

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
April 15, 2012

Key Principles of Open Water Drafting

By Steven Munatones

The Daily News of Open Water Swimming
Editor: This article appeared on the Active.com website.

Cyclists, race car drivers and open water swimmers all know the benefits of drafting and positioning. As swimmers take off in an open water race or triathlon and go from buoy to buoy, they create a conga line with seemingly everyone chasing after the person in front of them. Where ideally should you position yourself? It helps to know a bit about water movement.

The Ideal Draft

A swimmer in the open water is essentially a displacement vessel. The bow wave created by a swimmer has forward and lateral movement. These waves move at an angle relative to the direction of the swimmer and are based on the swimmer's speed and size. There are three key facts to keep in mind:

1. The faster the lead swimmer, the better your draft will be with all other things equal.
2. The physically larger the lead swimmer, the more beneficial the draft is for those behind.
3. The closer you are to the lead swimmer, the better your draft.

The Perfect Position

In a fact known by world-class swimmers, drafting between the ankles and hips is more beneficial than drafting directly behind the lead swimmer's feet for various reasons:

1. When the drafting swimmer reaches near mid-body of the lead swimmer, the lead swimmer's wake (i.e., spreading of the bow wave) has moved laterally, so the drafting swimmer can take maximum advantage of the bow wave. That is, the

See Drafting on page 3.

One Hour Postal Results

February 27, 2012

Chris Stevenson, vaswim.org

The results of the One Hour Postal National Championships are available. This is the largest national championship sanctioned by USMS. There were 37 LMSC members who participated, representing 5 clubs: VMST (21 swimmers), RCA (4), FSYM (3), URMS (1) and WAVA (1); 7 LMSC members swam unattached.

Complete results for our swimmers are in the table on page 4. Top ten finishers in their age groups include **Marianna Berkley**, **Amy Charley**, **Charlotte Hollings**, **Shirley Loftus-Charley**, and **Claire Russo**. Amy went the furthest (4885 yd) of all LMSC swimmers, male or female, while 89-year-old Marianna was the oldest swimmer of the bunch. Shirley had the highest placing (2nd) in her age group and was under the previous national record.

The one-hour postal is one of the most challenging competitive events; congratulations to all the participants!

Special Notice – New LC Meet

The Virginia Commonwealth Games will be held on June 30 in Christiansburg. It is a new 50 meter pool. The meet will not be sanctioned, but is USMS recognized which means that those registered with USMS can have times count for Top Ten or records.

We haven't had a LC meet in Virginia for a number of years.



If you do not have internet access, contact me (Editor's information below), and I will send you an entry.

April 25-29: USMS SCY Nationals in Greensboro, NC.

May 25-27: Reston Lake Swim

June 10-16: FINA World Championship in Riccione, Italy.

June 24: Jack King Swim, Virginia Beach
Entry information is in this newsletter.

June 30: Commonwealth Games LC, USMS Recognized Meet
Entry is in this newsletter.

July 5-8: USMS LC Nationals in Omaha, NE.

July 14: Chris Greene Lake, Charlottesville
Entry will be in the May and June newsletters.

Newsletter Editor

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FINA TOP Ten

Chart starting on **page 6** shows the FINA World Rankings for Virginia swimmers. FINA does not recognize the 18-24 age group and the younger relays (72-99). FINA also does not include times from USMS "Recognized" meets and swims at USA Swimming events.



Virginia LMSC Website
www.vaswim.org

USMS Website
www.usms.org

Latest info on all levels of swimming
www.SwimmingWorldMagazine.com

Nearby LMSCs
North Carolina: www.ncmasters.org
Maryland: www.maryland@usms.org
Potomac Valley: www.PVMasters.org

Colonies Zone
www.ColoniesZone.org

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Graphics from www.swimgraphics.com

Drafting continued from page 1.

drafting swimmer has reached the center of the complete wave created by the lead swimmer. Basically, the drafting swimmer is surfing a bow wave.

2. The bow wave cannot extend beyond the length of the swimmer who creates it. The bow wave lifts up at the end of the swimmer's body. The most efficient swimming is when a drafting swimmer cruises in that wave. The most efficient drafting is achieved if you cruise at the same speed in the wake of the lead swimmer off to the side—but away from the eddies caused by their kick.

3. In the middle of a race, when the kick of most swimmers is less than the end of the race when they are sprinting, the optimal drafting position is slightly different. At the end of the race when the kick increases, swimmers create swirls by their kick. The more swirls, the more drag. So if your opponent's kick increases, move up higher alongside their body to utilize their bow wave, but far enough away from the swirls and eddies caused by their kick.

4. Combine your speed with the speed of the lead swimmer. If they speed up, you speed up. If they slow down, you slow down. If you are directly behind them, lead swimmers make the water smoother, but you are not efficiently utilizing their bow wave.

5. If you swim alongside a lead swimmer, you do not have to lift your head so often to navigate. This saves energy that can be utilized at the end of the race. If you swim directly behind a swimmer, you must often lift your head to confirm your direction and position behind the lead swimmer.

6. Even if the water is clear and you can easily see the lead swimmer under the surface of the water, your head is in a sub-optimal position. The most optimal head position is when you are looking straight down. This creates a more streamlined and efficient body position, saving you energy and creating less drag.

7. When you swim parallel to the lead swimmer, you can effectively navigate off them when you breathe. The need to lift up your head to sight is significantly reduced and your head is positioned in the most streamlined position.

There are many other factors that come into play when drafting and positioning as world-class

athletes do, but these basic factors are enough to get started.

Steven Munatones is a multi-time USA Swimming national open water swim team coach, NBC Olympics marathon swimming commentator, International Marathon Swimming Hall of Fame inductee and 1982 world 25K swimming champion. He created the [Open Water Swimming Dictionary](#), and conducts race analysis and research on open water swimming—from drafting to stroke technique—for the website [The Daily News of Open Water Swimming](#).

Virginia Swimmers at SC Nationals

Short Course Nationals will be April 26-29 in Greensboro, NC. Rosters and Psych Sheets have been posted on usms.org. The following Virginia clubs have swimmers entered in the meet:

Charleston Family YMCA - 3
Quest – 7
Sunfish – 1
U of Richmond – 1
Virginia Masters – 71
Warrenton – 1
Four Seasons YMCA – 4

You can follow the results of your friends at teammates on usms.org under Competition and then Nationals.

Jack King Entry is Online

The Jack King One Mile Ocean Swim will be on Sunday, June 24, at Virginia Beach. The course is from 24th Street to 38th Street.

Online entries, including One Event registration, is available online at ClubAssistant.com. If you want to enter with a paper entry, contact the race director, June McDaniels. Information is on page 9.

Virginia LMSC Swimmers Completing the One Hour Swim

Age Goup	Gender	Place	Name	Age	Club	Distance
85-89	Women	3	Marianna Berkley	89	VMST	1,785
50-54	Men	31	Matthew Bickley	50	VMST	4,520
65-69	Men	25	Sam Blood	66	UNAT	3,625
70-74	Women	15	Kathleen Broderick	73	VMST	2,685
40-44	Men	128	Chris Brown	43	FSYM	3,220
25-29	Women	6	Amy Charley	26	VMST	4,885
25-29	Men	11	Craig Charley	28	RCA	4,660
35-39	Men	49	Aaron Church	36	UNAT	4,050
40-44	Men	54	Charles Cockrell	43	VMST	4,200
75-79	Women	15	Pauli Dillard	75	VMST	1,725
30-34	Women	29	Erin Ferer	32	UNAT	4,215
50-54	Women	126	Betsy Goode	52	VMST	3,495
40-44	Women	102	Lisa Greer	41	RCA	3,500
55-59	Women	130	Kathy Gregory	55	UNAT	2,925
45-49	Women	71	Kim Guenther	49	VMST	3,825
45-49	Men	41	Gregory Harris	48	VMST	4,555
35-39	Women	103	Susan Harrison	37	RCA	3,185
45-49	Women	8	Charlotte Hollings	47	VMST	4,795
55-59	Men	178	Larry Hutton	55	UNAT	2,660
45-49	Women	173	Martha Little	47	VMST	3,100
60-64	Women	2	Shirley Loftus-Charley	60	VMST	4,740
55-59	Women	129	Deborah Lutz	55	FSYM	2,930
65-69	Women	56	Ellen Martin	65	RCA	1,635
80-84	Women	7	Jeanne Meredith	83	VMST	2,385
50-54	Men	178	David Murray	54	URMS	3,350
55-59	Men	127	Bill Nelson	58	VMST	3,485
65-69	Men	67	Charles Orrock	68	FSYM	2,020
50-54	Women	59	Mary Ann Peterson	51	VMST	3,935
60-64	Women	113	Cheryl Ptak	64	VMST	1,575
50-54	Women	222	Margaret Radcliffe	50	VMST	2,550
25-29	Women	10	Claire Russo	28	VMST	4,605
60-64	Women	103	Patricia Sikora	60	VMST	2,225
45-49	Women	41	Nancy Speer	49	VMST	4,085
65-69	Women	52	Arlien Steiner	69	UNAT	1,840
50-54	Men	105	Ted Sweetland	52	UNAT	3,950
50-54	Men	130	Simon Thornton	52	WAVA	3,680
70-74	Women	18	Laura Walker	74	VMST	2,635

Team Count

VMST	21
UNAT	7
RCA	4
FSYM	3
URMS	1
WAVA	1

2012 SCM Top Ten Relays

Place	Age Group	Event	Club	Time	Swimmers (Age)
2	M160-199	400 Medley	VMST	4:42.86M	David B Malsbury (50) Christopher S Scharver (35) Adam S Barley (30) Mitch Saks (53)
6	W72-99	200 Medley	CNU	2:29.57M	Christine Anastasio (20) Camille R Tanner (18) Danielle B Cavazos (19) Jennifer S Brown (21)
1	W280-319	200 Free	VMST	2:54.90M	Laura S Walker (74) Judy Martin (69) Ida M Hlavacek (69) Johnnie Detrick (76)
1	W280-319	200 Medley	VMST	3:23.41M	Judy Martin (69) Johnnie Detrick (76) Susan E Marens (69) Laura S Walker (74)
1	W320-359	400 Medley	VMST	9:55.29M	Marianna Berkley (89) Miriam K Tuovila (86) Ida M Hlavacek (69) Jeanne H Meredith (83)
8	X160-199	400 Free	VMST	5:38.24M	Carol F McCammon (45) Larus Isfeld (40) Victor H Mickunas (55) Nancy Speer (49)
2	X240-279	400 Medley	VMST	7:15.68M	Judy Martin (69) Susan E Marens (69) Ralph B Swiger (55) Bill L Nelson (58)
8	X280-319	200 Free	VMST	3:39.61M	Alfred C Newbury (77) Joan Averette (75) Terry Sokolik (84) Owen C Maher (76)
7	X280-319	200 Medley	VMST	4:00.17M	Kathryn S Gregory (65) Richard A Scott (76) Kathleen M Broderick (73) Frank H Miller (70)

Recent FINA Top Ten Performances

from Chris Stevenson (Va LMSC website vaswim.org)

Virginia Swimmers in FINA World Rankings - 2011

Place	Name	Club	Gender	Age Grp	Event	Course	Time
7	Adam Barley	VMST	Men	30-34	1500 Free	SCM	17:29.1
5	Adam Barley	VMST	Men	30-34	400 IM	SCM	04:48.3
5	Adam Barley	VMST	Men	30-34	800 Free	LCM	09:17.5
9	Lisa Bennett	VMST	Women	55-59	400 Free	SCM	05:24.6
10	Lisa Bennett	VMST	Women	55-59	50 Breast	SCM	40.49
8	Lisa Bennett	VMST	Women	55-59	100 Breast	SCM	01:28.4
7	Lisa Bennett	VMST	Women	55-59	200 Breast	SCM	03:13.6
6	Lisa Bennett	VMST	Women	55-59	1500 Free	LCM	22:05.2
10	Lisa Bennett	VMST	Women	55-59	100 Breast	LCM	01:33.3
5	Marianna Berkley	VMST	Women	85-89	200 Breast	SCM	07:13.6
8	Marianna Berkley	VMST	Women	85-89	100 IM	SCM	03:13.1
5	Maura Bolger	VMST	Women	30-34	1500 Free	SCM	18:38.4
2	Maura Bolger	VMST	Women	30-34	200 Fly	SCM	02:29.3
7	Maura Bolger	VMST	Women	30-34	400 IM	SCM	05:18.5
9	Pam Dameron	QMST	Women	65-69	1500 Free	SCM	27:09.9
1	Johnnie Detrick	VMST	Women	75-79	50 Free	SCM	37.33
2	Johnnie Detrick	VMST	Women	75-79	100 Free	SCM	01:29.2
7	Johnnie Detrick	VMST	Women	75-79	50 Breast	SCM	51.86
6	Johnnie Detrick	VMST	Women	75-79	100 Breast	SCM	01:57.9
5	Johnnie Detrick	VMST	Women	75-79	200 Breast	SCM	04:21.4
3	Johnnie Detrick	VMST	Women	75-79	100 IM	SCM	01:48.1
6	Johnnie Detrick	VMST	Women	75-79	200 IM	SCM	04:07.6
4	Johnnie Detrick	VMST	Women	75-79	50 Free	LCM	39.42
8	Johnnie Detrick	VMST	Women	75-79	100 Free	LCM	01:35.3
5	Johnnie Detrick	VMST	Women	75-79	200 IM	LCM	04:19.0
8	Betsy Durrant	VMST	Women	70-74	400 Free	SCM	07:00.8
6	Betsy Durrant	VMST	Women	70-74	800 Free	SCM	14:43.0
5	Betsy Durrant	VMST	Women	70-74	1500 Free	SCM	28:08.4
2	Billy Gaines	VMST	Men	30-34	200 Free	LCM	01:59.5
3	Billy Gaines	VMST	Men	30-34	400 Free	LCM	04:21.5
3	Billy Gaines	VMST	Men	30-34	800 Free	LCM	09:10.9
8	Billy Gaines	VMST	Men	30-34	100 Fly	LCM	59.33
6	Lucille Griffin	VMST	Women	70-74	100 Fly	LCM	01:56.8
2	Lucille Griffin	VMST	Women	70-74	200 Fly	LCM	04:16.7
2	Ana Grilo	UNAT	Women	40-44	400 IM	SCM	05:24.2
8	Kate Hibbard	VMST	Women	25-29	200 Back	LCM	02:34.4
7	Dave Holland	VMST	Men	40-44	200 Fly	LCM	02:20.4
9	Dave Holland	VMST	Men	40-44	400 IM	LCM	05:09.9
3	Shirley Loftus-Charley	VMST	Women	60-64	100 Free	SCM	01:10.0

Place	Name	Club	Gender	Age Grp	Event	Course	Time
2	Shirley Loftus-Charley	VMST	Women	60-64	200 Free	SCM	02:32.2
2	Shirley Loftus-Charley	VMST	Women	60-64	400 Free	SCM	05:17.9
2	Shirley Loftus-Charley	VMST	Women	60-64	800 Free	SCM	10:39.1
2	Shirley Loftus-Charley	VMST	Women	60-64	1500 Free	SCM	19:59.9
7	Shirley Loftus-Charley	VMST	Women	60-64	100 Back	SCM	01:27.0
3	Shirley Loftus-Charley	VMST	Women	60-64	200 Back	SCM	03:00.9
7	Shirley Loftus-Charley	VMST	Women	60-64	100 Breast	SCM	01:35.8
3	Shirley Loftus-Charley	VMST	Women	60-64	200 Breast	SCM	03:17.7
3	Shirley Loftus-Charley	VMST	Women	60-64	100 Fly	SCM	01:20.8
2	Shirley Loftus-Charley	VMST	Women	60-64	200 Fly	SCM	03:08.2
2	Shirley Loftus-Charley	VMST	Women	60-64	100 IM	SCM	01:24.7
3	Shirley Loftus-Charley	VMST	Women	60-64	200 IM	SCM	02:52.6
3	Shirley Loftus-Charley	VMST	Women	60-64	400 IM	SCM	06:03.3
6	Shirley Loftus-Charley	VMST	Women	60-64	200 Free	LCM	02:43.7
3	Shirley Loftus-Charley	VMST	Women	60-64	400 Free	LCM	05:32.2
3	Shirley Loftus-Charley	VMST	Women	60-64	800 Free	LCM	11:22.2
2	Shirley Loftus-Charley	VMST	Women	60-64	1500 Free	LCM	21:25.5
9	David Malsbury	VMST	Men	50-54	50 Back	LCM	31.29
9	Kelly Parker Palace	VMST	Women	50-54	100 Free	LCM	01:05.8
3	Kelly Parker Palace	VMST	Women	50-54	200 Free	LCM	02:20.5
4	Kelly Parker Palace	VMST	Women	50-54	400 Free	LCM	04:58.1
2	Kelly Parker Palace	VMST	Women	50-54	800 Free	LCM	10:10.1
4	Kelly Parker Palace	VMST	Women	50-54	1500 Free	LCM	19:45.8
10	Kelly Parker Palace	VMST	Women	50-54	400 IM	LCM	06:08.2
9	Kelly Parker Palace	VMST	Women	50-54	100 Free	SCM	01:04.4
4	Kelly Parker Palace	VMST	Women	50-54	200 Free	SCM	02:18.0
3	Kelly Parker Palace	VMST	Women	50-54	400 Free	SCM	04:47.0
2	Kelly Parker Palace	VMST	Women	50-54	800 Free	SCM	09:47.9
3	Kelly Parker Palace	VMST	Women	50-54	1500 Free	SCM	18:56.5
3	Beth Schreiner	VMST	Women	70-74	50 Free	SCM	35.66
3	Beth Schreiner	VMST	Women	70-74	100 Free	SCM	01:22.7
3	Beth Schreiner	VMST	Women	70-74	200 Free	SCM	03:08.9
2	Beth Schreiner	VMST	Women	70-74	400 Free	SCM	06:34.6
7	Beth Schreiner	VMST	Women	70-74	50 Back	SCM	46.29
4	Beth Schreiner	VMST	Women	70-74	100 Back	SCM	01:42.0
3	Beth Schreiner	VMST	Women	70-74	50 Free	LCM	35.22
3	Beth Schreiner	VMST	Women	70-74	100 Free	LCM	01:25.5
5	Beth Schreiner	VMST	Women	70-74	200 Free	LCM	03:13.0
5	Beth Schreiner	VMST	Women	70-74	400 Free	LCM	06:48.8
3	Beth Schreiner	VMST	Women	70-74	800 Free	LCM	14:02.6
7	Beth Schreiner	VMST	Women	70-74	100 Back	LCM	01:44.1
1	Chris Stevenson	VMST	Men	45-49	50 Back	SCM	27.23
1	Chris Stevenson	VMST	Men	45-49	100 Back	SCM	58.2
1	Chris Stevenson	VMST	Men	45-49	200 Back	SCM	02:09.0

Place	Name	Club	Gender	Age Grp	Event	Course	Time
2	Chris Stevenson	VMST	Men	45-49	50 Back	LCM	29.09
1	Chris Stevenson	VMST	Men	45-49	100 Back	LCM	01:02.1
1	Chris Stevenson	VMST	Men	45-49	200 Back	LCM	02:15.8
3	Chris Stevenson	VMST	Men	45-49	50 Fly	LCM	26.66
1	Chris Stevenson	VMST	Men	45-49	100 Fly	LCM	59.28
4	Chris Stevenson	VMST	Men	45-49	200 Fly	LCM	02:18.1
10	Miriam Tuovila	VMST	Women	85-89	50 Breast	SCM	01:18.7
5	Miriam Tuovila	VMST	Women	85-89	100 Breast	SCM	02:52.8
2	Miriam Tuovila	VMST	Women	85-89	200 Breast	SCM	06:11.8
5	Miriam Tuovila	VMST	Women	85-89	100 IM	SCM	02:58.8
Relays							
5	Walker, Martin, Hlavacek, Detrick	VMST	Women	280-319	200 Free Relay	SCM	02:54.9
4	Martin, Detrick, Marens, Walker	VMST	Women	280-319	200 Medley Relay	SCM	03:23.4
2	Berkley, Tuovila, Hlavacek, Meredith	VMST	Women	320-359	400 Medley Relay	SCM	09:55.3
9	Martin, Marens, Swiger, Nelson	VMST	Mixed	240-279	400 Medley Relay	SCM	07:15.7
7	Gaines, Holland, Malsbury, Stevenson	VMST	Men	160-199	200 Free Relay	LCM	01:43.8
5	Stevenson, Malsbury, Holland, Gaines	VMST	Men	160-199	200 Medley Relay	LCM	01:55.8
6	Palace, Durrant, Betts, Schreiner	VMST	Women	240-279	200 Free Relay	LCM	02:24.3

Pictures from the Richmond Meet in February



Chris and Heather cheering for Marie Kelleher.

29th Annual Jack King One Mile Ocean Swim



Sunday, June 24, 2012
10:00 a.m.
Virginia Beach, VA

Hosted By VMST



Sanctioned by the Local Masters Swim Committee for
Virginia (LMSC for VA) for USMS, Inc.

Sanctioning No. 122-OW07

ONLINE ENTRY IS HIGHLY ENCOURAGED. PLEASE CONTACT RACE DIRECTOR FOR A RACE APPLICATION IF YOU CANNOT REGISTER ONLINE

Go to www.ClubAssistant.com to Register

Online Entry Fee: \$30 by June 8, 2012. \$35 after June 8 to June 22th, 2012. Online entry closes Friday, June 22 at 5 pm. \$50 race day entry at race site. T-shirts are guaranteed to swimmers who register by June 8, 2012. No Refunds.

Eligibility: Minimum age to participate is 18 as of June 24, 2012. All swimmers must be registered with USMS. Online registration for USMS is available on the web at www.usms.org. or contact:

Lisa Bennett, Registrar -11812 Winfore Drive - Midlothian, VA 23113 swimlab56@msn.com

NOTE: USMS registration is also available with online entry to the race (annual USMS registration or one event passes).

Age Groups/Awards: Awards will be presented to the 1st – 6th place swimmers in each age group. Standard Masters age groups will be used (18-24, 25-29, 30-34 and so on in 5 year increments).

NOTE: Wet suits are allowed. However, no official time will be given and not eligible for awards.

Course: The start is in the water at 24th Street, swimming north parallel to the beach/boardwalk. The finish is on the beach at 38th Street. Buoys mark the start and finish. You must swim around the finish buoy before exiting the water.

Directions: From I-64 take Route I-264 East. When the expressway ends, you are on 21st Street. Take 21st Street to Atlantic Avenue. Turn left on Atlantic Avenue and follow to 24th Street.

Parking: Municipal lots are located at 19th and 25th Streets. Metered spots are located along Atlantic and Pacific Avenues as well as sides streets.

Inclement Weather: No rain date, No refunds due to weather.

General Race Information:

Swim caps will be provided to all entrants. Caps must be worn by all who participate. Water Temperature will be approximately 72 degrees or less. Trucks will be available at the start line to transport swimmers' bags to the finish line.

All swimmers must check-in race day at 24th Street on the beach. Restrooms and changing facilities are available at 24th Street Park. Check-in begins at 8:30 A.M. and ends at 9:30 A.M. A safety briefing will be held on the beach at 24th at 9:50.

For more information please contact:

June McDaniels: june@aquariusengineering.com or 757-496-2570

Hotel Information at: www.vbhotels.com / www.vbfun.com

**SUBWAY COMMONWEALTH GAMES OF VIRGINIA
LONG COURSE STATE SWIM MEET FOR 18 AND UP**

Recognized by LMSC for VIRGINIA for USMS, INC., Recognition No. 122-R04

DATE: Saturday, June 30, 2012

LOCATION: Christiansburg Aquatic Center, 595 North Franklin Street, Christiansburg, VA

FACILITY: 8 Lane, 50 Meter Pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-ups and cool-downs. **Pool has been measured and certified for USMS records and Top Ten.**

SPONSORED BY: Virginia Amateur Sports, Inc. and Virginia Masters Swim Team

MEET DIRECTORS: Howard Butts (lvswimm@comcast.net) and John Pero (jdpero@cox.net)

MEET REFEREE: Steve Woolfolk (woolfolks@aol.com)

ELIGIBILITY: This is a USMS recognized meet for purposes of USMS Records and Top Ten times by USMS swimmers. Standard USMS age groups will be used (18-24, 25-29, 30-34, 35-39, etc). For meets held in 50 meter pools, your age as of December 31, 2012 is considered your swimming age for the meet. All USMS swimmers **must** include a copy of your registration card with your entry or submit it at the meet for times to be submitted for USMS Records and Top Ten consideration.

ORDER OF EVENTS: Warm-ups: 8:30 am to 9:30 am. Meet starts at 10:00 am. Swimmers will be able to enter the facility by 8:00 am.

Evt #	Event	Evt #	Event
1	800 meter freestyle	12	50 meter butterfly
2	200 meter medley relays (women/men/mixed)*	13	200 meter breaststroke
3	400 meter free relays (women/men/mixed)*	14	100 meter backstroke
4	50 meter breaststroke	15	400 meter freestyle
5	200 meter individual medley	16	400 meter medley relays (women/men/mixed)*
6	200 meter backstroke	17	200 meter butterfly
7	50 meter freestyle	18	50 meter backstroke
8	100 meter butterfly	19	100 meter freestyle
9	100 meter breaststroke	20	200 meter free relays (women/men/mixed)*
10	400 meter individual medley	21	1500 meter freestyle
11	200 meter freestyle	22	800 meter free relays (women/men/mixed)*

*Relays: There will be one heat of each relay; Women, Men and Mixed relays will be swum in the same heat. All relays will be deck entered.

ENTRIES: \$10.00 per event; \$10.00 surcharge to help defray cost of equipment rentals, mailing, medals, etc. Relays will cost \$12.00 per each relay entered. Relays will be deck entered and deck seeded. Swimmers may enter up to five (5) individual events plus relays. **There will be an additional \$5.00 fee for all mail-in registrations.**

ENTRY DEADLINES: **ENTRIES ARE DUE BY JUNE 23, 2012.** Be sure to sign the liability waiver. If you are a registered USMS swimmer, you must provide a copy of your 2012 USMS card. Paper entries should be mailed to the address at the bottom of this page. **Online entries are available at www.Commonwealthgames.org.**

RULES: Current USMS rules on Masters swimming will apply. No one will swim alone. 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 marshal who will monitor warm-ups. No diving during warm-ups except in designated lanes.

AWARDS: Medals will be awarded for 1st through 3rd places in each event in each age group and also for relays.

**SUBWAY COMMONWEALTH GAMES OF VIRGINIA
LONG COURSE STATE SWIM MEET FOR 18 AND UP**

NAME: _____ DATE OF BIRTH: _____ SEX: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

AGE (12/31/2012): _____ PHONE: _____ E-MAIL: _____

USMS#: _____ USMS TEAM: _____

(Attach copy of your registration card if you are a registered USMS swimmer. If you are not a registered USMS swimmer, you do not have to complete the USMS number and team information.)

All participants must sign the following liability waiver:

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 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.

Evt #	Seed Time	Event	Evt #	Seed Time	Event
1		800 meter freestyle	12		50 meter butterfly
2		200 meter medley relays (womens/men/mixed)*	13		200 meter breaststroke
3		400 meter free relays (womens/men/mixed)*	14		100 meter backstroke
4		50 meter breaststroke	15		400 meter freestyle
5		200 meter individual medley	16		400 meter medley relays (w/m/mxd)*
6		200 meter backstroke	17		200 meter butterfly
7		50 meter freestyle	18		50 meter backstroke
8		100 meter butterfly	19		100 meter freestyle
9		100 meter breaststroke	20		200 meter free relays (w/m/mxd)*
10		400 meter individual medley	21		1500 meter freestyle
11		200 meter freestyle	22		800 meter free relays (w/m/mxd)*

Number of Events _____ x \$10.00= _____

\$10.00 surcharge per entry _____ \$10.00

\$12.00 relay fee per relay: _____ x \$12.00= _____

Total amount included: _____

MAKE CHECKS PAYABLE TO:
VIRGINIA AMATEUR SPORTS, INC.
711-C 5th Street, NE
Roanoke, VA 24016

Clinic in Virginia Beach

Karlyn Pipes-Neilsen will be in Virginia Beach for 3 clinics, May 4,5,6, at the Seatack Recreation Center.

A flyer with registration information is posted on the website at vaswim.org.

Friday night is an Open Water Clinic.

Saturday is a Freestyle Clinic with filming.

Sunday is a Multi-Stroke Clinic.

Pictures from Richmond Meet in February



Betsy Turner and Dave Holland ↑



Coach Mark Kutz →