

The Wet Gazette

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

News From The Registrar *Four New Teams For 2012*

Lisa Bennett

The LMSC for Virginia would like to welcome four new teams for 2012! Here's the chance for all you "unattached" swimmers to find a team near you!

•Our newest team is **SWIMTEC, LLC**, coached by Mike Pliuskaitis who is a World Championship and Olympic Level coach. STEC will be practicing out of the Claude Moore Rec Center in Sterling, VA. Keep posted for the new website.

Coach Pliuskaitis was a 5-time Canadian National Team Coach; 4-time Ontario Coach of the Year, as well as the 1995 Canadian Coach of the Year. During his time in Virginia he has produced a Masters World Record swimmer in the 30-34 age group in the 200 LCM butterfly. He has also worked with USA National Champion swimmer Matt McLean in the 400 LCM free.

Coach Pliuskaitis states: "I am very excited about the launch of SwimTec! I think athletes will find this to be a swimming experience quite different than they have ever encountered before." The program will offer programs for all levels of Masters Swimmers.

Contact information: Mike Pliuskaitis (703) 966-1125; www.SWIMTECUSA.com.

•**NEW RIVER BLACK BEARS** was just started as well. Sue Bricken contacted the LMSC with great enthusiasm after she swam at the Lexington, VA, meet hosted by Rockbridge Masters. Craig Charley has done such a great job with the meet that swimmers are popping up all over southwestern Virginia to be a part of the LMSC!

Practices are held at the Christiansburg Aquatic Center in Christiansburg, VA. They are coached practices by Logan Weddle.

Please contact Sue at sbricken@yahoo to find out about times and days for practices.

•**WYTHEVILLE MASTERS** has joined our LMSC in hopes of getting the "deep south" part of Virginia involved in swimming. Wytheville Masters was started by Larry Hutton, who will also be coaching the team. The team will practice at the Wytheville Community Center in Wytheville, VA.

Please contact Larry at larry.g.hutton@gmail.com for times and days of their workouts.

•**TIDEWATER AQUATICS CLUB** began this year in hopes of getting more of the swimmers in the Naval Station Norfolk and surrounding areas involved in the sport. TIDEWATER is coached by Arthur Anthony. This team trains at FLEET REC PARK; NAVAL STATION, NORFOLK; and OLD DOMINION UNIVERSITY. There are a ton of swimmers in this area, so here's your opportunity to swim with a coached practice!

Coach Anthony can be contacted at:
www.swimtac.com.

With our LMSC now having over 25 teams, there is a great opportunity for our swimmers to get benefit of having coached workouts. USMS also has programs for coach/club development to enhance your programs so that your team will remain a viable part of our LMSC. The USMS.org website has a wealth of information for all swimmers and all coaches. Again....WELCOME to all of our new teams! (Host a meet...hint, hint!!!)

See page 3 for a report on SC Nationals in Greensboro.



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

May 26-27: Reston, VA
1 and 2 Mile, 5K, and Clinic

June 9: Long Course, Goldsboro, NC
Entry at NC website.

June 10-16: FINA World Championship in Riccione, Italy. Entries were due April 23.

June 17: Peluso Open Water Series,
Midlothian, VA

June 24: Jack King 1-Mile Ocean Swim,
Virginia Beach. Entry information is in this newsletter.

June 30: Long Course, Christiansburg, VA Commonwealth Games, USMS Recognized
Entry is in this newsletter.

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

July 14: Chris Greene Lake 1 and 2 Mile,
Charlottesville. Entry is in this newsletter.
Online entries are encouraged.

August 25: USMS 1-Mile Open Water Champ.,
Lake Lure, NC

September 30: Pelusa Open Water Series

Newsletter Editor

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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

LMSC Officers

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pmillerswmr@gmail.com

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Sanctions: Heather Stevenson
hns@usms.org, 804-282-0124

Records and Top Ten: Chris Stevenson
chrisl Stevenson@usms.org, 804-282-0124

Graphics from www.swimgraphics.com

Long Course Meets in June!

Eastern North Carolina Long Course Splash, June 9th, Goldsboro, NC

This will be the Second LCM Masters Meet held in this 50 meter indoor facility where there is a separate 25yd pool available for continuous warmup. The fee for this event is a very reasonable \$25

This year the event has online registration. Online registration is available at the NC website (ncmasters.org) or at Club Assistant (clubassistant.com). Paper entry can be found at the NC website.

Commonwealth Games, June 30, in Christiansburg, VA

This is a new meet in a very good new pool. Christiansburg is near Blacksburg, VA. This is a USMS "Recognized" meet. The meet will be run according to USMS rules. Any swims by USMS members are considered for USMS records and Top Ten and LMSC records. Swimmers who are not USMS members may also compete in the meet.



Nancy Speer and Heather Stevenson

Virginia Swimmers at Short Course Nationals

By Betsy Durrant

There were 103 swimmers from Virginia entered in the National Championship in Greensboro, April 26-29. The following clubs were represented:

CFYM – 3	VTAC - 1
FSYM – 4	UNAT - 10
QUEST – 6	U OF R - 1
STON – 5	VMST - 71
SUNF – 1	WAVA - 1

There were many outstanding swims, and I wish we could publish all results. I have listed the swimmers who placed in the top 3 in any event. Complete results can be found on the USMS website. Look under Competition/Nationals.

Maria Martinez (18-24), QUEST, 3rd – 1650 free
Pieter DeHart (30-34), STON, 3rd – 200 back
Hank Mierzwa (60-64), STON, 3rd – 200 breast
Deanne Moosman (30-34), STON, 3rd – 400 IM
Dan Gallagher (20-24), VTAC, 3rd – 200 back,
3rd – 200 fly
Joan Averette (75-79), VMST, 3rd – 50 breast,
3rd – 100 breast
Adam Barley (30-34), VMST, 2nd – 200 IM
Marcia Barry (60-64), VMST, 2nd – 1650,
2nd – 50 back, 3rd – 200 & 500 free
Marianna Berkley (85-89), VMST, 1st – 100 back,
1st – 100 IM, 2nd – 100 & 200 breast
Maura Bolger (30-34), VMST, 1st – 400 IM,
1st – 100 & 200 fly, 2nd – 200 & 500 free,
2nd – 200 IM
Amy Charley (25-29), VMST, 3rd – 400 IM,
3rd – 200 back
Johnnie Detrick (75-79), VMST, 1st – 50 breast,
1st – 100 breast, 1st – 100 IM, 1st – 100 free,
2nd – 50 free, 3rd – 200 free
Betsy Durrant (70-74), VMST, 1st 500 & 1650 free,
3rd – 50 back
Becky Franklin (40-44), VMST, 3rd – 1000 free
Lucille Griffin (70-74), VMST, 2nd – 200 back,
2nd – 200 fly
Stephen Gomez (18-24), VMST, 2nd – 200 fly,
3rd – 400 IM
Francis Hall (85-89), VMST, 2nd – 50 & 100 free

Donna Hodgert (40-44), VMST, 1st – 200 fly,
3rd – 400 IM
Chris John (35-39), VMST, 1st – 50 back,
1st – 200 back, 2nd – 100 back,
3rd – 200 free
Jenny John (40-44), VMST, 3rd – 50 back
Shirley Loftus-Charley (60-64), VMST,
1st – 500, 1000 & 1650 free,
1st – 200 breast, 2nd – 200 back,
2nd – 200 IM
Dave Malsbury (50-54), VMST, 3rd – 50 breast,
3rd – 100 breast & 50 back
Danielle Myers (25-29), VMST, 1st – 1000 free,
2nd – 200 fly, 3rd – 200 breast
Annette Patterson (45-49), VMST, 2nd – 50 back
Beth Schreiner (70-74), VMST, 1st – 50 & 100 free,
1st – 200 free, 2nd – 50 back
Terry Sokolik (80-84), VMST, 2nd – 50 & 100 free
Justin Stauder (18-24), VMST, 3rd – 50 breast
Dan Summerlin (35-39), VMST, 1st – 100 fly,
2nd – 50 free, 50 fly & 100 free
Shannon Summerlin (35-39), VMST, 2nd – 50 back,
3rd – 50 free & 100 IM
Randy Wise (70-74), VMST, 2nd – 50 fly,
2nd – 200 IM, 3rd – 100 IM

I haven't listed relays here. There were some outstanding relays. I will list them next month.

Note that we have a number of families that are swimming:

Shirley Loftus-Charley and Amy Charley
Jenny and Pieter DeHart
Marcia Barry and Chris Frogley
Dan and Shannon Summerlin (Shannon is Marcia's daughter)
Chris and Jenny John
Patty and Jim Miller
Erin Tudor swam. Her dad, Louis Tudor, usually swims but is out recovering from foot surgery. Louis was there to watch and coach.
David Frisch, VMST, and daughter Alexandria, who swims UNAT from NY.
Heather Stevenson and Chris Stevenson
Chris swam with NC for this meet so he swim some relays with old high school and College friends.
Warner Brundage, his son, and 2 daughters formed Brundage Swim Masters for this meet.
Warner usually swims with VMST, his son Patrick usually swims with Arizona. I don't

think the 2 daughters (Lisa Finley and Susan Rankin) usually compete. Mom, Debbie, was team manager.

Meet Impressions

I thought the meet venue and the running of the meet were great. It was definitely crowded on deck and in warm-up, but with 1800 swimmers, there will never be enough room. Seating was upstairs, which was comfortable, but there was a lot of stair climbing (even though there was one elevator). Check-in, vendors, massage, and awards were in an adjacent building, connected by a covered walkway. I liked that there was plenty of room over there.

I didn't like that we were not allowed to hang team banners in the sitting area so team members could find each other and could find where relays were posted. We had ours (VMST) up for 2 days before it was removed.

There were two warm-up pools: the diving well and a teaching pool in an adjacent room. Again, it was crowded, but do-able.

Ten or fifteen Virginia swimmers went to the meet social on Saturday night. I don't usually go to these, but I felt sure NC would host a good one. We had a very nice time. It was particularly nice to have Carl Russ and Francis Hall with us again. Both are longtime members but have not competed lately. Michael Dougherty, formerly of Virginia Beach now from Montana, joined us at the social. I guess what made it enjoyable was that there was plenty of food and lots of room to move around and visit old friends or make new friends.



A few of the VMST members with the team award.

VMST and LC Nationals

Who's going to Omaha for LC Nationals? Entries are due at the end of May. Let me (Betsy) know if you are planning to go and if you know of anyone else who might be going. It's never too soon to start thinking of relays.

VMST Relay All-Americans

Each year USMS compiles lists of Top Ten times for short course yards, short course meters, and long course meters. Anyone who is a **Number One** swimmer in any course is an All-American. The following swimmers were on #1 relay teams and are Relay All-Americans. All-American patches can be ordered. The form is online, but if you can't locate it, let me know and I will send it to you.

Johnnie Detrick	75
Beth Schreiner	70
Laura S Walker	73
Betsy Durrant	69
Susan E Marens	69
Ida M Hlavacek	68
Judy Martin	68
Edward H Gaulrapp	68
Owen C Maher	76
Harry M Sober	68
Kelly Parker Palace	50
Nancy R Betts	55
Barbara M Zaremski	74
Richard A Scott	76
Bill L Nelson	58
Marianna Berkley	89
Miriam K Tuovila	86
Jeanne H Meredith	83

Many thanks to those who sent me the great pictures from Greensboro. When you send me pictures, be sure to include the names. I have more to include next month when I get all of the names.

More Photos from Nationals

Stonewall Masters: Deanne Moosman, Hank Mierzwa, Patrick Bradley, Jenny DeHart, Pieter DeHart ▼



Judy Martin, Carl Russ and Francis Hall ▼



Annette Patterson ▼ won her first medal in 28 years!



Annette Patterson with her Mom and sister, Megan Hall



Some of the swimmers who work out at NOVA in Richmond: Claire Russo, Kate Hibbard, Betsy Turner, Danielle Myers, Maura Bolger

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



Chris Greene Lake 1- & 2-Mile Cable Swims

Charlottesville, Virginia, Saturday, July 14, 2012

Sponsored by: Virginia Masters Swim Team and Albemarle County Parks and Recreation
Sanctioned by: LMSC of Virginia Inc. for USMS Inc. Sanction #: 122-OW06
SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at www.cableswim.org
Your credit card will be charged to "ClubAssistant.com Event Billing"

Event: There will be two races: a 2-mile cable swim at 8:30 am and a 1-mile cable swim beginning at 10:30 am. The 2-mile swim will consist of 4 laps in a counter-clockwise direction around a ¼-mile straightaway cable, with start and finish in the water. The 1-mile race will consist of 2 laps around the ¼-mile cable in a clockwise direction. Both the 1- and 2-mile distances are certified and qualify for national records. No splits or premature finishes will be eligible for records. **The lake opens at 7am and warm-up on the cable course will be available from 7:15-8:15am.**

- Anticipated water temp: 78° to 82°
- NO WETSUITS ALLOWED

Check-in Closes at:

2-Mile: 8:15 AM 1-Mile: 10:15 AM

Eligibility: Open to all swimmers 18 years & older as of July 14, 2012. **Paper entries must include a copy of your 2012 USMS card. Online entries will be verified automatically. "One Event" is available through online registration for an additional fee of \$25.30.** To renew or join USMS online, visit www.usms.org/reg

Rules: Current 2012 USMS rules will govern both races.

Entries: All snail mail entries must be postmarked by July 6, 2012. Online entries will close at 11:59pm Eastern Time on July 9, 2012. Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. Entry fee is \$25/ \$40.

Safety: For safety reasons, swimmers who cannot complete 1 mile in 1 hour or 2 miles in 2 hours should NOT enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The Charlottesville-Albemarle rescue/dive team will be on site with boats, scuba divers, and a rescue squad.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 30-second intervals. "No Time" entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

Age Groups: 18-24, 25-29, 30-34, etc. in five year increments, as high as necessary for both men/women.

Awards/ Social: For both races, custom awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the 1-mile race. Drinks and snacks will be provided.

Accommodations:

Doubletree Hotel (6 miles from lake) 990 Hilton Heights Rd. Charlottesville, VA 22901 (434) 973-2121 or (800) 222-TREE	Hampton Inn (9 miles from lake) 2035 India Rd. Charlottesville, VA 22901 434-978-7888 or (800) 426-7866
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Directions: (mapquest "Chris Greene Lake")

from Washington, D.C:

(Distance: 115 miles, Drive Time: ~ 2 to 2.5 hours)

Take Rt. 29 toward Charlottesville, VA. In Earlsville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. At roundabout, bear right onto 606. Go 1.2 miles and turn left onto Chris Greene Lake Rd. Proceed past guardhouse and follow the road downhill and around the lake to the parking lot at the end of the road.

from Richmond, VA:

(Distance: 75 miles, Drive Time: ~ 90 minutes)

Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 250 West), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

from Waynesboro, VA:

(Distance: 34 miles, Drive Time: ~ 45 minutes)

Take I-64 East to exit 118B, Charlottesville/Culpeper, (U.S. 29 North Bypass), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

Race Director Contact:


Dave Holland, 804-282-6224
Email: HenryDaFif@aol.com



2012 Chris Greene Lake 1- & 2-Mile Cable Swims ENTRY FORM

Avoid this form, avoid errors by registering online at www.cableswim.org

**PLEASE INSERT SEED TIME
FOR EVENT(S) YOU ARE ENTERING**

	<p>US MASTERS SWIMMING PLEASE STAPLE A LEGIBLE COPY OF YOUR 2012 CARD HERE. TRIM YOUR CARD AND COMPLETE THE FOLLOWING:</p> <p>Emergency Contact Name: _____</p> <p>Emergency Contact Phone: _____</p> <p>Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____</p>
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2- MILE 8:30 am	<<<< Counter-Clockwise >>>>	1650 yd time: ____ : ____
1- MILE 10:30 am	>>>> Clockwise <<<<	1650 yd time: ____ : ____

		<input checked="" type="checkbox"/>	CHECKLIST
\$ _____	\$ 25.00 1-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$ _____	\$ 40.00 2-Mile Cable Entry Fee	<input type="checkbox"/>	Copy of USMS card
\$ _____	T-Shirt: included free with entry; \$ 3.00 charge for XXL or XXXL	<input type="checkbox"/>	Check or money order payable to VMST
\$ _____	Additional T-Shirt: \$12.00 each XS-XL, \$15.00 for XXL or XXXL	<input type="checkbox"/>	Signed Release Below
\$ _____	Total Enclosed (Check or money order payable to VMST)	<input type="checkbox"/>	T-Shirt Size Below

T-Shirt Size: (please circle) XS S M L XL XXL XXXL
 Additional T-Shirts: indicate quantity and size: _____

**Please use the checklist above to ensure that your entry is complete!!
 Mail this completed form with check or money order payable to VMST, postmarked by July 6, 2012 to:
 Dave Holland, 504 West Drive Circle, Henrico, VA 23229-6832**

RELEASE BY PARTICIPANT FROM LIABILITY

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, ALBEMARLE COUNTY AND ITS OFFICERS, AGENTS, AND EMPLOYEES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE: _____ **DATE:** _____ **AGE ON 7/14/12:** _____

Phone (H): _____ **Phone (W):** _____ **E-Mail:** _____

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