

# The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia

July 15, 2017

## *1<sup>st</sup> Annual TIDE LC Meet*

TIDE Swimming held their first Masters Long Course Swim Meet on June 17. The LC pool at the Princess Anne Y in Virginia Beach is a beautiful, new outdoor pool. Outdoor pools are great because the air is clear, and there are no worries about chemicals. Unfortunately, outdoor pools are outdoors, and meets are at the mercy of the weather. There were two rain delays, but the meet was successfully completed. It was extremely well run.

VMST swimmer Shirley Loftus-Charley set a new world record in the 200 meter butterfly for long course, 65-69.

Thirteen teams were entered and there were unattached swimmers from four LMSCs: one from Maryland (UC09), 12 from Virginia (UC12), 2 from NC (UC13), and 1 from North Dakota (UC52). The thirteen teams were 1693 (8 swimmers), ALEX (2), BCTM (1), CMYM (1), KENM (2), MVN (2), NCMS (3), SHYM (1), SYSM (1), TIDE (13), TMAS (4), and VMST (30).

Virginia teams and abbreviation:

1693 Club Tribe, CMYM Crozet Y Masters

SHYM South Hampton Y

TIDE Tide Swimming, TMAS Tidewater Masters

VMST Virginia Masters



**Shirley Loftus-Charley**

## *Big Change in the Newsletter Coming in September!*

*By Betsy Durrant*

**Heather and Chris Stevenson** have volunteered to take over as editors of *The Wet Gazette*, our monthly LMSC newsletter. I'm not entirely sure of the date when I started, but I believe it was the beginning of 1997. Obviously, I have enjoyed it. I have received great cooperation from many swimmers in sending me articles and photos. I sincerely thank everyone who has contributed and feel confident you will continue to assist the Stevensons.

Both Chris and Heather are involved in many aspects of USMS, nationally and locally. In September, Chris will finish two terms as a national Vice President. He has decided to devote more time to the LMSC as editor as well as continuing with the website and our Records and Top Ten. Heather is a member of the USMS Legislature Committee, has served as Sanctions Chair for Virginia and was President of VMST. All of this is in addition to her work for their son's age group team. Also, Chris and Heather are meet directors for the winter meet in Richmond (David Gregg Memorial). They follow in a long line of "super volunteers" that we in Virginia have been blessed with.

Of the many articles that I have received from members and spouses, two stand out. The first was by John Shrum. At the end of July in 1998, Shirley Loftus, Bob Lazarro, of the Terrapin Masters, Mo Shrum, 19, Joseph Shrum, 17, John Post and John Shrum swam a relay across the English Channel. John's account of the rough water, the cold, and very rough ride on the boat is classic. My other favorite is a series that Beth Schreiner's husband Bob wrote on his impressions of USMS national championships. It was extremely amusing to read his account of VMST's swims and other activities at the meet.

As I said earlier, I loved editing the newsletter and the many swimmers and families that I got to know. But it is time to move on.



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

July 23: LC at UMBC. Entry is online at ClubAssistant.com.

August 2-6: University of Minnesota  
**USMS LC National Championship**,  
Minneapolis, MN

August 5: 1-Mile Open Water Swim  
Lake Moomaw, Alleghany County, VA  
Entry information is in this newsletter.

### Newsletter Editor

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

### *A Note from Charlotte Swim Masters*

Hello All. This is a short note to tell you that:

(1) That the Charlotte Swim Masters workout group in Charlotte has gotten much better organized primarily due to the efforts of Ann Sanders and her friends. Committees have been created and a real esprit-de-corps attitude has taken place.

(2) that the 2018 Sunbelt Masters Meet will be held at the Mecklenburg County Aquatic Center on the 3rd weekend in January (Jan 20-21).

I'll be helping the meet committee put the meet on and we'll be looking forward to seeing you folks again for a fun weekend of racing and socializing.  
Jerry Clark

Charlotte Swim Masters

<http://www.charlotteswimmasters.com/index.html>



**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)

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### LMSC Officers

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**Records and Top Ten: Chris Stevenson**

[christ Stevenson@usms.org](mailto:christ Stevenson@usms.org), 804-282-0124



# 2017 Virginia Beach Ocean Swim Series

*Denise Letendre, May Osmun, Val Van Horn Pate,  
Chris Stevenson and Greg Harris*

Sunday June 18<sup>th</sup> marked the start of the 2017 Virginia Beach Ocean Swim Series with the 1<sup>st</sup> Leg of the 3 Event Series. We had a record participation of over 160 registered swimmers for the 1 mile swim. Water temp was in the low 70's range. Prior to the start we had nice SW winds then a slight wind shift created some more challenging conditions. After finishing, all swimmers discussed the swim and gathered around for awards ceremonies while partaking in refreshments.

Thank you to all participants in making this such a successful event. Looking forward to seeing you all at the 3k & 5k Swim Events.



## 2017 Va Beach Ocean Swim Series Dates & Registration Links:

**3k – Sunday, July 16**

<https://www.raceit.com/Register/?event=39782>

**5k – Saturday, August 19**

<https://www.raceit.com/Register/?event=39781>

As always, each Swim Event Check-In & Warmups are at 17<sup>th</sup> St on the beach starting at 8am, ending at 9am. Each swimmer will be issued a cap & ankle chip for timing. All Swims start promptly at 9:30am. Courses are South to North unless wind and ocean conditions warrant a change. (Swimmers have option to swim 1 mi in place of 3k & 5k swims)

Contact me on any questions. See you all in the ocean. Thanks, Mitch

**Mitch Saks**

Virginia Beach Ocean Swim Series

757-343-8793

[Mitchell.Saks@wellsfargo.com](mailto:Mitchell.Saks@wellsfargo.com)

*Val Pate, May Osmun, not sure, David Brown,  
Chris Stevenson, Shirley Loftus- Charley,  
Denise Letendre*



*Editor's note: This article came from the USMS website ([www.usms.org](http://www.usms.org)). I don't think many of our swimmers are going to LC Nationals in August. Save this article for next spring when SC Nationals will be in Indianapolis. Newsletters are posted on the Virginia website ([www.vaswim.org](http://www.vaswim.org)), and the article can be accessed there.*

## Six-Week Taper Plan for Your Entire Team

***Tapering your swimmers can be difficult, but here's a guideline***

Carolyn Boak | June 23, 2017

Ask half a dozen Masters coaches how to taper for a big competition, and you'll get half a dozen answers. There doesn't seem to be a consensus.

There are, however, several commonalities regarding a quality taper. Masters coaches can weave these together for an effective game plan, whether doing so for a sprinter or a distance swimmer, while making sure their fitness swimmers don't feel left out.

In general terms, tapers should focus on fine-tuning speed and race technique while not doing anything overly fatiguing. This isn't the time to build a conditioning base.

So how do we hone our swimmers' race speed and stay in shape while keeping them from fatiguing right out of the race and not annoy our fitness swimmers?

With the 2017 U.S. Masters Swimming Summer National Championship starting Aug. 2, here's the six-week taper plan for Masters swimmers who swim about 3000 meters a day four times a week. Adjust as necessary depending on how much and how often your swimmers train.

### The Outline

Swimmers who are tapering should do more quality meters leading up to their meet but should only do these types of workouts two

or three times a week and not on back-to-back days. They can swim the regular team workout the other days.

**Six Weeks Out:** 2400-2800 meters per workout, 600-800 quality meters

**Five Weeks Out:** 2400-2800 meters per workout, 500-600 quality meters

**Four Weeks Out:** 2200-2400 meters per workout, 400-500 quality meters

**Three Weeks Out:** 2200 meters per workout, 300-400 quality meters

**Two Weeks Out:** 2000 meters per workout, 300 quality meters

**Week of Taper Meet:** 1800-2000 meters per workout, no quality meters (but still do lower-intensity hypoxic work, streamlines, wall approaches/finishes, starts, turns, and relay exchanges to fine-tune your technique). Sprinting is tougher on the body in terms of muscular wear and tear and takes longer to recover from when compared to distance swimming. One hundred percent of sprint sets should count as quality meters, so if your swimmer does 3 x 100s broken and 6 x 50s fast, it totals 600 quality meters.

Middle- and long-distance swimmers face a lower level of intensity during their swims because tissue doesn't break down and glycogen isn't depleted in the bloodstream as rapidly in races stretching from the 200s to the 1500. We'll weight middle- and long-distance quality yardage at 66 percent. If your middle or distance swimmer did 10 x 50s at 1500 pace, it would only be around 330 quality meters. Doing quality meters requires more rest, and the deeper into taper your swimmers go, the more rest they should take. Within taper workouts, coaches should encourage lots of active recovery and stretching between sets. This is especially true for sprinters.

Coaches need to keep an eye on their swimmers' fatigue levels. Whether doing a quality taper workout or a regular workout with lower intensity but tighter intervals during taper, if swimmers begin to show more signs of

fatigue than normal, or their quality swims begin slowing down, more rest is needed, perhaps even a day off.

If we are going to err in our approach, it is better to err on the side of more rest rather than more intensity. Think of it this way: Have you ever met a Masters swimmer who wasn't tired? We don't want to be tired at the end of taper.

Here's how to tailor a taper to each type of swimmer.

### **Sprinters**

From the 30,000-foot perspective, sprinters should focus on swimming broken 100s, 50s, and 25s at race pace with lots of rest. As we get deeper into taper, the distances decrease and the intervals increase. The rest interval should be two to four times the length of the swim. For example, 50s with a target pace of 30 seconds should be on an interval that allows for 1 to 2 minutes of rest after each swim. This rest may be active.

As we get closer to our meet, the rest interval will increase significantly, and the focus of the sets should shift from all-out effort to descending or building up swims. Maximum effort should show up on the last swim of such sets with prior swims focusing more on building up to the pace.

However, it is key for sprinters that all-out sprints stop five to seven days before the big meet. This is because muscle recovery from high intensity sprinting is much harder and takes much longer. We don't want to show up on race day even slightly broken down. We want to be fresh. Our focus during the last week of taper is on accumulating rest and energy, not burning it.

Some examples of quality sets for sprinters include the following:

- 3 x 100s at race pace, broken, on 4:00 to 5:00 (#1 50—rest 10 sec—50, #2 50—rest 10 sec—25—rest 10 sec—

25, #3 25—rest 10 sec—25—rest 10 sec—25—rest 10 sec—25)

- 4 x 100s all out on 5:00
- 4 x 50s with 2:00 rest (odds 25 fast/25 easy, evens: 25 easy/25 fast)
- 6 x 50s all out on 3:00 to 4:00, with an easy 50 between each one.

Pick and choose sets of this nature to total up to your quality meterage target for each day. Additionally, intervals can be adjusted for stroke work if more rest is required.

Keep in mind that as we get closer to the meet, the set emphasis should change from pure power and speed work to build-ups, descending sets, and a more technical focus. *Remember, there is no more all-out sprinting during the last week of the taper.*

### **Middle-Distance Swimmers**

Swimmers who specialize in the 200 are often the most difficult to taper because there are aspects of both sprinting and distance swimming to their races. They need to do both shorter interval pace sets and high-quality sprint sets.

One way of accommodating this training dichotomy is to focus on sprints one day and distance pace work on another. Or we can mix the two following our formula described above. For example, on a day with 600 quality meters, your 200 swimmers may do 8 x 50s pace work on a fairly tight interval, but that will only count as 200 or 300 meters of their 600. To get the remainder of their 600, they may do a broken 200, a broken 100, and 4 x 25s.

For pace sets, a good example is 8 x 50s on an interval that gives 5-10 seconds rest, targeting a 500 free or a 400 IM pace. As we get deeper into the taper, the interval increases, providing more rest, so the pace becomes more easily achievable and the muscles become more easily acclimated to that level of effort.

For quality sets, broken 200s, sometimes called race simulators, are

appropriate. Breaks in the swims can be moved about as necessary, depending on the focus of the swim and the fatigue level of the swimmer.

In addition, some pure speed work, such as 25s or even 100s on long interval, is also important. Keep in mind that quality meterage counts as 100 percent when tallying our total quality distance for the day.

As we get closer to the meet and we're down to about 200 meters of quality in our sets, swimmers specializing in the 200 might do 9 x 50s on a 15- to 20-second rest interval, descending 1-3, 4-6, and 7-9, where 3, 6, and 9 are at 200 race pace. This would account for 150 meters of quality. They can finish with a couple of sprints.

There is an additional caveat for those swimmers who are targeting 200s of stroke or the 400 IM. We never want to overload them to the point of stroke breakdown. This is especially true for those doing butterfly races of 100 or more. Do shorter swims with enough rest to maintain proper stroke mechanics. Swimmers doing the 200 butterfly may be better served with more emphasis on sustaining pace work and a little less pure sprint work. This is different than if they were focusing on the 50 or even the 100 fly, where the need for speed becomes more prominent.

### Long-Distance Swimmers

Distance swimmers should concentrate more on pace work during their taper with a little bit of sprinting. Because they do lower-intensity pace work, distance swimmers can do more distance, but getting rest is still the overarching goal of the taper.

Some example sets of distance work during taper include the following:

- 10 x 100s on the tightest interval where the 1500 target pace can be sustained. That would count for around 600 meters of quality.

- 10 x 50s on a tight interval where the 400 target pace can be sustained. That will count as about 350 meters of quality. The quality total can be augmented with some broken 200s and a few sprints.
- For 400 IMers, an early taper workout might be a 400 IM that alternates 50 kick/50 drill, followed by a 400 IM, broken for 10 seconds after each 100, where each 100 is a build to race pace. Then another broken 400 IM at target pace, where the breaks are more frequent.

As distance swimmers get closer to the meet, they can still do sets of 8 to 16 x 50s at race pace, but the intervals need to grow progressively longer. The goal here is to train the muscles to exert and swim at their goal pace automatically.

Again, as we get to the last week of taper, the pure power sprint work is shelved in favor of more focused pace and technical work.

### Mixing Competitive and Fitness Swimmers

Now that we know how to taper our competitive swimmers, the question becomes how do we work taper workouts into the context of the larger team workout. Only a small percentage of a team's membership is likely to travel to a big meet, and those who aren't shouldn't set aside their workouts to accommodate their teammates.

And what if some team members are focused on a different competition schedule? Someone training for an Iron Man in September is not well served by tapering for a Nationals meet in August. How do we make these parts fit together?

Fortunately, fast swim training benefits everyone. It trains the speed work for the competitive swimmer, it works different cardio zones for fitness swimmers, and it provides valuable training variety for the triathletes. Some may enjoy these workouts, but they may

not want to do this as often or for an entire workout.

As a possible accommodation, the nontaper swimmers can do longer swims on the longer intervals that characterize taper workouts. For instance, if taper swimmers are doing 50s on the 2:30 with active recovery, the non-taper swimmers can do 100s or 150s. It's just a matter of getting the lane order right. Distances can be adjusted within the lane for the taper and nontaper swimmer. This is helpful because it's often beneficial to have taper swimmers doing their quality sets head to head. However, that may entail some significant traffic control by the coaches. Much will depend on how many swimmers are tapering and who is targeting what sort of race. There are several challenges that present themselves, some obvious, some subtle.

Diligence in the swimmers' attention to detail and level of effort is required, as well as an acknowledgment of the importance of these things in early- and mid-season training. If the swimmers have been working out consistently and with focus during the season prior to taper, no one will lose any amount of physical conditioning during these final six weeks. This is especially true during that last week of taper, when the high-intensity work has been phased out in favor of sharpening technique and accumulating rest and energy. A well-conditioned athlete will not get out of shape in one week.

A taper is a great test of the integrative, motivational, and technical skills of the coach because so much is dependent on the swimmers involved. A positive mental attitude amplifies the physical benefits of a taper dramatically. The trust relationship between swimmer and coach becomes vitally important. The situation is complicated by the wide variety of focuses, goals, and personalities of all the swimmers in the pool, whether they are tapering or not. While it is possible to have good tapers on individual bases, a good team taper is the hallmark of great coaching.

*Mountain View Masters coach Chris Campbell contributed to this story.*

### **About the Author—Carolyn Boak**

*Carolyn Boak swims and coaches for Woodlands Masters in the The Woodlands, Texas. She's held world records in every stroke but backstroke and every distance from the 50 to the 1500 freestyle. She coached in Los Altos, Calif., in the '80s and '90s, where she developed ideas for tapering Masters swimmers with Cory Stanbury, Randy Kalbus, and Dick Thomas. Boak has tapered many national and world champions, including Tod Spieker, Tom Boak, Joann Leilich, and Ross and Laura Davis. Boak is married to Tom Boak, whom she met through Masters Swimming.*

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## ***More on the Ocean Swim***

*By Betsy Durrant*

I have not been to the Ocean Swim in several years. I'm glad I took the time to look over the results from this year's race. It was nice to see the names of some swimmers who have done the race for many years.

For example:

Wythe Michael from the Richmond area  
Matt Bickley from Seaford  
David Brown from Lightfoot  
Parker Neff from Virginia Beach  
Duffy Drum from Mattituck, NY  
Alvin Richardson from Newport News  
Holly Northup  
Val Van Horn Pate from Richmond  
Susan Gordon from Virginia Beach  
Christine Morris from Virginia Beach  
Mary Peterson from Virginia Beach  
June McDaniels from Virginia Beach

I'm sure I didn't include everyone. Forgive me for the omissions.

## Sample Workouts

I haven't included any workouts lately, but swimmers who practice alone say they appreciate some samples. The USMS website (usms.org) has a section in the Forums set aside for workouts. A variety of coaches are hired to produce workouts.

## USMS Online Coaching

### Basic Training

*Created by Mark Johnston*

*USMS and ASCA Level 2 Certified Coach*

The heading for each BASIC TRAINING workout will list the "Daily Focus". These are the workouts that I am doing myself and with a small workout group in Polson, MT.

#### FOCUS: RECOVERY DAY

##### Warm-Up (800)

200 Free  
100 Kick  
100 Breast  
100 Kick  
100 Back  
100 Kick  
100 Free

##### Pull Set (400)

400 ez pull with breathing pattern 3-4-5-6 by 25 (four times through the sequence)

*Editor's note: As a swimmer who suffers from asthma, I have trouble with this breath control. I do what I can.*

##### Main Set (1,500)

15 times through the following:  
1-minute of vertical kicking  
100 Choice  
30-seconds rest

##### Cool Down (200)

4 x 50s ez free on interval for 15 sec rest

**TOTAL: 2,900 YARDS**

## Another Sample Workout

This workout is also from the USMS website. It is under the heading of **Stroke and IM Workouts** by Andrew LeVasseur.

Distance, number of repeats, and interval times should be adjusted as needed.

#### Warm-up:

200 swim  
200/150 kick  
300/200 pull  
200/100 swim

#### Technique set:3(2)times thru

1X100 :10 rest 1:30 1:40  
2X50 :15 rest :55 1:00  
4X25 :20 rest :40 :45  
1<sup>st</sup> time IM, 2<sup>nd</sup> time Choice, 3<sup>rd</sup> time Free

#### Main Set:

6X50 swim choice  
Odd: very fast choice, even: recovery  
1:15, 1:30, 1:45 interval

25 sprint choice, 30-35 reps

Odd: streamline flutter kick

Even: drill

25 recovery swim  
:15 rest

3(2)X200 pull aerobic pace, (:15 rest)

Your 100 pull pace/interval for 200s

1:10P/2:35I 1:25P/3:05I

1:15P/2:45I 1:30P/3:15I

1:20P/2:55I 1:35P/3:20I

12X25 swim choice

Odd: very fast, even: recovery  
:45, :55, 1:05 int.

6X100 swim aerobic pace, (:10 rest)

Your swim pace/interval for 100s

1:10P/1:20I 1:25P/1:35I

1:15P/1:25I 1:30P/1:30I

1:20P/1:30I 1:35P/1:45I

6X50 Kick moderate pace

1:00, 1:05, 1:10 int.

#### Warm down:

300/200 pull; 200/150 kick; 100 for fun



## Lake Moomaw 1- Mile Swim

Alleghany County, Virginia, Saturday, August 5, 2017

Sponsored by: The Virginia Masters Swim Team, The Alleghany Highlands YMCA, The Alleghany Highlands Chamber of Commerce and The Alleghany Foundation.

Sanctioned by: LMSC of Virginia for USMS Inc.

SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2402&smid=8967](https://www.clubassistant.com/club/meet_information.cfm?c=2402&smid=8967)

Your credit card will be charged to " ClubAssistant.com Event Billing "

**EVENT:** There will be a one-mile race at 9:00am. The start and finish is on the beach at Cole's Point, clearly visible to the spectators and race personnel. The course runs along the shore to the south, approximately 50 yards out and continues east and north around buoys that will be clearly visible. The swimmers will reach the turn-around point inside the "no wake zone" in the inlet and turn counter- clockwise around a buoy and swim back to the beach via the same route. Buoys will remain to the swimmer's left. A 2x 3 foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted at 8am. Swimmers will depart from the beach in waves of 10 people or fewer, 1 minute apart.

**Warm-up begins at:** 7:45am **Check-in Closes at:** 8:45am **Race begins at:** 9:00am

**Eligibility:** Open to all swimmers 18 years & older. Paper entries must include a copy of your 2017 USMS card. Online entries will be verified automatically. "One Event" is available through [online registration](#) for an additional fee of \$31.50. To renew or join USMS online, visit [usms.org/reg](http://usms.org/reg).

**Rules:** Current 2017 USMS rules will govern the race.

**Entries:** All snail mail entries must be postmarked by July 28, 2017. Online entries will close at 11:59pm Eastern Time on August 1, 2017. Late or race day entries will NOT be accepted. [Online entry is strongly encouraged.](#) Entry fee is \$42.00. To be guaranteed a free t-shirt, enter online by 5pm on July 14, 2017.

**Safety:** For safety reasons, swimmers who cannot complete 1 mile in one hour should NOT enter. Swimmers still on the course after the time limit will be stopped and listed 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 WestRock water rescue team will be on site with boats, rescue boards, and 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 1-minute 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, for both men/women.

**Awards/ Social:** 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 race.

**Accommodations:** Please call Susan Knick at the Alleghany-Highlands Chamber of Commerce at 540-962-2178 for information.

**Directions:** [Google Map](#) "Coles Point Drive, Hot Springs, VA 24445".

**Race Directors Contact:** Dave Holland 804-467-2425 (VMST) ; Susan Knick 540-962-2178 (Chamber)

**PLEASE STAPLE A LEGIBLE COPY OF YOUR 2017 USMS CARD HERE:  
TRIM THE COPY AND COMPLETE THE FOLLOWING:**

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Significant medical conditions to be shared with WestRock Rescue Squad  
(i.e. seizures, diabetes, asthma, etc.) \_\_\_\_\_

<b>1 Mile Seed Time →</b>	<b>1650 yd Time:</b> _____ (min) : _____ (sec)
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<b>AVOID THIS FORM: REGISTER ONLINE AT WWW.VASWIM.ORG</b>		<b>PAPER ENTRY CHECKLIST</b>	<b>DID YOU REMEMBER...?</b>
\$ 42	1- Mile Entry Fee per swimmer		Completed entry form
\$ <u>FREE</u>	T-Shirt Included free if entry postmarked by 7/12 (or online by 7/14). A few shirts may be available on race day, first-come.		Copy of USMS card
\$ 42 per swimmer	<b>Total Enclosed</b> (check or money order Payable to VMST)		Signed waivers (next page)
T-Shirt Size: (please circle)      S          M          L          XL          XXL          XXXL			

**Please use the checklist above to ensure that your entry is complete!!!**

**Mail this completed form with check or money order payable to VMST, postmarked by July 28, 2017 to:  
Dave Holland, 1773 Robins Nest Ct., Henrico, VA 23238**

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Age on August 5, 2017: \_\_\_\_\_

**YOU MUST READ AND SIGN 2 WAIVERS (BELOW & NEXT PAGE).  
INCLUDE THIS PAGE AND THE NEXT WITH YOUR ENTRY.**

**LAKE MOOMAW RELEASE BY PARTICIPANT FROM LIABILITY:**

**AS A CONDITION OF MY PARTICIPATION IN THIS EVENT AND 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: THE ALLEGHANY HIGHLANDS CHAMBER OF COMMERCE AND TOURISM, THE UNITED STATES GOVERNMENT, WESTROCK CORPORATION AND THE WESTROCK WATER RESCUE STAFF, EVENT SPONSORS, EVENT STAFF, OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES.**

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT

\_\_\_\_\_  
DATE SIGNED



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.

Form with fields: 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*  
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*Ocean Swim*

*Entering the water for the start*



*The ocean got a little rough*

