pool was fabulous, and the staff was friendly. But it was the support of the other swimmers that helped to relieve our anxiety and made us, a couple of small fish in a large pool, feel included. Although we have come to swimming late in life, we are so grateful to have discovered swimming, USMS, and the camaraderie of other swimmers.

Editor's note: Susan and Jean swim for Christiansburg Blue Fin Masters.

Using Paddles: Benefits and Dangers

By Betsy Durrant

I am a firm believer in the advantages of using paddles during a workout, for me and for swimmers that I coach. However, I am adamant that the paddles must be used correctly.

Injuries. Most swimming related injuries are from overuse or incorrect technique. I often tell my

workouts that incorrect technique will eventually lead to sore shoulders. If you strap on paddles tightly so they don't come off, you will develop sore shoulders more quickly. Likewise, using paddles too much will lead to overuse injuries more quickly.

Improving your technique. Using paddles wisely can help you feel the water better and help you improve your stroke. However, in order to feel the water with paddles, you must have the paddles relatively loose on your hands. First, remove the wrist strap; just use one strap over one finger. And don't hold the edges of the paddles with your fingers!

At first, the loose paddles will be difficult to control and probably will come off. Slow down your stroke and be patient. When Coach Joe Gentry had my workout group take off the wrist strap, I hated it. But by being patient, I learned to keep the paddles on. Consequently, my freestyle improved significantly. I started to feel “the catch.”

How do you keep the paddles on? By keeping the pressure of the water on the flat surface of the paddle, the paddles will stay on. Some common trouble spots:

- a) If your hand enters the water wrist first or palm first, the water gets between the paddle and your hand and they come off. Get that elbow up so your fingers enter first.
- b) If you pull with your elbow leading, the water will get between your hand and the paddle. With your elbow up, the hand should be leading. Leading with the elbow is a common problem when you get tired.
- c) If you shorten your stroke and pull your hand out too soon, again, the paddles will come off. Usually this occurs when you pull your elbow out first. You shouldn't have to lift your hand out for recovery. Pull back further, and again the hand leads.
- d) Also, if you are pulling under your body, the paddles will come off as you try to get your hand in position to recover. Your pull should be shoulder width, not under your body.

Slow down and think about what you are doing. Feel the water. The paddles make it easier to feel the pressure of the water. Eventually, you will go faster pulling (and swimming) without risking injury.

Save the Dates!

Now that the 2014 National Championship events are in the rearview, it's time to start thinking about next year. So save the dates!

The **2015 Nationwide U.S. Masters Swimming Spring National Championships** are slated for April 23 through 26 in San Antonio, Texas. The meet will be hosted at the Northside Swim Center, a sparkling facility built in 2006.

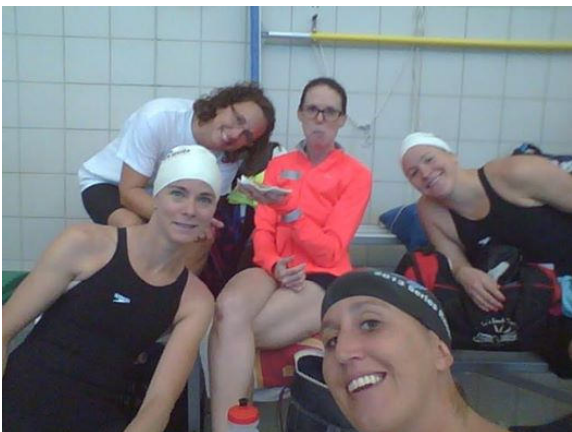


The **2015 Marriott U.S. Masters Swimming Summer National Championship** is scheduled for Aug. 6

through 9. Hosted by the SPIRE Institute, the event will be held at the SPIRE Aquatic Center in Geneva, Ohio. Located a stone's throw from

Cleveland, home to the Rock and Roll Hall of Fame, Geneva sits along the shores of mighty Lake Erie. Now wouldn't that be a fun trip?

Make sure to keep these dates open as you start ramping up your training this winter. We look forward to seeing you there!



Some Observations from the Meet

By Betsy Durrant

There are my personal observations. They are mostly involving VMST swimmers because that's who I was sitting with. But, I do include some other people.

Greg Harris (51) had a fantastic meet. He went under 1:00 on the 100, finishing 2nd. Overall, he got 1 first, 3 seconds, 1 third, 1 fifth. He was on 3 relays – 2 finished 2nd and 1 finished 3rd.

Dick Cheadle (77) is recovering from injuries and illnesses and was questionable for the meet.

However, when needed, he stepped up and swam back to back relays on Saturday, earning valuable team points.

Susan Bricken and **Jean Sumner**, from Christiansburg, made it a point to come over and meet swimmers from other teams. Both swam in the 70-74 age group. Susan earned 1 second and 2 thirds. Jean finished with 1 fourth and 2 fifths.

Tom Deppe had not been in a meet for 35 years. In the 55-59 age group, he earned medals for 8,9,10 in individual events and a 2nd and 3rd on relays. Tom swims in the workouts that **Karen Mickunas** and I coach. He resisted the taper a little, but admitted at the meet that maybe it was good thing to work on speed with lots of rest (a taper).

Terry Gernstein is not known by many VMST members because he rarely does relays. He has an amazing story. At nationals in Austin, he wore a t-shirt that said: "The 200 breaststroke doesn't scare me." (front) and on the back "I survived cancer." Since then he developed a heart problem and now has a pacemaker. I put him in touch with **Warner Brundage** who has had a pacemaker for several years. Warner responded immediately and encouraged Terry. Terry placed 5th in the 50 and 100 breaststroke. He didn't swim the 200 on Sunday because it was his wife's birthday. When I asked about a Sunday relay, he said no because of the birthday. "The divorce would cost too much."

Charlie Tupitza (WAVA) followed his tradition of swimming fly in distance events. He even placed 9th in the 800!

The **Peluso Open Water Masters** are always good to see at a meet. The ladies are always laughing and having a good time! See photo ←.

See *Observations* on page 7.

Observations continued from page 6.

Denise Letendre broke the LMSC 25-29 age group record in the 200 fly. This record was set in 1984 by Coach **Diane Cayce** from NOVA. Diane was at the meet to visit with and observe her friends. In addition, Denise broke three other old LMSC records, all held by **Deborah Cain**: 400 IM (1984), 800 free (1985), and 400 free (1984).



Denise Letendre and Patty Miller – two UVA Law School grads (a few years apart).

Relay team from Peluso Open Water Masters.



Marcia Barry, Chris Frogley, Jim Miller (with stopwatch, of course) in the stands.



Debbie Jaeger and Alison Moore having too much fun in the stands. When they got bored, they moved to the pool. ↓





Laura Walker and Jill Kratzer (both are from the Eastern Shore).



Tess Andres



Ida Hlavacek

Workout

This is a workout that the swimmers I coach liked. The faster swimmers got in 3000 in an hour. They liked the variety.

Notes: “Choice” is any stroke, can be free.

“Non-free” is fly, back, breast, or IM.

“Chg 3” means 3 kicks on your side, then change to other side.

“Chg 3 with 3” means 3 kicks on your side, 3 strokes when you turn, then 3 kicks on the other side.

Intervals are for short course meters.

All 100s.

1. 100 free swim
2. 100 swim, choice. At least 25 non-free.
3. 50 catch-up/50 almost catch-up
4. 100 almost catch-up. Get time. Should be slow.
5. 100 non-free or
25 free rt arm/25 free lft arm/50 free 4 rt-4lft
6. 100 IM drill (fly 3rt-3lft / back chg 3 with 3/breast 1 pull and 2 kicks/free chg 3 with 3)
7. 100 free swim, concentrate on good turn and good push-off. Do fFlip or correct open turn.
8. 100 free swim. Time yourself again. Should be faster than before but still warm-up pace.
- 9, 10, 11. Freestyle pull. Descend time. Rest 15 between each 100.
- 12-16 (Skip this if you want 2500 instead of 3000 total). 5 x 100 on long interval. 1:40, 2:00, 2:10.
17. ~Fins on~ Kick 100 choice
18. Free or Back. 25 chg 8 / 25 chg 6 / 25 chg 4 / 25 chg 3. Only 1 stroke as you turn.
~Fins off~
- 19-22 4 x 100 on tighter interval. 1:35, 1:55, 2:05, 2:20, 2:00.
- ~Rest 45-60 sec~
- 23-25 3 x 100 on 1:30, 1:50, 2:00, 2:15, 2:00.
24. Easy 100, choice.
- 26-27. 2 x 100 choice. Try to descend. Rest 15 after 1st 100.
28. 100 moderate. Compare time to #4 and #8.
29. 2 x 50, choice.
30. 100 easy cool-down.

Do you have a favorite workout? Send it to me for the newsletter. Swimmers who practice alone really like to try different workouts.

VIRGINIA MASTERS SWIM TEAM
34th ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 8, 2014



Short Course Meters

Location: Bayside Recreation Center, 4500 First Court Road, Virginia Beach.

Facility: Eight lane, 25 meter pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. **The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.**

Important Notes: Lockers require a quarter (25 cents). No glass containers in the pool area.

Directions: **From I-64**, take the Northampton Blvd. exit. Go approximately 3.5 miles (route 13 north) to the stoplight at Pleasure House Rd. Turn right on Pleasure House and take a left at the first stoplight onto First Court. The Rec Center is approximately .8 mile on the left. **From the oceanfront area**, take Shore Drive to First Court Rd. There is a stoplight at the intersection and a water tower nearby. The Rec Center will be on your right (about .8 mile), just past Bayville Park.

Meet Director: Betsy Durrant. **Sanctioned by:** LMSC for VIRGINIA for USMS, INC. Sanction #124-S003.

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **For meets held in metric pools, your age is your age on December 31, 2014. 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 (on Nov 1 or later) or be prepared to register with LMSC for Virginia on the day of the meet.** Forms are available at www.vaswim.org and will also be available at the pool for new swimmers. **If you are not currently a member of USMS, enter the meet, but wait until November 1 to join USMS. All new registrations after November 1 will be valid through December 2015.**

ORDER OF EVENTS. Pool opens at 9:00 am. Warm-up starts at 9:15 am. First heat begins at 10:00 am.

Men and Women will swim together. Back-to-back events are not a good idea.

- | | |
|--------------------------------------|---------------------------------------|
| (1) 800 m Freestyle | (12) 50 m Butterfly |
| (2) 200 m Medley Relays (W/M/Mixed)* | (13) 200 m Breaststroke |
| (3) 400 m Free Relays (W/M/Mixed)* | (14) 100 m Backstroke |
| (4) 50 m Breaststroke | (15) 400 m Freestyle |
| (5) 200 m Individual Medley | (16) 400 m Medley Relays (W/M/Mixed)* |
| (6) 200 m Backstroke | (17) 200 m Butterfly |
| (7) 50 m Freestyle | (18) 100 m Individual Medley |
| (8) 100 m Butterfly | (19) 50 m Backstroke |
| (9) 100 m Breaststroke | (20) 100 m Freestyle |
| (10) 400 m Individual Medley | (21) 200 m Free Relays (W/M/Mixed)* |
| (11) 200 m Freestyle | (22) 1500 m Freestyle |
| | (23) 800 m Free Relays (W/M/Mixed)* |

*** Relays**

There will be one heat of each relay. Women, Men, and Mixed Relays will be in the same heat. No charge for relays.

Entries: \$6.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. **Late entries and deck entries will be accepted to fill heats at \$7 per event.** Swimmers may enter a total of 5 individual events and 4 relays.

Entry Deadline: In order to be seeded, paper-entries must be received by **Monday, November 3.** The easiest way to enter is on online at <https://www.ClubAssistant.com>. On the left side of the home page is a list of meets by dates. Online entries close on **Wednesday, November 5.**

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. 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: Medals for 1st through 3rd places in individual events for each age group. Ribbons for 4th through 6th places. Ribbons for relays.

Social: There will be a social immediately following the meet. Directions will be provided at check-in.

Hotel Information: Check hotel rates online. Most of the oceanfront hotels have very good rates in November.

Relays! In an effort to provide an opportunity for swimmers to compete in SCM relays, we have scheduled relays – events 2,3,16,21,23. 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. Relay entry forms will be available at Check-In.

NOTE: THERE ARE 2 PAGES THAT MUST BE SUBMITTED WITH PAPER ENTRY.

******* PAPER ENTRIES ARE DUE BY NOVEMBER 3! ONLINE ENTRIES CLOSE NOVEMBER 5!*******
ENTER ONLINE AT <https://www.ClubAssistant.com>

Age (on Dec 31, 2014): _____ 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: _____

Please enter seed times for meters. If you do not have any times for meters, add 10% to your yard times. 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)	_____	800 m Free	(12)	_____	50 m Fly
(4)	_____	50 m Breast	(13)	_____	200 m Breast
(5)	_____	200 m IM	(14)	_____	100 m Back
(6)	_____	200 m Back	(15)	_____	400 m Free
(7)	_____	50 m Free	(17)	_____	200 m Fly
(8)	_____	100 m Fly	(18)	_____	100 m IM
(9)	_____	100 m Breast	(19)	_____	50 m Back
(10)	_____	400 m IM	(20)	_____	100 m Free
(11)	_____	200 m Free	(22)	_____	1500 m Free

Please note that there is no break in the meet program. Think carefully before entering back-to-back events. Relays (events 2,3,16,21,23) will be deck entered. There will be no entry fee for relays.

Number of Events _____ x \$6 = \$ _____
 \$10 Surcharge = \$ **10**
 Number of people for social _____ x \$7 = \$ _____
 Results Mailed (\$2) = \$ _____
 Total Amount Enclosed = \$ _____

*Results will be posted at www.vaswim.org.
 If you want results mailed to you, fill in blank to the left.*

Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451. For questions, e-mail Betsy at durrant6@cox.net or phone Betsy at 757-615-1661. No calls after 9:30 pm, please!

DO NOT FORGET TO SIGN AND SUBMIT THE WAIVER ON THE NEXT PAGE.



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
211 66th Street
Virginia Beach, VA 23451-2040

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USMS Executive Director Rob Butcher posing with his VMST swim cap. ↑
Wearing the cap for his 50 fly. →

