

# The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia  
October 15, 2016

## Attention Club Representatives!

USMS Club registration for 2017 begins on October 1. Please register your club during the month of October; swimmer registration begins on November 1<sup>st</sup>. **Your club must be registered before a swimmer can sign up for your team.** Club Registration Fees are \$60. If you are paying by credit card go to the following website: <https://www.usms.org/reg/club/>. If you prefer to pay by check you can find a Club Registration Form on the [vaswim.org](http://vaswim.org) website (click the About tab, then Forms and then Club Registration). The completed form and \$60 check must be sent to me through the mail (my address is on the form). If you have any questions please feel free to contact me at: [VARegistrar@usms.org](mailto:VARegistrar@usms.org). Thank you!

**Shirley Loftus-Charley, Registrar**

## LMSC for Virginia 45 Clubs Registered

For 2016 there were 45 clubs (or teams) in our LMSC. Don't forget to register your club ASAP.

ASA	Ascension Swimming for Adults LLC
AFMS	Ashburn Farm Masters Swimming
BWST	Blue Wave Swim Team
BAM1	Burkwood Aquatic Masters
BASS	Battle Field Area Star Swimmers Masters
CMAS	Christiansburg Blue Fin Masters
CNU	Christopher Newport University
1693	Club Tribe Alumni
CPYM	Crozet Parc YMCA Masters
CT3	CT3 Racing
DT	DT Pool Master Swim Program
FAFF	Fredericksburg American Family Fitness
FAC	Freedom Aquatic Center
GBT	Green Bank Turtles
HPT	Hampton YMCA
HAM	Hargrave Aquatics Masters

HVST	Hayden Village Masters Swimming
HRMS	Harrisonburg Masters Swim Club
JRSC	Jeff Rouse Swim and Sport Center
LAMS	Leesburg Area Masters
LTSM	LetSwim Masters
LTVA	Life Time Swim Mid-Atlantic (Potomac Valley)
MAC	Midlothian Athletic Club
PKBM	Parkersburg Masters Swim Team
POWM	Peluso Open Water Masters
QMST	Quest Masters Swim Team
RFW	R. F. Wilkinson Masters
RCA	Rockbridge Co Aquatics
WCMS	Sentara RMH Wellness Center
SSS	Serenity Swim School
SUWC	Shepherd University Wellness Center Sea Snakes
SNOW	Snow Masters Swimming
SHYM	South Hampton YMCA Masters
STON	Stonewall Masters
SMSG	Sunfish Masters Swim Group
TIDE	TIDE Swimming
VTAC	Tidewater Aquatic Club
TMAS	Tidewater Masters Swimming
URMS	University of Richmond Masters
RSMS	VCU Recreational Sports
VSCS	Valley Blues Masters Swim Club
VMST	Virginia Masters Swim Team
WVM	WV Masters Swimming
WINM	Winchester Masters Swim Team
WWMS	Woodlake Warriors Masters Swim Team

## Individual membership for 2017

Remember that memberships after November 1 are for the rest of 2016 and all of 2017.

VMST dues (\$12) plus USMS Membership (\$52) is a total of \$64 for 2017. Unattached or other teams/clubs is \$52. If you want to swim on relays, you must be a member of a team/club.

## In this issue:

A first report on the USMS convention. I hope to have a full report next month.



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

**October 30: George Mason Sprint Classic**

**November 5: VMST Fall Meet, Virginia Beach**  
Online entry will be posted by Sept 1. Paper entry is in this newsletter.

**November 20: Invitational in Greensboro**

**April 7-9, 2017: Zone Championship at GMU**

### Newsletter Editor

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



*Susan Marens, 74, after her 5K Swim in Virginia Beach Lifeguard Series.*



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

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

#### Nearby LMSCs

North Carolina: [www.ncmasters.org](http://www.ncmasters.org)

Maryland: [www.maryland@usms.org](mailto:www.maryland@usms.org)

Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)

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

**Dixie Zone:** [www.DixieZone.org](http://www.DixieZone.org)

#### ONLINE Meet Registrations:

[www.clubassistant.com](http://www.clubassistant.com)

---

### LMSC Officers

**Chair: Dave Holland**  
[henrydafif@aol.com](mailto:henrydafif@aol.com)

**Vice Chair: Denise Letendre**  
[dml2jd@virginia.edu](mailto:dml2jd@virginia.edu)

**Secretary: Alice Phillips**  
[alicephillips@trinityes.org](mailto:alicephillips@trinityes.org)

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

**Registrar: Shirley Loftus-Charley**  
[VARegistrar@usms.org](mailto:VARegistrar@usms.org)

**Sanctions: Heather Stevenson**  
[hns@usms.org](mailto:hns@usms.org), 804-282-0124

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

---

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

# *In and Out of the Water*

*(News about our swimmers)*

## **Denise Letendre:**

**Tess Andres** and I swam the To The Bridge and Back 10 mile race in the James River in Richmond, Virginia and were the second and third female finishers!



Ten miles in the James River in the books in 4 hours and 24 minutes! I felt pretty good for the whole race and even got a second wind at mile 9!



*Denise with her #1 cheerleader – her mom, Diane.*

## **Bud Swiger:**

Ran into **Charlie Erwin** at the Maryland Senior Games. Bud said Charlie would be at the Fall Meet. He hasn't been to a meet around here in some time.



## ***Big Splash Bash***

*By Alice Phillips*

The first annual Swim RVA Big Splash Bash was held Saturday, October 1 in Richmond. It was designed to raise awareness of Swim RVA's mission to drown-proof the greater Richmond area and to raise funds for their learn to swim program. A major focus of the evening was to celebrate the aquatic achievements of several people from Richmond inducted into the first Hall of Inspiration class including former Olympian and current Masters coach Whitney Hedgepeth (who lives in Texas now). The gala included delicious food and drink, assorted raffles, a variety of speakers, and even a dunking booth to close out the night. Among the speakers was Dudley Duncan, current coach of Quest Masters, Mike Stott, who has many swimming connections including writer for *Swimming World*, and the LMSC's own Dave Holland. Dave gave introductory remarks for VMST's Marie Kelleher, whose accolades as a Masters swimmer earned her a spot in the Hall of Inspiration. Unfortunately no longer able to swim at age 103, Marie was not able to attend the

festivities, but her son and other family members accepted her award. They spoke extensively about Marie's love of Masters swimming and all that it has done for her in the last 40 plus years. Many Richmond area Masters swimmers attended the event and enjoyed catching up and reminiscing. Only recently back from the USMS national convention, Heather and Chris Stevenson were delighted to win one of the raffles, walking away with a basket of wine and other assorted goodies. Great fun was had by all.

Note from the VMST officers: Because Marie Kelleher was being honored and several of our members were speakers, VMST made a donation of \$1000 to be a sponsor and to be recognized. The officers felt it was important to show support and keep our name in front of the swimming community.



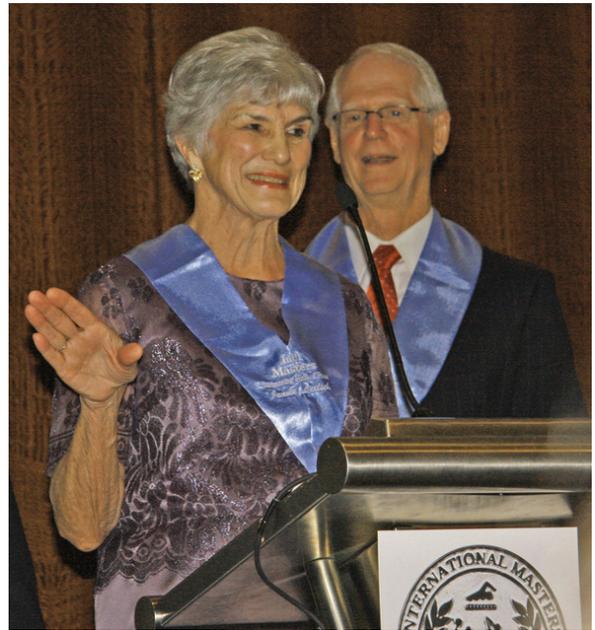
Swimmers at Bash from VMST, Peluso Open Water, and Quest Masters. From L to R: **Molly Dean Bittner, Paula Jones Marks, Hank Holswade, Alice Phillips, Nancy Miller, Heather Stevenson, Chris Stevenson, Caycee Buscaglia, Will Fitzhugh and Johnnie Detrick**

**From the USMS Convention**

**Patty Miller** was elected USMS President at last year's convention. This year was her first time in presiding over the House of Delegates meetings. As expected, Patty was great in keeping everyone on task and in order. She also added a little levity in

having us stand up and do some swimmer stretches – streamline, getting those arms up, etc.

***Joann Leilich at her induction with past president Tom Boak.***



**IMSHOF Induction.** The International Masters Swimming Hall of Fame held their induction ceremony on Friday night at the convention in Atlanta. Inducted was **Joann Leilich**. Joann originally swam with DC Masters, changed to VMST for a number of years, then joined Woodlands Masters when she and husband Bob moved to The Woodlands, TX.

**Ted Haartz U.S. Masters Swimming Staff Appreciation Award**

*Written and presented by Laura Hamel at the 2016 Annual Meeting*

This award is named in honor of Ted Haartz, a leader in U.S. Masters Swimming since 1970. Ted helped establish the foundation for USMS's evolution into a professionally-operated organization. The award celebrates our volunteer roots, as well as our future, specifically by recognizing one volunteer each year who demonstrates excellence in assisting and supporting the National Office staff with its professional duties of serving our members and promoting Masters Swimming.

In 2009, as the staff was slowly being assembled, there was one volunteer leader to whom we were immediately introduced when we had questions. And we had a lot of questions. It didn't seem to matter what the topic was, this person had answers.

Not only answers, but actions—he'd been involved in nearly every aspect of USMS. Early efforts to support, educate, and certify Masters coaches? Check. Gathering our sports medicine experts to collaborate and share their knowledge for the benefit of all members? Check. Bringing assets such as SWIMMER magazine in house so we could tell our own stories? Check. Recognizing the ever-evolving digital age and the need to invest in information technology? Check.

But there was another reason we were introduced to him: He was one of our biggest supporters before we were even hired. For decades USMS was operated solely by volunteers. In the 1990s membership started to take off and there was acknowledgment that accelerated growth would eventually cause the workload required to serve this growing population to exceed a threshold that could be expected of a volunteer army—even one as amazing as ours.

This prescient leader wasn't looking at this strictly with his USMS goggles on. He's served at national and international levels through affiliations with USA Swimming and the other United States Aquatic Sports governing bodies, UANA, FINA, and more. This multifaceted, wide-angle lens has provided clarity and a grounded, sensible vision that's helped propel USMS forward, keeping us relevant and dynamic.

This passionate advocate recognized greatness in the organization he loves, and he knew that by adding a bit of professional talent, USMS could wildly exceed expectations, rival any membership organization in service and delivery of benefits, and continue to promote a lifestyle that's become literally lifesaving for tens of thousands of people who swim for health, fitness, fun, and competition.

An entrepreneur himself, this savvy business owner knew that attracting and retaining talent meant developing a competitive benefits program. He spearheaded these efforts and continues to work to ensure that USMS remains a great place to work, with a corporate culture that recognizes and cares for its employees.



Beyond tangible benefits, though, he's made it a point to personally encourage every member of the staff—he's offered his advice and support consistently—letting us know that our work is helping usher USMS into new and exciting territory. In doing this, he inspires us to work harder.

All while he continues to work hard. He recognizes the value in the USMS brand, and has ardently supported brand initiatives and recognition strategies, including the 2012 Summer Nationals in Omaha, the 2013 Pan Am Championships, and countless others.

He has an encyclopedic knowledge of all things USMS and he consistently asks: "What's the big picture?" Well, the picture of USMS today would be missing a large number of pixels without his leadership, vision, passion, and dedication to excellence.

So, it's with admiration and gratitude that we present **Dr. Jim Miller** with the 2016 Ted Haartz Staff Award.

**VIRGINIA MASTERS SWIM TEAM**  
**36<sup>th</sup> ANNUAL FALL SWIM MEET**  
**SATURDAY, NOVEMBER 5, 2016**



**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 toward First Court Rd. When you see the water tower just beyond the intersection with a stoplight, turn left onto First Court Road. The Rec Center will be on your right (about .8 mile), just past Bayville Park.

**Meet Directors:** Mitch Saks and Cindy Hamilton. Betsy Durrant (entries only).

**Sanctioned by:** LMSC for VIRGINIA for USMS, INC. Sanction # 126-S004.

**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, 2016. All swimmers must be registered with USMS.** If you are currently registered, include a copy of your registration card with your entry.

**If you are not currently registered, you may include your registration form and a separate check (to LMSC for VA) with your entry, register online at [www.usms.org](http://www.usms.org) (on Nov 1 or later) or be prepared to register with LMSC for Virginia on the day of the meet.**

**Tips for new swimmers:** Forms are available at [www.vaswim.org](http://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 because all new registrations after November 1 will be valid through December 2017.

**ORDER OF EVENTS.** Pool opens at 9:00 am. Warm-up starts at 9:15 am. First heat of 1500 begins at 9:45 am.

There will be another 30 min warm-up at 11:00 or at the completion of the 1500s. Event 2 will start no earlier than 11:30.

Men and Women will swim together. Back-to-back events are not a good idea. **NEW ORDER OF EVENTS!**

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

**\*Relays There will be one heat of each relay. Women, Men and Mixed Relays will be in the same heat. No charge for relays. The meet should be completed by 4:30 pm.**

**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 plus surcharge.** Swimmers may enter a total of 5 individual events and 5 relays.

**Entry Deadline:** To be seeded, paper-entries must be received by **Monday, October 31.** The easiest way to enter is 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 2.**

**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 4<sup>th</sup> through 6<sup>th</sup> places. Ribbons for relays. New design for medals this year !

**Social:** There will be a social immediately following the last event of the meet. More information will be in the September newsletter, posted at [www.vaswim.org](http://www.vaswim.org), and available at Check-In.

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

**Relays!** To provide an opportunity for swimmers to compete in SCM relays, we have scheduled relays – events 5, 6, 10, 14, and 22. 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 OCTOBER 31. ONLINE ENTRIES CLOSE NOVEMBER 2!\*\*\*\*\***

ENTER ONLINE AT [www.clubassistant.com/club/meet\\_information.cfm?c=1212&smid=8138](http://www.clubassistant.com/club/meet_information.cfm?c=1212&smid=8138)

Or go to [www.vaswim.org](http://www.vaswim.org) and click on Upcoming Meets. There is a link there.

Age (on Dec 31, 2016): \_\_\_\_\_ 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 waiver on next page**. 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)	_____	1500 m Free	(13)	_____	50 m Fly
(2)	_____	50 m Breast	(15)	_____	200 m Breast
(3)	_____	200 m IM	(16)	_____	100 m Back
(4)	_____	200 m Back	(17)	_____	400 m Free
(7)	_____	50 m Free	(18)	_____	200 m Fly
(8)	_____	100 m Fly	(19)	_____	100 m IM
(9)	_____	100 m Breast	(20)	_____	50 m Back
(11)	_____	400 m IM	(21)	_____	100 m Free
(12)	_____	200 m Free	(23)	_____	800 m Free

*Please note that there is no break in the meet program. Think carefully before entering back-to-back events. Relays (events 5,6,10,14,22) 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 \$10 = \$ \_\_\_\_\_  
 Results Mailed (\$2) = \$ \_\_\_\_\_  
 Total Amount Enclosed = \$ \_\_\_\_\_

*Results will be posted at  
[www.vaswim.org](http://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, 3100 Shore Dr #950, Virginia Beach, VA 23451. For questions about entries, e-mail Betsy at [durrant6@cox.net](mailto:durrant6@cox.net) or phone Betsy at 757-615-1661. No calls after 9:30 pm, please! For other questions, contact Mitch Saks at (757) 343-8793 or [Mitchell.Saks@wellsfargo.com](mailto:Mitchell.Saks@wellsfargo.com)*

**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 66<sup>th</sup> Street*  
*Virginia Beach, VA 23451-2040*

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

### ***Entering the Fall Meet (November 5):***

***I have always found the easiest way to enter a meet using Club Assistant is go to ClubAssistant.com and scroll down the left side to find the meet. Unfortunately, Club Assistant has changed their home page and you can no longer do this. I spoke with the owners at the convention and they promised it would be changed. Others had complained. But, it has not been changed yet. There are three ways to find the entry.***

***1. Use this link:***

***[https://www.clubassistant.com/club/meet\\_information.cfm?c=1212&smid=8138](https://www.clubassistant.com/club/meet_information.cfm?c=1212&smid=8138)***

***2. An easier way is to go to [www.vaswim.org](http://www.vaswim.org). Find the list of Upcoming Events and click on the far right column (entries). I find this much easier.***

***3. Go to [www.usms.org](http://www.usms.org). Click on Events and Results, then Calendar of Events. In the search for meets, search for Virginia Beach, VA.***

***A paper copy of the entry is in this newsletter, but the release (page 3) is not included. It is in last month's newsletter or you can sign a copy when you check in at the meet.***