
LMSC FOR VIRGINIA

Serving Masters Swimmers in Virginia and West Virginia - January 15, 2007



LMSC Business

by Betsy Durrant

Subtitle: We have a good LMSC – can we continue to provide what members want?

As you know, the LMSC for Virginia is the administrative division of United States Masters Swimming that organizes and runs things in Virginia. We have always had a vibrant and active LMSC Board of Directors. Many of us that have been involved for a long time take pride in the fact that different people have been willing to accept positions of leadership and that a conscious effort has been made to involve members from various areas of the LMSC.

Our recently elected officers are a good example of new ideas and experience. Terry Sue Gault, the new Chair, has been involved for a number of years and served briefly as Chair. Due to other commitments, she was not able to finish her term as Chair. Now that she has the time, she has agreed to serve. Chris Stevenson, the new Vice Chair, is a long time swimmer. He and his wife Heather were newsletter editors at one time. Chris has agreed to serve as Vice Chair and has also taken on the job of Records and Top Ten. Mike Duignan has agreed to serve again as Treasurer, providing continuity for our financial management.

Did you notice that I did not mention Secretary? That's because we don't have one. The job has minimal responsibilities – attending one meeting a year (in the fall). At the meeting the Secretary takes notes and then writes up the minutes. The only other responsibility is to read and respond to email correspondence sent by the Chair. Sometimes decisions have to be made via email.

This is a wonderful opportunity for someone to take their turn at doing more than just enjoying the benefits of Masters Swimming. The whole system depends on volunteers. Let Terry Sue know if you are willing to serve or if you would like to suggest someone. Terry Sue's email and phone number are on page 2. If it is easier, you may contact me, and I will pass on the message to Terry Sue.

There are 13 teams in our LMSC. The three officers that we now have are all members of VMST. I challenge the other 12 teams to nominate one of their members to be Secretary.

Cigarette Break?

(or I Wanna Keep Up With the Big Boys!)

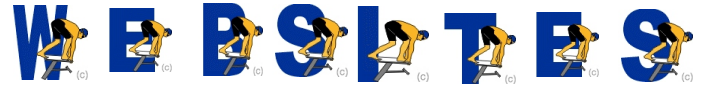
by Coach Emmett Hines

September 1, 1994

Editor's Note: Emmett Hines is one of my favorite coaches and writers. This is an old article, but as true today as in 1994.

What's the hardest thing you can do in a workout? Learn a new skill. What saves you the most time and effort over the long haul? Learning new skills. Why do so many people fight the learning process? Why do some people seem to assume that just working their body harder or just swimming more laps is the answer to swimming faster? From a coach's viewpoint it boils down to one of two things - ignorance and/or apathy on the part of the swimmer. If the coach fails to get the message across that stroke improvements are

*See **Keep Up** on page 3.*



If you do not have internet access, call or write to me (editor address below), and I will send you an entry.

January 27-28: Charlotte, NC
See NC website.

February 4: Alexandria, VA
Tropical Splash. See PV website.

February 10-11: VMST meet in Richmond
Entry is in this newsletter.

March 4: VMST meet at Chinn Aquatics
Entry is in this newsletter.

March 24: Montgomery Co., MD
See PV website.

March 31: Durham, NC
See NC website.

April 13-15: Colonies Zone Championship
George Mason University. Entry will be in the March newsletter.

April 28-29: NC Championship, Raleigh
See the NC website.

May 12-13: SCM in Virginia Beach.
See page 3 for more on this meet.

May 17-20: USMS Nationals, Federal Way, WA

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www.ColoniesZone.org



OFFICERS

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jmartin240@cox.net, 757-721-0890

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cstevens@richmond.edu, 804-440-3373

SCM Meet in Virginia Beach ***May 12, 13***

A new concept is going to be tried in Virginia Beach in May. The Virginia Senior Games meet has been successfully run by the Recreation Department's Aquatic staff, especially Janis Sweeney. For the last few years, the meet has been on a Thursday and Friday. Participants have commented on how hard it is to leave Friday afternoon after the meet and get through the tunnel due to traffic. This year Janis has proposed having the meet on Friday afternoon and evening and Saturday morning. The new concept is to combine the Senior Games (for participants 50 and older) with a meet for those under 50. Both divisions of the meet will be recognized by USMS. That means that all USMS rules will be followed, and times for registered swimmers will be eligible for records and for Top Ten.

More information about entering will be included in the March newsletter.

The tentative order of events is:

Friday, May 12, 1:30 pm

100 IM, 200 Free, 100 Breast, 100 Back, 50 Fly

Friday, May 12, 5:30 pm

400 IM, 800 Free, 200 Fly, 1500 Free
(These are events not offered at Senior Games.)

Saturday, May 13, 9:00 am

200 IM, 50 Free, 50 Back, 100 Fly, 50 Breast, 400 Free, 200 Back, 100 Free, 200 Breast

Keep Up continued from page 1.

necessary and desirable then ignorance on the the swimmers part is the fault of the coach. However, once the message has been properly placed and reinforced it is up to the swimmer to make consistent efforts to learn and apply new skills. Assuming the workout environment offers opportunities to acquire and fine tune skills the swimmer then assumes responsibility for taking advantage of the environment.

Let me make sure I've done my part in letting

you know that stroke improvement is necessary and desirable. In general, swimming skill is reflected by your efficiency as measured in strokes per length.

>>If you take more than 20 freestyle strokes per length of a 25 yard pool you are woefully in need of wholesale stroke repair.

>>If you take more than 15 strokes when swimming at a moderate pace you have a lot of ground to make up in efficiency.

>>If you take fewer than 15 strokes you need to get with your coach to determine how many more strokes you need to trim from your stroke count, if any.

"But Coach, I wanna keep up with the big boys!"

While it's true that you can improve short term speed a bit by just increasing turnover rate - i.e. swimming harder, moving your arms and legs faster - in the long run your potential speed depends more on your efficiency than on your effort level. In general the fastest, most aesthetically pleasing swimmers take the fewest strokes per length and the slowest, ugliest swimmers take the most.

Efficient, long swimming strokes use more and larger muscle masses in the back, torso, hips and upper legs to do a large portion of the work. Short, inefficient strokes utilize mainly smaller arm and shoulder muscles to do the work. When you swim with long strokes you are training all of the muscle mass needed for fast efficient swimming. When you swim with those wimpy, short, choppy strokes you are overtraining small muscle masses and neglecting the larger, stronger muscles to the detriment of your long term potential speed.

Allow me to wax tangential for a moment.

Let's say you are a logging foreman and must train a crew of 20 guys to move 40 ft. long 2000 lb. logs and toss them into a river. These 20 guys must learn to work together to lift the log from a pile without straining any backs, how to work together as a single unit to carry it across uneven ground over to the river bank and how to properly apply all their strength to toss it precisely so that it lands on

See ***Big Boys*** on page 4.

Big Boys continued from page 3.

the shore below so it will roll nicely into the water. They then return to the pile and repeat this process with the next log. This is a relatively complicated task that relies on the coordinated effort of all 20 men. It also requires a fair amount of physical conditioning as each man is required to carry his fair share (100 lbs.) of the load. It has been determined that a well conditioned crew of skilled and coordinated loggers can move 20 logs in 50 minutes allowing for a 10 minute break each hour.

Your job is to get the log tossing operation up to quota quickly.

Now, you start the group working and learning. They go very slowly to begin with, learning and refining skills while they increase their conditioning level. There is a lot of trial and error. However, by the third day the group is humming along quickly enough that 5 of the guys are getting tired and ask to sit out and rest. As foreman, do you allow this?

Lets see. If you let these 5 guys sit out they will stop learning skills and coordination and then subvert the conditioning process by smoking cigarettes. When they go back to work they will be further behind in skill development and physical conditioning. This will cause them to fall behind the guys who stuck with it even sooner the next time. By the third time you'll probably be so frustrated you'll just fire those 5. Then you'll have to make due with 15 workers who have to work much harder, want more money because of it and still won't be able to make quota cuz the crew is too small. If you hire 5 new guys they will start out even further behind than the guys you fired.

Learning a proper stroke technique is a lot like training that logging crew. Swimming is a complicated set of actions that relies on the coordinated effort of a lot of muscles. It also requires a certain level of physical conditioning. There is a a lot of trial and error. If you are trying to perfect a long, efficient stroke remember that this technique uses more muscles and muscle fibers to get the job done than a shorter stroke does. Every time you stop applying a long stroke technique and go back to that short stroke stuff its just like letting

those 5 (or maybe more) guys go on a cigarette break while the rest of the crew is still training. Rather than calling a break for some of the crew you can 1) slow the work rate down so the whole crew can keep up, thus allowing all members to stay in the learning cycle or 2) put everybody on break at the same time (but instead of letting them smoke cigarettes why not have them do something worthwhile like working on turns or playing Nintendo).

Can we agree that the logging crew that has 20 fully skilled, coordinated and conditioned loggers has greater potential than the crew with only 15?

If you stop worrying about how fast you are going and worry more about how well you are swimming you will be able to get the whole crew skilled, coordinated, conditioned and on the job. This is the only way to maximize your potential for swimming speed down the road.

I realize that it is tempting to blow off the technique stuff and just try to keep up with the people in the next lane. And occasionally it is desirable to cut loose and blow doors just to see how much of your technique improvement is carrying over to your "automatic pilot" system. But the rest of the time you need to keep the whole crew on the job. To turn a skill you are learning into a habit you have developed takes a minimum of 100,000 yards of executing that skill properly. If you practice the skill in a half-assed way for 100,000 yards then you will develop a half-assed habit.

Remember, it is always your choice whether to attempt to improve stroke length or to send part of the crew out on a cigarette break.

This Article first appeared in Schwimmvergnugen, the monthly newsletter of H2Ouston Swims.

Emmett Hines is Director and Head Coach of H2Ouston Swims. He has coached competitive Masters swimming in Houston since 1982, holds an ASCA Level 5 Coach Certification, was selected as United States Masters Swimming's Coach of the Year in 1993 and received the MACA Lifetime Achievement Award in 2002. His book, Fitness Swimming (Human Kinetics, publishers), is in its third English language printing and is also available in French (entitled Natation, published by Vigot), Spanish (entitled Natacion, published by Hispano Europea) and Chinese (entitled Jianshenyouyong).

LMSC Meeting Minutes

October 22, 2006

from Lisa Bennett

The meeting was called to order at 9:10 a.m. In attendance were: Charlie Cockrell, Lisa Bennett, Nancy Miller, Tracy Hernlen, Betsy Durrant, Judy Decker-Martin, Bud Swiger, Patty Miller, Jim Miller, Dee DeLong, Harry DeLong, Tony Shaw, Mike Duignan, TerrySue Gault, Chris Stevensen, and Alice Phillips.

USMS Convention

Charlie gave an overview of the 2006 Convention: A dues increase of \$5.00 has been deferred until 2008. The search for an Executive Director for USMS is now in the “negotiation” stages and there probably will be a Director in place by early 2007. On-line registration is not yet ready, but a task force has been set up to determine what is needed to get that initiated and in place. The biggest issue is the funds distribution to the proper entities within the various LMSCs and clubs.

The 2008 SC National Championships were awarded to Austin, TX, and LC Nationals will be in Mount Hood, Oregon, in 2008. The need for more clubs to bid for Nationals has been an issue, but it is a huge undertaking and it’s difficult to find good pools that don’t raise the cost too high.

The 2007 USMS Convention will be in Anaheim, California.

There were not a lot of rules changes, but several “wording” changes. This brought most of the rules closer to USA Swimming terminology. Charlie believed that USMS is now getting more serious recognition in the sport.

There was a workshop for the LMSCs, and that lead to good discussions on the problems and solutions within each LMSC.

Treasurer

Mike reviewed his report for the assets and liabilities for the LMSC. At this time there were no liabilities. The overall total was \$26,503.56. This included checking and money market funds. At this time there is a negative cash flow, but that is typical at this time of year. The funds will increase due to the upcoming registration renewals. Mike can better determine his budget once he hears from

Craig (Campesi) about the newsletter costs. Betsy made motion to approve; Judy second. Approved and accepted.

Sanctions

Judy provided a list of the 2006 sanctioned meets. There are still outstanding sanction fees due as well as two outstanding meet reports. The line-up of meets seems to be a good balance of areas in Virginia. All the measurements are documented for pool verification at this time. Charlie made the point that there are a lot of new teams that may be able to host more meets. He further reiterated the point that USMS and USA teams can hold meets in conjunction with each other.

Coaches

Harry indicated that there was no new activity or interest with the certification of coaches program. He continues to send out emails and will try to put something on the website. Betsy will also put something in the newsletter regarding this program. Alice and Charlie made the point that the certification process leads more to the “safety” side of coaching rather than the “coaching” aspects, so that may be why the interest is not very high.

Clinics

Betsy reviewed the details of the clinic that she hosted. It was a success. Charlie believed that it is a good program to have within the swimming community and would like to have money in the budget to continue these types of clinics. Bud made a motion to have \$500.00 in the budget for use for setting up clinics. The officers will approve the specific use of the funds as groups request such funds for these clinics. Alice - second. Motion approved and accepted.

Officials

Charlie stated that at this time we are not having much trouble getting officials for our USMS meets, however due to the new evaluation levels within USA Swimming (more re-certification regulations), he is not sure how that will effect us. He is hoping that officials can use our meets as a

See Minutes on page 6.

Minutes continued from page 5.

part of that process as well as help educate USA officials to the rules of USMS.

Records/Top 10

Alice stated that there was nothing to report. She further advised that due to her demands with family and work, she can no longer be the Records Chairperson. A search will take place to fill that spot by January, 2007. Betsy recommended that the LMSC purchase the software (Hytek Team/Meet Manager) to assist the next Records Chair. It is a very time-consuming position. Approved.

(Editor's Note: After the meeting, Chris Stevenson agreed to accept this position.)

Fitness

Harry indicated that Carol Housaman may be interested in this position.

Long Distance

Nancy stated that there was no written report; however all three long distance races held this year went well. Chris Green Lake was awarded the 2008 National Championship spot. Charlie brought up a discussion regarding the use of wetsuits. It was determined that it was best left to the discretion of the meet directors and saw no need to put anything regarding wetsuits into policy.

Newsletter

Betsy indicated that the LMSC newsletter is on the website. The LMSC is now six issues and VMST is six issues. The cost is being split, however Betsy cannot determine if it is cost effective until she gets the budget analysis from Craig. Jim brought up the idea of having the LMSC newsletter inserted into USMS Swimmer magazine. Betsy's concern was one of time, however she will check into that suggestion for its cost effectiveness.

Registration

Dee reported that to date there were 897 swimmers registered with the LMSC. There are now thirteen teams, and 276 "unattached" swimmers. November 1 will start the new registration period. She is waiting for the new computer program to be ready for on-line registration.

Website

Harry has done an incredible job getting the website updated and operational. There have been many positive comments regarding this. Harry provided a chart to indicate the most visited web pages. He pointed out that the results and newsletters have been visited quite often. He would like to see each team provide a link to the LMSC website.

Safety

There was no report at this time.

Team Reports

Three teams were represented (VMST, South Hampton YMCA, and SQST). SQST is hoping to have unsanctioned, unofficial, time trial meets for local swimmers. It was advised that everyone who attends must be a registered USMS swimmer for insurance purposes.

Charlie would like to see more representation at the LMSC meetings. He would also like to have ideas as to why other teams do not send representatives.

Old Business

Much discussion and debate took place regarding proposed by-law changes. Each change was voted on and passed by the quorum. The following summary shows the changes that were made in order to streamline duties, be more uniform with USMS by-laws, and hopefully to glean more team participation within the LMSC:

Editor's Note: The complete copy of the by-laws is posted on the website (www.vaswim.org).

Article I: Organization.

Section 2: Membership;

A. Classes of Membership;

Number 2: Club members include those swim organizations which have registered as club members of the LMSC for Virginia and have athlete(s) registered to represent said organization in the sport of Masters Swimming.

Add number 3: Each club member shall have a minimum of one individual member.

B. Responsibilities of Membership

Number 3: The LMSC shall assess a fee of

See By-laws on page 7.

By-laws continued from page 6.

fifty dollars (\$50.00) to clubs who fail to send a club delegate to, or assign their proxy for two (2) consecutive annual meetings.

Section 3: Board of Directors;

A: Membership of the Board of Directors of the LMSC for Virginia shall consist of the officers, club delegates, and additional members of the Board of Directors as defined in Article 1, Section 3, paragraph D. (The standing committees under C - Registration, Top Ten, Newsletter, Safety and Website will now be under Paragraph D: Additional Members of the Board of Directors).

Section 3, Paragraph D: Number 7:

The General Chairs of the Virginia and West Virginia Local Swim Coordinators of USA-Swimming shall be ex-officio members of the LMSC for Virginia Board of Directors. Additional ex-officio members representing liaison organizations may be appointed at the discretion of the Chair. Ex-officio members shall be permitted to attend meeting of the Board of Directors with voice, but may not vote on matters pending before the Board.

Section 4: Meeting of the Board of Directors:

C: All LMSC members shall be notified of the annual meeting through the LMSC newsletter and website. Members of the Board of Directors shall also be notified by regular or electronic mail "no fewer than" fifteen days prior to the date of the annual meeting.

The original Article II: Rules and Policies of the LMSC for Virginia was voted on and removed. The new Article II: Grievances, Hearings, and Appeals was voted on and passed.

Article III: Miscellaneous, was voted on and passed.

Policy Manual

Due to time constraints, the matter of the Policy Manual was tabled. It was recommended that all review, send in comments, suggestions, etc., to be voted on at a later date.

New Business

Election of Officers

The slate of TerrySue Gault (Chair), Chris Stevensen (Vice Chair), and Mike Duignan (Treasurer) was accepted. They were elected as officers of the LMSC.

Meeting Adjourned: 1:05 p.m.

Two Programs to Help Your Team or Workout Group

1. CLINIC

The LMSC has \$500 available to help you run a clinic for your team or for swimmers in your area. This is a grant and does not have to be repaid. In May, a clinic was held in Virginia Beach. It was well attended – 21 participants. A \$250 grant was used to pay the coach. Each participant paid \$30 for the clinic (from 9 am - 4 pm). In this case, the Y allowed use of the pool, but a donation of \$25 per person was made to the Y. \$5 per person was for lunch.

A shorter clinic would work well also (9:00-1:00). If you would like advice or help, contact Betsy Durrant.

2. ASCA COACHING CERTIFICATION

In an effort to get more certified coaches, the LMSC will reimburse anyone who coaches Masters and who completes the ASCA Level I certification process. For details, contact Harry DeLong at harry.delong@comcast.net or at 703-368-0309.



Bud Swiger , Betsy Durrant, Judy Martin at the LMSC meeting.



VMST David Gregg III Memorial Meet

**NOVA of Virginia - Aquatic Center
12207 Gayton Rd, Richmond, VA 23233
(804) 754-3401**

February 10 and 11, 2007

Sponsored By: Virginia Masters Swim Team

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction # 127-0001

Meet Director: Nancy Miller (nancymillr@aol.com)

Location: NOVA of Virginia - Aquatic Center. Address is 12207 Gayton Road, Richmond, VA 23233; Telephone number (804) 754-3401. This is a 10-lane, 25-yard indoor pool with a fully electronic timing system.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

Entries: \$4.00 per individual event plus a \$7.00 surcharge to help defray the costs of data entry, automatic timing, and printing. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays.

Entry deadline: Entries must be received no later than February 2, 2007 or they will be considered deck entries.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

Warm-up/Warm-down Procedures: 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. Lanes 1 and 2 will be maintained as continuous warm-up/warm-down lanes during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THESE LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards: Awards will be given for first, second, and third place in each individual event. No awards for relays.

Results: Results will be posted on our website at www.vaswim.org and in our newsletter. If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

Nearby Lodging: Holiday Inn Express, 9933 Mayland Drive, Richmond, VA 23233. Phone: (804) 934-9300

The Holiday Inn is at Gaskins Rd exit of I64.

There are 10 double rooms being held for the night of 02/10/07. Be sure to mention Virginia Masters Swim Team or VMST to get a room from this block.

RELEASE

The following release must be dated, signed, and in possession of the Meet Director before the swimmer may compete.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Fill in the following information:

Date _____ **Signature** _____

Name: _____ Sex: _____ USMS Reg No. _____

Address: _____

City: _____ State _____ Zipcode: _____

E-Mail Address: _____

Age as of 2/11/07 _____ Birth date (Mo/Day/Yr) _____

LMSC: _____ Club: _____ Phone (Day): _____ (Night) _____

Order and Select Events

SATURDAY February 10th
Warmup: 1:30 PM - Meet Start: 2:30 PM

Women	Time	Event	Men	Time
1	_____	* 200 Choice	2	_____
3	_____	1000 Free	4	_____
5	_____	1650 Free	6	_____
7	_____	400 IM	8	_____
9	_____	500 Free	10	_____

SUNDAY February 11th
Warmup: 8:00 AM - Meet Start: 9:00 AM

Women	Time	Event	Men	Time
11	_____	200 IM	12	_____
13	_____	200 Fly	14	_____
15	_____	200 Breast	16	_____
17	_____	200 Back	18	_____
19	_____	100 Free	20	_____
21	_____	Novice 50 Fly	22	_____
23	_____	50 Fly	24	_____
25	_____	100 BR	26	_____
27	_____	Novice 50 FR	28	_____
29	_____	50 FR	30	_____
31	_____	100 IM	32	_____

BREAK

33	_____	200 FR	34	_____
35	_____	100 BK	36	_____
37	_____	Novice 50 BR	38	_____
39	_____	50 BR	40	_____
41	_____	100 FL	42	_____
43	_____	Novice 50 BK	44	_____
45	_____	50 BK	46	_____

RELAYS RELAYS RELAYS RELAYS

47	_____	200 Medley Relay	48	_____
49	_____	200 FR Relay	50	_____
51	_____	200 Mixed Medley Relay	52	_____
53	_____	200 Mixed FR Relay	54	_____

Total Events ___ x \$4.00 _____

Surcharge \$7.00 _____

Total Amount Enclosed \$ _____

*** The 200 Choice event means you may swim any 200 event of your choosing (Except for the 200 FR). Please indicate your choice clearly on your entry form.**

My 200 Choice is _____

Make checks payable to: Virginia Masters Swim Team
 Questions? Contact Nancy Miller - (804) 741-7077 or nancymillr@aol.com or James Wolfle (757) 393-1799 or wolfle@aol.com
Mail to: James Wolfle
401 Florida Avenue
Portsmouth, Virginia 23707

A COPY OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED FOR YOUR ENTRY TO BE ACCEPTED

VIRGINIA MASTERS SWIM TEAM

6th Chinn Aquatics Swim Meet - SUNDAY, MARCH 4, 2007

USMS Sanction by the LMSC for Virginia: # 127-0002

Location: Chinn Aquatics and Fitness Center, 13025 Chinn Park Dr, Woodbridge VA. (703-730-1051)

Facility: Beautiful eight-lane, 25-yard pool, non-turbulent lane markers. All lanes will be used for competition; two adjacent 20-yard lanes will be available for continuous warm-up and cool down. Two of the 25 yard lanes will be used for starts for the last 10-minutes of warm-up. No dive starts will be permitted in the two 20-yard lanes. The pool has a bulkhead that will be measured both prior to and after the meet to ensure the pool was at least 25 yards.

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

Directions: From I-95, exit 158B toward Manassas on the Prince William Parkway for approximately 4 to 5 miles. Just past Sheets Gasoline station a sign will announce Chinn Aquatics and Regional Library. Turn right onto Chinn Park Dr and go to the center, second building. Entry is through the front door and the pool is downstairs through the locker rooms. The exit off I-95 is approximately 25 miles southwest of Washington, DC and about 85 miles north of Richmond.

Meet Director: Harry DeLong

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **All swimmers must be registered with USMS.** Include a copy of your registration card with your entry.

ORDER OF EVENTS. Warm-up starts at 8:00 am. First heat begins at 9:00 am.

- | | |
|--|-------------------------------|
| (1) 500 yd Freestyle (4 heats max) | (9) 200 yd Backstroke |
| (2) 100 yd Butterfly | (10) 200 yd Breaststroke |
| (3) 200 yd Freestyle | (11) 50 yd Butterfly |
| (4) 100 yd Individual Medley | (12) 100 yd Freestyle |
| (5) 100 yd Backstroke | (13) 50 yd Backstroke |
| (6) 50 yd Freestyle | (14) 200 yd Individual Medley |
| (7) 100 yd Breaststroke | (15) 50 yd Breaststroke |
| (8) 400 yd Individual Medley (4 heats max) | (16) 200 yd Fly |

Entries: \$4.00 per event. \$8.00 surcharge for pool and equipment. **No deck entries will be accepted.**

Entry Deadline: All entries must be received by **Thursday, March 1, 2007**

Rules: Current USMS rules for Masters Swimming will apply. Swimmers will be seeded according to times; heats will run slowest to fastest. **Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up and the swim meet. No diving during warm-up except in designated lanes.**

Awards: Medals for 1st through 3rd places in each event for each age group.

Refreshments: Everyone is invited for snacks just off the pool deck, near the lifeguard stand.

Hotel Information:

Fairfield Inn Potomac Mills
2610 Prince William Parkway
Woodbridge, VA 22192
(703)-467-4000

Best Western Potomac Mills
16419 Potomac Mills Road
Woodbridge, VA 22192
(703) 494-4433

******* ENTRIES ARE DUE BY March 1th!*******

******* Meet Entry Form*******

Age: _____ Phone: _____

Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but **be sure to sign the waiver.**

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

USMS #: _____ Team: _____ Sex: _____

Email address: _____

(Confirmation of entry will be emailed.)

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Swimmer's signature: _____ **Date:** _____

Please enter seed times for yards

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	500 yd Free **	(9)	_____	200 yd Back
(2)	_____	100 yd Fly	(10)	_____	200 yd Breast
(3)	_____	200 yd Free	(11)	_____	50 yd Fly
(4)	_____	100 yd IM	(12)	_____	100 yd Free
(5)	_____	100 yd Back	(13)	_____	50 yd Back
(6)	_____	50 yd Free	(14)	_____	200 yd IM
(7)	_____	100 yd Breast	(15)	_____	50 yd Breast
(8)	_____	400 yd IM **	(16)	_____	200 yd Fly

**** 4 heats max**

Number of Events _____ x \$ 4.00 _____ = \$ _____
\$8 Surcharge = \$ **8.00**
Total Amount Enclosed = \$ _____

Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: Harry DeLong, 6103 Eagles Nest Circle, Manassas, VA 20112. For questions, e-mail Harry DeLong at harry.delong@comcast.net or phone at 703-368-0309. No calls after 9:00 pm, please.

Local Masters Swim Committee for Virginia
Dee DeLong, Registrar
6103 Eagles Nest Circle
Manassas, VA 20112-3029

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IMPORTANT NOTICE TO VMST MEMBERS

TEAM MEETING following the Saturday session of the Richmond meet, Feb 10. The meeting will be at the Holiday Inn Express at Gaskins Rd, listed on the meet entry. There is no social after the meet this year, so come to the meeting – there will be snacks and drinks. We'll start 30-45 minutes after the conclusion of the last event (time to shower and get to the hotel).

A proposed budget for 2007 and some comments about programs were published in the December VMST newsletter. We need to discuss these and anything else you want your team to do.