

The Wet Gazette



September 2019

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USMS Annual Meeting Preview

By Kirk Clear, Virginia LMSC Chair

Several members of your Virginia Local Masters Swim Committee (LMSC) will be participating in the U.S. Masters Swimming Annual Meeting, held in conjunction with the United States Aquatic Sports Convention, in St. Louis, Sep 11 – 15. The theme of this year’s meeting is “Gateway to Our Future,” as we consider and embrace what is needed to grow and thrive in service to our mission.

Virginia is authorized three delegates to the National Convention. Joining me as the Virginia LMSC Chair will be Rich Williams, our Coaches Chair, and Kyle Ahlgren, our Sanctions Chair. Virginia will also have several other representatives in attendance. Those include our current USMS President, Patty Miller; past USMS President and Virginia’s Safety Chair, Jim Miller; and our Officials Chair, Charlie Cockrell, who doubles as the Chair of the USMS Rules Committee.

The group will participate in various committee meetings and workshops designed to garner information that will enhance adult swimming services at the local level. The featured meetings are the multiple House of Delegate sessions, where much debate and many votes will take place as we discuss legislative and rule changes, the USMS budget, and our national-level USMS officers for the upcoming year. We will also get a chance to meet with our fellow LMSCs within the Colonies Zone to determine zone championships and share events and other news of interest.

There are many changes coming for USMS and the Virginia LMSC as we continue to meet the needs of our membership by delivering the services and events you want. Some things being discussed are the restructuring of LMSC Boards across the country, a united fee concept for all USMS members, continued growth of open water and fitness events, and many other items.

Convention materials are available to all members on the USMS website. The Virginia LMSC will follow-up the National Convention with our Annual Meeting in late October—that is open to all of our members.

This is a huge year for Masters Swimming, and especially for Virginia, as 2020 marks the 50th Anniversary of USMS. There will be a lot of celebrations and tributes to our history during the next year. To top it off for us locally, the nation, and many international swimmers, will converge in Richmond in August 2020 as Virginia hosts the USMS Summer Nationals. Mark your calendars and plan to be part of this awesome event!

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Changes to the Newsletter

Last year, at the 2018 LMSC Annual Meeting, the LMCS Board decided to make changes to the way the newsletter is distributed. By now, most LMSC members have requested to receive the newsletter electronically. The cost to print and mail newsletters is a substantial portion of the LMSC’s budget each year. With costs going up, the Board has decided that the newsletter will be published electronically only starting January 1, 2020.

Your newsletter editors are still thinking about the best format for the electronic newsletter. We can continue to create a pdf version of the publication, with live links to interesting articles, email addresses, etc. The pdf version is printable for those who want a hard copy. Or, we can use an electronic email (a more web-friendly format like USMS uses for its newsletter).

Please email vaeditor@usms.org if you have any questions or have a preference between pdf or electronic email format. Thank you for your input!

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General Information

LMSC for Virginia Website:

www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland:

www.teamunify.com

Potomac Valley: www.PVMasters.org

Nearby Zones

Colonies Zone:

www.ColoniesZone.org

Dixie Zone:

www.DixieZone.org

Online Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Kirk Clear

Vice-Chair: Denise Letendre

Secretary: Alice Phillips

Treasurer: Becca Latimer

Registrar: Shirley Loftus-Charley

Coaches: Rich Williams

Fitness: Vacant

Long Distance: Kate Stephensen

Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Kyle Ahlgren

Webmaster: Chris Stevenson

Upcoming Swim Meets, Events and Clinics

Date	Meet	Location	Registration Deadline
Sept. 15- Nov. 15, 2019	3000/6000 ePostal Nationals (SCM/SCY)	Any SC Pool	tbd
Sept. 22, 2019	Marathon-Distance Open Water National Champi- onships (OW)	Knoxville, TN	Wait list now (online)
Sept. 28, 2019	Pickin' Up Steam Meet (SCY)	Ashland, VA	Sept. 24, 2019 (online)
Oct. 5, 2019	Swim Across America* (OW)	Richmond, VA	Online
Oct. 6, 2019	Annual SCM Eastern Invitational (SCM)	Greensboro, NC	Oct. 3, 2019 (online)
Oct. 12, 2019	DCAC Capital Classic (SCY)	Washington, DC	Oct. 10, 2019 (online)
Oct. 27, 2019	GMUP Sprint Classic (SCY)	Fairfax, VA	Oct. 21, 2019 (online)
Nov. 2, 2019	VMST Fall Meet (SCM)	Virginia Beach, VA	Oct. 29, 2019 (online)
Nov. 9, 2019	Ann Johnson Memorial Swim Meet (SCY)	Easton, MD	Nov. 17, 2019 (online)
Dec. 7, 2019	Solstice SCM Meet	Boyds, MD	Dec. 3, 2019 (online)
Dec. 8, 2019	Maryland Series Meet #3 (SCY)	Chestertown, MD	Dec. 5, 2019 (online)
Jan. 19, 2020	Maryland Series Meet #4 (SCY)	Annapolis, MD	tbd
Feb. 1, 2020	David Gregg Meet (SCY)	Henrico (Rich- mond), VA	tbd

*This event is not a USMS sanctioned or recognized event. It is included as a service to our LMSC swimmers who may be interested in an additional local open water event.

Improve Performance and Beat Injury with Periodization

By Rich Williams, LMSC Coaches Chair

A new swim season has arrived, and along with it comes fresh enthusiasm and new goals. Most of us have specific times that we would like to achieve by season's end. Many of us also have process goals, like swimming three times a week, that we would like to maintain throughout the year. I have spoken with several people who are particularly motivated by Summer Nationals in Richmond next Aug. 12-16. Regardless of your motivation, the one roadblock that can impede all of us is injury. As we age, we are certainly more prone to injury than in our youth. However, we often make the problem worse through our own training mistakes. This article is intended to serve as a guide as you plan your season to ensure optimal performance while minimizing the chance for injury.

The two most important variables that we can control to improve performance are Intensity and Volume. Managing the interplay between these two variables over time is called periodization. Intensity refers to the difficulty of exercise at any given moment. Heart rate is the most common measure of intensity in exercise science research. In the swimming world, the best way to manipulate this variable is by adjusting the portion of your workout that is performed at race pace for a specific event. The closer to race-pace you swim, the higher your intensity. Volume, on the other hand, refers to training yardage. The more laps you swim, the higher the volume.

For decades, coaches planned swim seasons

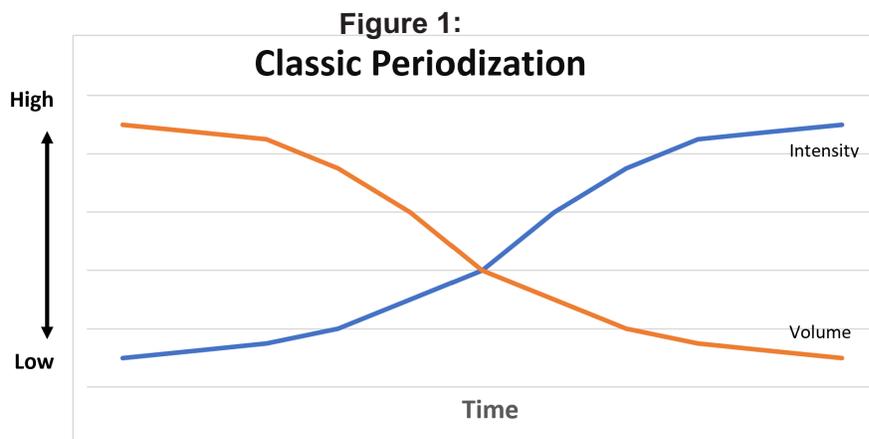
guided by the graph in Figure 1. The season would begin with a phase of high-volume swimming, often referred to as "the base." As the season progressed, training volume would gradually decrease as training intensity increased. The last portion of the season featuring low volume training was called "taper." Over time, exercise science uncovered two significant problems with this model. First, very little performance improvement occurred during the first half of the season. If your goal is to swim faster, there is no benefit to swimming high-yardage sets slower than race-pace. Swimmers would not see any significant improvement until later in the season when they began swimming with higher intensity. The second problem with this model is that high-volume training at any intensity level increases the risk of overtraining. While the most common symptom of overtraining is chronic injury, other symptoms can include decreased performance, fatigue, agitation, moodiness, loss of appetite, nutritional deficiencies, and amenorrhea. If any of those symptoms sound familiar to you, it is possible that

a small tweak to your training could provide a world of benefit.

Effective workouts that leads to consistent improvement in health

and performance lie along a continuum between Undertraining and Overtraining. The optimal place to land along this continuum is called Functional Overreach. This type of training is characterized by high intensity efforts, with measured volume, and extended recovery periods along the way.

Effective workouts that leads to consistent improvement in health and performance lie along a continuum between Undertraining and Overtraining. The optimal place to land along this

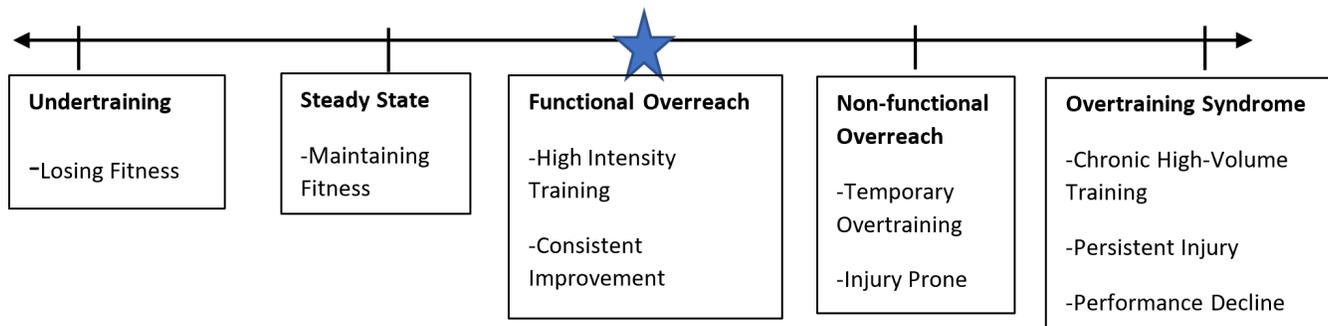


Periodization: cont'd from page 3

continuum is called Functional Overreach. This type of training is characterized by high intensity efforts, with measured volume, and extended recovery periods along the way.

gust to allow for rest and recovery prior to championship meets. These periods of “taper” are vitally important to our performance and to our health. Effective, planned rest prevents injury. Also, note that

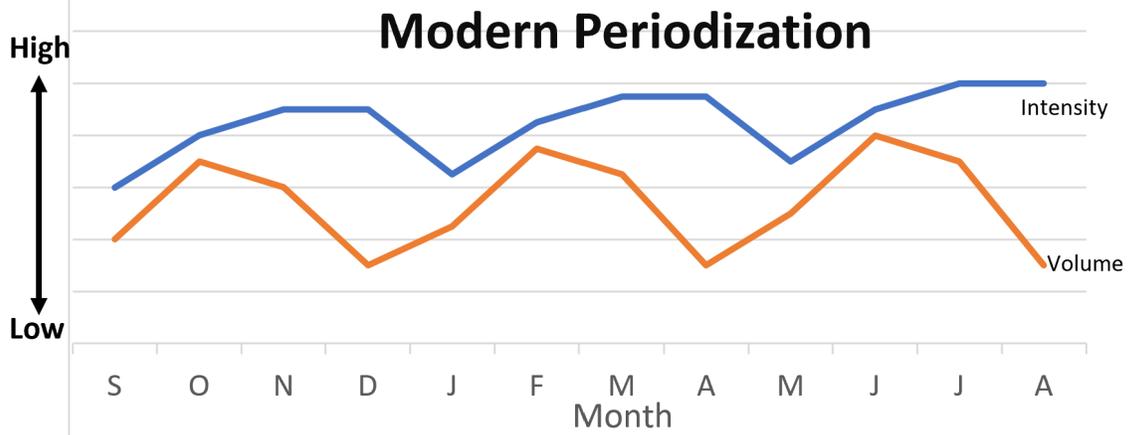
Figure 2: Training Continuum



If you are looking to reach a state of functional overreach with your training for the 2019-2020 season, the best way to get there is through Modern Periodization. As USMS swimmers, we are lucky to have a structure in place that allows us to execute a modern periodization plan in conjunction with championship meets. A plan designed to achieve peak

training intensity is relatively high all year. There are brief “ramp-ups” in September, January, and May to transition away from taper into the more difficult portions of the season. However, at no point should you abandon the idea that race-pace training is the core of your program. The general trend lines for both intensity and volume move upward as the

Figure 3:



performance in December, April, and August may look like Figure 3.

Figure 3 omits any specifics about training volume (yardage), as those numbers will vary based upon the events you train, your experience, and your starting fitness level. The graph is intended to be a guide as you develop your training schedule, as the concepts apply to all of us. Note that training volume should be lowest in December, April, and Au-

year progresses. The year is essentially broken into three different cycles, with each cycle beginning and ending at a higher level than the previous.

Good luck to everyone as we embark on another year of training and competition. I hope that this article is helpful as you plan your year. Let’s stay healthy and swim fast!

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Virginia Will Have a Regional Team!!

by Denise Letendre

Hello Virginia LMSC Members,

I am writing to introduce to you a new team option available to you for the 2020 season, Virginia Regional Racing Masters, aka VRRM. For many years, members of the LMSC have contemplated forming a regional team, and we are finally taking the leap in 2020. Many other LMSCs, such as North Carolina and New England, use a regional team model, and it provide many benefits to members. Below is a Q&A about the regional team and what it will mean for the Virginia LMSC.

What is a regional team?

A regional team is a team comprised of workout groups and independent members throughout the LMSC (for us that means throughout most Virginia and West Virginia). The team only competes as a regional team at meets located outside of the LMSC, including Zones and Nationals. At meets within the LMSC, such as the VMST Fall meet or the David Gregg meet, members compete with their workout groups. For example, if you joined the Virginia Regional Racing Masters, but were also a member of Workout group/team X, the heat sheet would list you as VRRM at Zones, Nationals, or any other meet outside of the LMSC, and it would list you as Team X for the VMST Fall Meet.

If you are familiar with USA club swimming, a regional team is similar to a Zone team.

What are the benefits of a regional team?

- Unifies participants at higher level meets-A regional team allows the LMSC to compete as a larger group at regional and national meets. Particularly at a national meet that is held far away, there may only be a few people from various teams within the LMSC attending the meet. As a regional team, those individuals could join together for camaraderie and relays. For closer na-

tional meets, such as 2020 Summer Nationals that will be held in Richmond, it gives the members an opportunity to put together a bunch of relays and challenge other regional teams such as our neighbors, North Carolina, for the National Championship! Imagine the possibilities!

- Maintains independence locally- Having a regional team allows teams that were previously independent to maintain their identities and compete as a team at local meets.

- Allows you to form workout groups- This model also allows you to create smaller workout groups housed under the regional team. With your workout group, you can compete with just the people you train with at local meets, and maybe challenge the training group across town to a relay battle!

- Gives a home to solo swimmers- Finally, this model gives people who train by themselves a team to which to belong.

How much does the regional team cost?

The regional team is no additional cost! If your current team/club currently collects dues, they may continue to do so as a workout group, but VRRM will not have an additional fee.

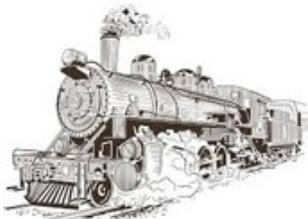
What if I'm already on a team? Can I join the regional team?

Yes! You can do this one of two ways:

First, you can ask your coach or team president to register your team as a workout group under the Virginia Regional Racing Masters. I will be sure to register VRRM on the first day registration opens, so it is an option when others attempt to register workout groups. As an athlete, when you register for United States Masters Swimming, you will first select "Virginia Regional Racing Masters" as your team, and then select what was previously your team as a workout group.

Second, if your team chooses not to join or if you don't currently have a team, you can solely register under the Virginia Regional Racing Masters without selecting a workout group.

R-MC



PICKIN' UP STEAM MEET

SATURDAY, SEPTEMBER 28, 2019

Sponsored by: Randolph-Macon College Swim Team.

Meet Directors: David Harmon (davidcharmon77@gmail.com) and Brent Kintzer (brentkintzer@rmc.edu)

Location: Randolph-Macon College, Brock Center, 103 E. Patrick St., Ashland, Va. 23005. The pool is a 5-minute walk from the Amtrak train station and historic Ashland.

Facility: Six-lane, 25-yard pool, non-turbulent lane markers. Five lanes will be used for competition; one lane will be available for continuous warm-up and cool down. Concessions will not be available. Please bring your own snacks/ beverage. **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 106.2.1.**

Directions: From I-95, take exit 92B, Ashland/Hanover and go west on rte. 54. Go approximately 1.2 miles on rte. 54 west until you come to the RR tracks. Turn right onto N. Railroad Ave. just before the tracks (heading north) and drive about .3 mile beside the RR tracks. Brock Center will be on your right. Drive past the Brock Center and turn into the parking lot on your right, near the ball fields. Follow the sidewalk near the football field to the main entrance. After turnstile, turn left and the pool is to the right of the climbing wall.

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction # ???-???

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **Your age on 9/28/2019 is your age for the competition. All swimmers must be registered with USMS and must include a copy of their USMS card if entering with a paper entry form.**

Entries: \$6.00 per event for online entries, \$10.00 surcharge to help defray the costs of data entry, automatic timing and printing. Online meet registration is paid by credit card to "ClubAssistant.com Events". Paper entry forms are available at USMS Calendar of Events or from David Harmon at davidcharmon77@gmail.com. Deck entries will be accepted up until 30 minutes prior to meet at a cost of \$8 per event. Deck entries will only be made to fill up heats. Swimmers may enter a total of 5 individual events and 4 relays.

Relays: Relays will be deck entered and payable on meet day (\$8 per relay). The deadline for the 400 Free and 200 Medley relays will be at **the start of event 4** and the deadline for the 400 Medley and 200 Free relays will be at **the start of event 11**. All relay deadlines are on the day of the meet.

Entry Deadline: Online entries are strongly encouraged. To be seeded, paper-entries must be received by **Monday, September 23, 2019**. Online entries close on **Tuesday, September 24, 2019, at 11:59 PM EDT**. No refunds and/or swimmer substitutions will be allowed.

Warm-up/Warm-down Procedure: Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

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. "NT" will be seeded arbitrarily.

Psych Sheets, Meet Results and Heat Sheets: Psych Sheets/Meet Results will be posted at <http://www.rmcmastersmeet.org/> and will be sent to by email to meet registrants. Heat sheets will be posted at multiple locations on the pool deck.

Awards: Ribbons will be given for first, second and third place in each individual event. No ribbon for relays. Results will be posted at <http://www.rmcmastersmeet.org/> and will be uploaded to the USMS results database.

Pentathlon Award: NEW THIS YEAR A railroad train engineer's cap will be awarded to the man and woman whose combined time in the pentathlon - 50 Fly, 50 Back, 50 Breast, 50 Free and 100 IM - is the fastest in the meet. You must enter and race in all 5 events to be eligible

Nearby Lodging:

- **Henry Clay Inn** - Address: 114 N Railroad Ave, Ashland, VA 23005 Phone: (804) 798-3100
- **Hampton Inn Richmond-North/Ashland** - Address: 705 England St, Ashland, VA 23005 Phone: (804) 752-8444
- **Holiday Inn Express & Suites Richmond North Ashland** - Address: 107 S Carter Rd, Ashland, VA 23005 Phone: (804) 752-7889

Order of Events – There will be two 20 minute breaks before each set of relays (events 7-12 and events 18-23). Warm-ups start at 1:00 PM and the meet starts at 2:00 PM.

#	Event	#	Event
1	Mixed 200 Yard Butterfly	15	Mixed 50 Yard Butterfly
2	Mixed 50 Yard Breaststroke	16	Mixed 200 Yard Freestyle
3	Mixed 200 Yard Backstroke	17	Mixed 100 Yard Backstroke
4	Mixed 100 Yard Butterfly	18-20	400 Yard Free Relays W/M/Mixed*
5	Mixed 500 Yard Freestyle	21-23	200 Yard Medley Relays W/M/Mixed*
6	Mixed 50 Yard Freestyle	24	Mixed 50 Yard Backstroke
7-9	200 Yard Free relays W/M/Mixed*	25	Mixed 400 Yard IM
10-12	400 Yard Medley relays W/M/Mixed*	26	Mixed 200 Yard Breaststroke
13	Mixed 200 Yard IM	27	Mixed 100 Yard IM
14	Mixed 100 Yard Breaststroke	28	Mixed 100 Yard Freestyle

Pickin' Up Steam Meet: NOTE: THERE ARE 2 PAGES THAT MUST BE SUBMITTED WITH PAPER ENTRY (this page and the USMS waiver form - see page 11 of this newsletter).

**Paper entries are due to September 23, 2019 or
 Enter Online at www.clubassistant.com by September 24, 2019
 (Search for meet by date on the left of the Club Assistant home page)**

Attach a 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 separate check with your entry, or you may register at the meet. You must be registered to participate.

Please provide the following information:

Name:	Sex	USMS Reg. No:
Address:		
City:	State:	Zip Code:
Email Address:		
Age:	Birthdate (mm/dd/yyyy):	
LMSC:	Club:	Phone:

RELAY ONLY

#	Event	Seed Time	#	Event	Seed Time
1	Mixed 200 Yard Butterfly		15	Mixed 50 Yard Butterfly	
2	Mixed 50 Yard Breaststroke		16	Mixed 200 Yard Freestyle	
3	Mixed 200 Yard Backstroke		17	Mixed 100 Yard Backstroke	
4	Mixed 100 Yard Butterfly		18-20	W/M/Mixed 400 Yd Free Relay	Deck Entered
5	Mixed 500 Yard Freestyle		21-23	W/M/Mixed 200 Yd Medley Relay	Deck Entered
6	Mixed 50 Yard Freestyle		24	Mixed 50 Yard Backstroke	
7-9	W/M/Mixed 200 Yd Free Relay	Deck Entered	25	Mixed 400 Yard IM	
10-12	W/M/Mixed 400 Yd Medley Relay	Deck Entered	26	Mixed 200 Yard Breaststroke	
13	Mixed 200 Yard IM		27	Mixed 100 Yard IM	
14	Mixed 100 Yard Breaststroke		28	Mixed 100 Yard Freestyle	

# of Events Entered	Cost	
	x \$6	
Surcharge	\$10	\$10
Total Amount Enclosed		

Mail to: Randolph-Macon College, Attn: Swim Coach, 103 E. Patrick Street Ashland VA 23005. For questions about entries, email David Harmon at davidcharmon77@gmail.com.

Make check payable to: Randolph-Macon College. Attach a copy of your registration card. Be sure to sign the waiver

VIRGINIA MASTERS SWIM TEAM
39th ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 2, 2019



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 David Speer

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction # 12_-S00_

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, 2019. 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.

Tips for new swimmers: 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 because all new registrations after November 1 will be valid through December 2020.

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.

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 6 individual events and 5 relays. **NOTE THE CHANGE IN NUMBER OF INDIVIDUAL EVENTS ALLOWED.**

Entry Deadline: To be seeded, paper-entries must be received by **Monday, October 28.** 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 **Tuesday, October 29.**

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: Commonwealth Brewing Company(Corduroy Room) 2444 Pleasure House Rd Va Bch (w/i 2 mi from pool). Food to be provided. (\$10 fee) Carpooling from pool is recommended.

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.

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

******* PAPER ENTRIES ARE DUE BY OCTOBER 28. ONLINE ENTRIES CLOSE OCTOBER 31!*******

ENTER ONLINE AT www.clubassistant.com

Or go to www.vaswim.org and click on Upcoming Meets. There is a link there.

Age (on Dec 31, 2019): _____ 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 with USMS 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.
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: Mitch Saks 1604 Shadblow Ct, Virginia Beach, VA 23454. DON'T 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
Chris and Heather Stevenson, Editors
7702 Hampshire Road
Henrico, VA 23229

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Regional Team: cont'd from page 5

Do I have to join the regional team?

No. If you are currently part of a club that does not want to participate, that club can remain independent. Also, if you are unattached you can remain so (but why would you want to when there is a free team to join?!).

Under the regional team, can my friends and I make our own workout group?

Yes! This is highly encouraged! A workout group can be of any size. You would just register it through the USMS website as a workout group under VRRM.

Can I still wear my workout group cap/gear at regional and national meets?

Absolutely! While we will hopefully have VRRM caps for those meets, we don't want the regional team taking away from your proud representation of your workout group!

What's with the name?

We wanted a name that signified the regional nature of the team and the abbreviation VRRM makes us sound speedy! We also chose the name to avoid any confusion with Virginia Masters Swim Team, which is a separate club/potential future workout group.

Who do I contact with questions?

You can contact Denise Letendre at denise.letendre@gmail.com. Please let Denise know if you have any questions about registration, or you have any difficulties.

Thanks everyone for your consideration, and I look forward to swimming on a regional team with you this upcoming year! We are hoping to have a large group competing for the Commonwealth at Nationals next summer!