

# The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia  
January 15, 2014

## New Club

Last month I printed a list of clubs that had registered for 2014. Since then, we have a new club. The information about this club is below.

The club Burkwood Aquatics Masters (BAM1) has registered in the Virginia LMSC for 2014.

**Club Name:** Burkwood Aquatics Masters

**Abbreviation:** BAM1

**Allow Workout Groups:** This club has chosen to **allow** workout groups to register under them.

**Contact Name:** George Massey (02K6U)

**Contact is a Coach:** Yes

**Contact Location:** Mechanicsville, VA

There website address is:  
[www.burkwoodclub.com/adult\\_aquatics.html](http://www.burkwoodclub.com/adult_aquatics.html)

## FLOGS (Fitness Logs)

At the start of a new year, you might consider keeping a Fitness Log. On the home page of the USMS website ([usms.org](http://usms.org)), click on “Swim for Fitness” in the red banner at the top. It is a pull down menu, click on “Fitness Log”









[Home](#) ▶ [Fitness Swimming](#) ▶ Fitness Logs (FLOGs)  
**Fitness Logs (FLOGs)**

USMS members can use the [FLOGs](#) to track their swimming and other fitness activities. With this exciting online service, you can log a variety of fitness activities, such as swim workouts, running, biking, weight training and yoga. Track your weekly, monthly and annual totals online.



Members who are participating in the popular "[Go The Distance](#)" fitness event will also enjoy the convenience of having the data from their FLOG automatically included in the daily event reports.

- [Setting up My USMS and Your FLOG](#)
- **Sample FLOG View.**

### [Totals For This Week](#)

Activity	# of Sessions	Total Time (H:MM)	Total Distance
 Swimming	4	6:00	10.23 miles (=18,000 yards, =16,459 meters)
 Weights	3	1:30	
 Running	1	0:50	5.00 miles (=8,800 yards, =8,047 meters)
 Walking	1	8:20	10.00 miles (=17,600 yards, =16,093 meters)
 Cycling	1	2:40	50.00 miles (=88,000 yards, =80,467 meters)
 Spinning	1	2:30	40.00 miles (=70,400 yards, =64,374 meters)
 Yoga	1	0:30	
 Pilates	1	0:30	

### Fitness Measurement Statistics For This Week

Measurement	# Entries	Average	High Reading	Low Reading
 Weight	1	135.00 lbs.	135.00 lbs.	135.00 lbs.
 Resting Heart Rate	1	58.0 BPM	58 BPM	58 BPM



**If you do not have internet access and need an entry, contact me (address and phone below) and I will send you a copy. Betsy**

WAVA Postal Event, through August 31, 2014:  
***Butterfly is Not a Crime***. Details on page 8.

Jan 25-26: Charlotte, NC, SCM

Jan 26: Alexandria Tropical Splash

February 8-9: VMST, Richmond  
Entry is in this newsletter

March 15: Tentative date for Albatross Open

March 23: Rockbridge County, VA  
Entry is in this newsletter.

March 29-30: NC Championship, Raleigh

Apr 4-6: Colonies Zone, George Mason University

May 1-4: USMS SC Nationals, Santa Clara, CA

Aug 3-10: FINA Worlds in Montreal

Aug 13-17: USMS LC Nationals in  
College Park, MD

### Newsletter Editor

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



**Virginia LMSC Website**

[www.vaswim.org](http://www.vaswim.org)

**USMS Website**

[www.usms.org](http://www.usms.org)

**Latest info on all levels of swimming**

[www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com)

**Nearby LMSCs**

North Carolina: [www.ncmasters.org](http://www.ncmasters.org)

Maryland: [www.maryland@usms.org](mailto:www.maryland@usms.org)

Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)

**Colonies Zone**

[www.ColoniesZone.org](http://www.ColoniesZone.org)

**ONLINE Registration** for many meets:

[www.clubassistant.com](http://www.clubassistant.com)

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### LMSC Officers

**Chair: Patty Miller**

[pmillerswmr@gmail.com](mailto:pmillerswmr@gmail.com)

**Vice Chair: Charlie Tupitza**

[ctupitza@warrentonmasters.org](mailto:ctupitza@warrentonmasters.org)

**Secretary: Pam Dameron**

[cpdameron@comcast.net](mailto:cpdameron@comcast.net)

**Treasurer: Charlie Cockrell**

[Charles.Cockrell@alumni.virginia.edu](mailto:Charles.Cockrell@alumni.virginia.edu)

**Registrar: Shirley Loftus-Charley**

[VARegistrar@usms.org](mailto:VARegistrar@usms.org)

**Sanctions: Heather Stevenson**

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

**Records and Top Ten: Chris Stevenson**

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

# 2013 USMS Top Ten LCM for Virginia LMSC

Place	Age Grp	Event	Name	Age	Club	Time
7	W18-24	800 Free	Brianna M Lovell	23	VMST	11:12.37M
6		1500 Free	Brianna M Lovell	23	VMST	21:06.86M
4		400 IM	Brianna M Lovell	23	VMST	5:58.93M
9	W25-29	100 Back	Kate Hibbard	29	VMST	1:13.81M
6		200 IM	Kate Hibbard	29	VMST	2:36.59M
10	W30-34	100 Free	Claire C Russo	30	VMST	1:07.88M
6		400 Free	Maura J Smith	32	VMST	5:05.45M
7		100 Back	Claire C Russo	30	VMST	1:19.05M
8		200 Back	Maura J Smith	32	VMST	2:49.38M
4		50 Breast	Claire C Russo	30	VMST	37.89M
5		100 Breast	Claire C Russo	30	VMST	1:23.44M
5		200 Breast	Claire C Russo	30	VMST	3:02.38M
7		100 Fly	Maura J Smith	32	VMST	1:13.31M
4		200 IM	Claire C Russo	30	VMST	2:44.71M
2		400 IM	Claire C Russo	30	VMST	5:52.42M
10	W35-39	50 Breast	Rebecca A Deaton	38	CPYM	41.83M
7	W40-44	1500 Free	Alison Moore	43	VMST	21:57.28M
10	W45-49	200 IM	Alice W Phillips	48	POWM	2:54.41M
6	W50-54	100 Back	Val R Van Horn Pate	51	VMST	1:19.67M
6		200 Back	Val R Van Horn Pate	51	VMST	2:53.80M
8		100 Fly	Val R Van Horn Pate	51	VMST	1:19.38M
2		200 Fly	Val R Van Horn Pate	51	VMST	2:59.63M
9	W60-64	50 Free	Shirley A Loftus-Charley	62	VMST	34.11M
5		100 Free	Shirley A Loftus-Charley	62	VMST	1:15.13M
4		200 Free	Shirley A Loftus-Charley	62	VMST	2:40.80M
3		400 Free	Shirley A Loftus-Charley	62	VMST	5:31.37M
2		800 Free	Shirley A Loftus-Charley	62	VMST	11:14.64M
1		1500 Free	Shirley A Loftus-Charley	62	VMST	21:01.19M
10		100 Back	Shirley A Loftus-Charley	62	VMST	1:33.15M
7		200 Back	Shirley A Loftus-Charley	62	VMST	3:12.24M
10		50 Breast	Shirley A Loftus-Charley	62	VMST	46.70M
7		100 Breast	Shirley A Loftus-Charley	62	VMST	1:40.20M
4		200 Breast	Shirley A Loftus-Charley	62	VMST	3:32.69M
7		200 Breast	Barbara E Boslego	62	VMST	3:41.68M
8		50 Fly	Shirley A Loftus-Charley	62	VMST	38.85M
5		100 Fly	Shirley A Loftus-Charley	62	VMST	1:32.24M
1		200 Fly	Shirley A Loftus-Charley	62	VMST	3:15.37M
3		200 IM	Shirley A Loftus-Charley	62	VMST	3:05.07M
2		400 IM	Shirley A Loftus-Charley	62	VMST	6:26.86M
10	W65-69	50 Free	Marcia L Barry	65	VMST	36.82M
4		100 Free	Marcia L Barry	65	VMST	1:19.18M
3		200 Free	Marcia L Barry	65	VMST	2:52.42M
2		400 Free	Marcia L Barry	65	VMST	6:04.97M
1		800 Free	Marcia L Barry	65	VMST	12:34.63M
1		1500 Free	Marcia L Barry	65	VMST	23:37.38M

3		50 Back	Marcia L Barry	65	VMST	42.77M
3		100 Back	Marcia L Barry	65	VMST	1:34.07M
2		200 Back	Marcia L Barry	65	VMST	3:27.49M
8		200 IM	Kathryn S Gregory	67	VMST	4:07.76M
<b>1</b>	<b>W70-74</b>	<b>50 Free</b>	<b>Beth Schreiner</b>	<b>72</b>	<b>VMST</b>	<b>36.63M</b>
3		100 Free	Beth Schreiner	72	VMST	1:30.86M
3		200 Free	Beth Schreiner	72	VMST	3:19.20M
6		200 Free	Betsy Durrant	72	VMST	3:38.47M
3		400 Free	Beth Schreiner	72	VMST	6:52.79M
6		400 Free	Betsy Durrant	72	VMST	7:39.30M
8		400 Free	Ida M Hlavacek	71	VMST	7:55.37M
6		800 Free	Betsy Durrant	72	VMST	15:58.71M
8		800 Free	Ida M Hlavacek	71	VMST	16:09.23M
7		1500 Free	Betsy Durrant	72	VMST	30:34.81M
8		50 Back	Judy Martin	71	VMST	52.97M
10		50 Back	Betsy Durrant	72	VMST	55.27M
5		100 Back	Beth Schreiner	72	VMST	1:45.22M
8		100 Back	Ida M Hlavacek	71	VMST	1:56.04M
9		100 Back	Betsy Durrant	72	VMST	1:57.06M
8		200 Back	Betsy Durrant	72	VMST	4:10.78M
9		200 Back	Ida M Hlavacek	71	VMST	4:13.78M
10		200 Back	Judy Martin	71	VMST	4:18.23M
3		50 Breast	Betsy Durrant	72	VMST	57.04M
6		50 Breast	Judy Martin	71	VMST	59.50M
9		100 Breast	Judy Martin	71	VMST	2:30.03M
4		100 Fly	Ida M Hlavacek	71	VMST	2:07.59M
4		200 Fly	Ida M Hlavacek	71	VMST	5:05.50M
6		200 IM	Ida M Hlavacek	71	VMST	4:21.22M
5		400 IM	Ida M Hlavacek	71	VMST	9:20.76M
<b>1</b>	<b>W75-79</b>	<b>50 Free</b>	<b>Johnnie Detrick</b>	<b>78</b>	<b>VMST</b>	<b>38.06M</b>
3		50 Free	Laura S Walker	76	VMST	42.32M
2		100 Free	Johnnie Detrick	78	VMST	1:34.54M
5		100 Free	Laura S Walker	76	VMST	1:37.35M
5		200 Free	Johnnie Detrick	78	VMST	3:47.65M
5		400 Free	Johnnie Detrick	78	VMST	8:14.22M
2		50 Back	Lucille Griffin	75	VMST	53.01M
8		50 Back	Laura S Walker	76	VMST	56.20M
2		100 Back	Lucille Griffin	75	VMST	1:57.66M
3		100 Back	Laura S Walker	76	VMST	1:58.27M
3		200 Back	Lucille Griffin	75	VMST	4:11.13M
5		200 Back	Laura S Walker	76	VMST	4:14.63M
4		50 Breast	Johnnie Detrick	78	VMST	56.84M
7		50 Breast	Laura S Walker	76	VMST	1:04.05M
4		100 Breast	Johnnie Detrick	78	VMST	2:11.71M
4		200 Breast	Johnnie Detrick	78	VMST	4:38.60M
2		50 Fly	Lucille Griffin	75	VMST	51.31M
9		50 Fly	Johnnie Detrick	78	VMST	1:04.45M

<b>1</b>		<b>100 Fly</b>	<b>Lucille Griffin</b>	<b>75</b>	<b>VMST</b>	<b>1:54.65M</b>
3		200 IM	Johnnie Detrick	78	VMST	4:18.03M
7	W80-84	100 Free	Lesley L Francis	82	VMST	2:09.27M
7		200 Free	Lesley L Francis	82	VMST	4:34.70M
3	W90-94	50 Free	Marianna Berkley	91	VMST	1:23.96M
2		100 Back	Marianna Berkley	91	VMST	3:13.54M
2		50 Breast	Marianna Berkley	91	VMST	2:01.70M
9	M18-24	400 Free	Christopher C Stickle	23	UC12	4:45.17M
8		200 Breast	Eric A Judd	21	WVM	3:02.56M
7		400 IM	Christopher C Stickle	23	UC12	5:47.37M
8	M25-29	200 Free	John Hogan	25	VMST	2:05.19M
3		400 Free	John Hogan	25	VMST	4:22.86M
2		800 Free	John Hogan	25	VMST	9:23.32M
<b>1</b>		<b>1500 Free</b>	<b>John Hogan</b>	<b>25</b>	<b>VMST</b>	<b>17:46.06M</b>
10		100 Fly	John Hogan	25	VMST	1:01.07M
<b>1</b>		<b>200 Fly</b>	<b>John Hogan</b>	<b>25</b>	<b>VMST</b>	<b>2:20.82M</b>
8	M30-34	200 Free	Adam S Barley	32	VMST	2:11.32M
5		400 Free	Adam S Barley	32	VMST	4:27.33M
5		100 Fly	Adam S Barley	32	VMST	1:00.55M
<b>1</b>		<b>200 Fly</b>	<b>Adam S Barley</b>	<b>32</b>	<b>VMST</b>	<b>2:15.95M</b>
3		200 IM	Adam S Barley	32	VMST	2:18.68M
2		400 IM	Adam S Barley	32	VMST	5:00.34M
10	M35-39	200 Back	Dave H Romack	36	UC12	2:40.50M
2	M45-49	200 Free	Chris L Stevenson	49	VMST	2:04.50M
<b>1</b>		<b>800 Free</b>	<b>Chris L Stevenson</b>	<b>49</b>	<b>VMST</b>	<b>9:10.01M</b>
2		1500 Free	Chris L Stevenson	49	VMST	17:49.63M
2		50 Back	Chris L Stevenson	49	VMST	30.50M
<b>1</b>		<b>100 Back</b>	<b>Chris L Stevenson</b>	<b>49</b>	<b>VMST</b>	<b>1:03.21M</b>
2		200 Back	Chris L Stevenson	49	VMST	2:19.49M
2		100 Fly	Chris L Stevenson	49	VMST	1:00.67M
<b>1</b>		<b>200 Fly</b>	<b>Chris L Stevenson</b>	<b>49</b>	<b>VMST</b>	<b>2:17.96M</b>
3	M50-54	200 Free	Len D Gushe	50	UC12	2:08.11M
4		400 Free	Len D Gushe	50	UC12	4:33.11M
3		800 Free	Len D Gushe	50	UC12	9:29.69M
3		50 Back	Len D Gushe	50	UC12	31.47M
4		100 Back	Len D Gushe	50	UC12	1:05.54M
1		100 Fly	Len D Gushe	50	UC12	1:02.05M
2		200 Fly	Len D Gushe	50	UC12	2:27.35M
4		200 IM	Len D Gushe	50	UC12	2:23.93M
10	M70-74	50 Free	Ken Novell	71	VMST	32.05M
10		1500 Free	Sandy Galletly	71	VMST	26:30.38M
8		100 Fly	Edward H Gaulrapp	71	VMST	1:46.31M
7		200 Fly	Edward H Gaulrapp	71	VMST	4:18.49M
10		200 IM	Ken Novell	71	VMST	3:33.68M
7		400 IM	Edward H Gaulrapp	71	VMST	8:24.00M
6	M75-79	200 Fly	Richard A Scott	78	VMST	7:06.46M
7		400 IM	Richard A Scott	78	VMST	10:52.89M

4	M85-89	800 Free	Calvin W Barnes	89	VMST	23:21.53M
<b>1</b>		<b>1500 Free</b>	<b>Calvin W Barnes</b>	<b>89</b>	<b>VMST</b>	<b>38:55.89M</b>
8		50 Breast	Norman B Rainer	85	VMST	1:09.51M
6		100 Breast	Norman B Rainer	85	VMST	2:40.88M
4		200 Breast	Norman B Rainer	85	VMST	5:54.71M

**Congratulations to all who made the national Top Ten.**

**Special congratulations to our 1st place finishers:**

Shirley Loftus-Charley - 1500 free and 200 fly

Marcia Barry - 800 free and 1500 free

Beth Schreiner - 50 free

Johnnie Detrick - 50 free

Adam Barley - 200 fly

Lucille Griffin - 200 fly

Chris Stevenson - 800 free, 100 back, 200 fly

John Hogan - 1500 free and 200 fly

Len Gushe - 100 fly

Calvin Barnes - 1500 free



**Calvin Barnes**

**1st place relays:**

W120+ VMST 400 Medley Relay

W280+ VMST 400 Free Relay

Mix 280+ VMST 400 Free Relay

Kate Hibbard, Claire Russo

Maura Smith, Danielle Myers

Marcia Barry, Johnnie Detrick

Laura Walker, Shirley Loftus-Charley

Ed Gaulrapp, Beth Schreiner

Betsy Durrant, Ken Novell



**Relay: Claire, Maura, Danielle, Kate**

**Chris Stevenson ➤**

**Marcia Barry →**







## 2013-2-14 "Butterfly is Not a Crime"™ Postal Swim Swim Between October 15, 2013- August 31, 2014

*"This is simultaneously the best and the worst thing that I have seen today."* Ellen, Mobile, AL

**Host:** Warrenton Masters Swim Team, **Meet Director:** Charlie Tupitza **Sanction Number:** 123-S007 for VA LMSC.  
Events of "Butterfly is Not a Crime" are non-conforming events and will not be recognized for official records by USMS or FINA.

**Goal:** Promote alternative stroke swims of butterfly, backstroke and breaststroke for distance events. Encourage swimmers to have fun and participate in unique events that challenge them to do something they thought they couldn't.

**Location:** This is a postal event. Pool Events may be swum in any 25-yard, or 25m short course pool during a swim meet, practice, or on your own with someone on the deck. See Rules below for more requirements. Open water swims must only be swum in separately sanctioned USMS or FINA events for your safety and recognized in this postal event.

**Eligibility:** Participants must be registered with USMS (or FINA organization for foreign swimmers) on the day of their swim.

**Registration and Detailed Meet Information:** [www.swimflyfast.com](http://www.swimflyfast.com)

<b>Sprints:</b>	500yd Butterfly, Back, or Breast	400m SC Butterfly, Back, or Breast
<b>Mid Distance:</b>	1000yd Butterfly, Back, or Breast	800m SC Butterfly, Back, or Breast
<b>Distance:</b>	1650yd Butterfly, Back, or Breast	1500m SC Butterfly, Back, or Breast
<b>IM:</b>	1500yd or 1500m SC No-Crawl IM*	* Swim strokes in the order you want!
<b>Open Water:</b>	1-mile and 2-mile open water Butterfly or Breaststroke	
<b>Sprint Relays:</b>	<b>3x500yd</b> Mixed Butterfly, Back, and Breast <b>3 x400m SC</b> Mixed Butterfly, Back, and Breast <b>3x500yd</b> and <b>3x400m SC</b> No-Crawl Medley Mixed*      * Swim strokes in the order you want!	

**Awards:** Anyone that sets an Unofficial, Non-conforming, World Record along the way will receive an Official Proclamation from the Mayor of Warrenton VA, the Honorable George B Fitch (co-founder of the Jamaican Bobsled Team 1988 Olympics). All records will be saved and listed on our site. Register early for your chance to be part of swimming history. As time goes on records will be tougher to break. At the conclusion of the event a special recognition award will be given to the top ten swimmers in each individual event and top six relays. Example: if Sally swims the fastest time to date in her age group she will get a proclamation. If Mary swims faster the next day she will get one too.

**Fee:** \$35 entry fee allows you to swim in an unlimited number of individual and relay events, and earn an unlimited number of unofficial records! Your age on Oct 15, 2013 will determine your age group.

**Relay Events:** Relay events will be contested as mixed 3 person teams (2 men, 1 woman or 1 man 2 women). You may swim with people from other USMS teams or unattached members. The total ages of your three swimmers determines the team age group example: 54- 74, 75- 89, 90- 104, 105- 119, 120- 134, 135- 149..... You may swim in as many relays as you wish, even relays of the same event but different people. **Individual splits** may be also entered as individual event times for swimmers that are still when previous swimmer touches. Timer must certify that swimmer is still for split.

**Result Submissions:** All results must be submitted by 11:59PM PST on September 15, 2014.

Send your results in as you swim to have the chance to be an unofficial, nonconforming, and unrecognized record holder. You may swim each event as many times as you want. Keep improving. Event results are sent in electronically via e-mail.

**Email to Results@SwimFlyFast.com Questions/Answers?** [swimflyfast@warrentonmasters.org](mailto:swimflyfast@warrentonmasters.org) or call 703 989-8777.

*"Thanks for holding this event! I have a new check off challenge"* Terri , Laural, MD *"Sounds like fun! Breaststroke for ever!"* Sue N. Boulder CO

*"I've never seen a meet with such long distances in events other than freestyle – looks intriguing!"* Sheila, Gainesville, VA

*"I'm in! Need to recruit 2 crazies for the 3x500 yard fly relay, anticipate light competition on that one! Swim Fly or Die "* Paul M, San Mateo, CA

*"Love the concept and agree that we need varieties of motivation to keep our sport growing!"* Bob, Bend OR

*"Great Idea. I think we can go with this and make meets much more fun.. If I can make it ... I'll kill you in old man back."* Frank, Bosie ID

***Why do freestylers have all the fun?***



## ***VMST David Gregg III Memorial Meet***

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

**February 8 and 9, 2014**

**Sponsored By:** Virginia Masters Swim Team

**Sanctioned By:** LMSC for Va. for USMS, Inc. - Sanction # 124-S002

**Meet Director:** Nancy Miller ([nancymillr@aol.com](mailto:nancymillr@aol.com)) **Meet Referee:** Bob Rustin

**Location:** NOVA of Virginia Aquatic Center. Address: 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. 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.

**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. **NOTE:** The 200-yard event entered on Saturday by the swimmer may not be repeated on Sunday. The results of heats swum on Saturday and Sunday in each of these events will be combined, and results will be published on Sunday.

**Entry Deadline:** Entries must be received no later than **February 1, 2014**, or they will be considered deck entries.

**Rules:** Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. 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. There will be continuous warm-up/warm-down lanes available 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](http://www.vaswim.org). If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

**Social:** Join us for our Masters potluck after the meet on Saturday, February 8th. \$10.00 per person covers food and drink. Please enclose payment with your entry and indicate the number of people who will be attending on your entry form.

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

The Holiday Inn is at the Gaskins Rd South exit off I-64. There are 10 double/queen rooms being held for the night of 02/08/2014 at a rate of \$80.00 per night plus tax. Be sure to mention Virginia Masters Swim Team to get a room from this block. All unreserved rooms will be released after January 25, 2014.



## 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:	Zip Code:
E-Mail Address:			
Age as of 2/09/2014:		Birthdate (Mo/Day/Yr):	
LMSC:	Club:	Phone (Day):	Phone (Night):

### SATURDAY, February 8

#### Warmups: 1-2 PM; Meets Starts: 2 PM

Women	Time	Event	Men	Time
1		200 IM	2	
3		200 Fly	4	
5		200 Breast	6	
7		200 Back	8	
9		1000 Free	10	
11		1650 Free	12	
13		400 IM	14	
15		500 Free	16	

### SUNDAY, February 9

#### Warmups: 7-8 AM; Meet Starts: 8 AM

Women	Time	Event	Men	Time
1		200 IM	2	
3		200 Fly	4	
5		200 Breast	6	
7		200 Back	8	
17		100 Free	18	
19		Novice 50 Fly	20	
21		50 Fly	22	
23		100 Breast	24	
25		Novice 50 Free	26	
27		50 Free	28	
29		100 IM	30	

#### BREAK

31		200 Free	32	
33		100 Back	34	
35		Novice 50 Breast	36	
37		50 Breast	38	
39		100 Fly	40	
41		Novice 50 Back	42	
43		50 Back	44	

#### RELAYS RELAYS RELAYS RELAYS

45		200 Medley Relay	46	
47		200 Free Relay	48	
49		200 Mixed Medley Relay	50	
51		200 Mixed Free Relay	52	

### ENTRY FEES

Total Events (both days) _____ x \$4.00:	
Surcharge:	\$7.00
Social (\$10.00/person):	
(number attending social: _____)	
<b>TOTAL AMOUNT ENCLOSED:</b>	

**Make checks payable to:  
Virginia Masters Swim Team**

Questions? Contact Nancy Miller – (804) 338-1540 or [nancymillr@aol.com](mailto:nancymillr@aol.com) or James Wolfle – (804) 272-2485 or [wolfle@aol.com](mailto:wolfle@aol.com)

**Mail Entry To: James Wolfle**

**3109 Williamswood Road  
Richmond, Virginia 23235**

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



**U.S. MASTERS  
SWIMMING**

**RCA's Dive Into Spring Meet  
The Community Pool  
194 Wallace Street Lexington VA, 24450  
Sunday, March 23, 2014**

**Sponsored By:** Rockbridge County Aquatics      **Sanctioned By:** LMSC for Va. for USMS, Inc., Sanction # 124-S001

**Meet Director:** Craig Charley [ccharley9@hotmail.com](mailto:ccharley9@hotmail.com)      **Meet Referee:** Gordon Hair [grhair919@aol.com](mailto:grhair919@aol.com)

**Location:** The Community Pool Address: 194 Wallace Street, Lexington, VA 24450. Telephone number: (540) 463-5441. This is a 6-lane, 25-yard Indoor pool with a semi-automatic electronic timing system including a 6-lane scoreboard. 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.

**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 not be available at the meet.

**Entries:** \$4.00 per individual event plus a \$6.00 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 at a cost of \$7.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays. Events will be swum slowest to fastest.

**Entry Deadline:** Entries must be received no later than **Monday, March 17, 2014**, or they will be considered deck entries. The 500 and 1,000 yd Freestyle events are limited to the first 20 registered athletes for each event.

**Rules:** Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Sexes and age groups will be combined where necessary. Event 38 is intentionally omitted. "NT" will be seeded arbitrarily. Heats will be swum slowest to fastest. A 4 person unofficial March Madness relay will be announced (must be a different stroke other than Butterfly, Backstroke, Breaststroke, or Freestyle and can change the style from swimmer to swimmer).

**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. Instructions given by the designated Safety Marshall shall be obeyed at all times. Lane 6 will be maintained as continuous warm-up/warm-down lane during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THIS LANE ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times. A swimmer may be disqualified at the discretion of the meet director or Meet Officials for failure to comply with these rules.

**Awards:** Awards *will* be given for first, second, and third place in each individual event by the standard Masters age groups. Awards will be given for relays.

**Results:** Results will be posted on our website at [www.rockbridgeswims.org](http://www.rockbridgeswims.org). If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

**Hospitality:** We will offer a wide variety of refreshments for swimmers and officials throughout the meet.

**Nearby Lodging:** Holiday Inn Express (540) 463-7351, Comfort Inn-(540) 463-7311, Wingate Inn- (540) 464-8100

**Directions: DIRECTIONS TO THE COMMUNITY POOL:**

- Take 81 south to exit 191 (64 west) • Take 1st exit 55 • At end of ramp, turn left on Route 11 south
- Stay on Route 11 for approximately 1 mile. • Cross bridge • Stay left on Route 11 bypass
- Follow Route 11 bypass for approximately 2 miles to the 1st stop light • Turn Right on Main (route 11)
- Take 1st right turn on Waddell street at the Farmers' Coop • Go straight through Maury River Middle School Parking lot.
- Turn left into Pool parking lot • If anyone is taking route 60 west into Lexington, it will bring you all the way into town. Take a left off of route 60 onto Walker Street (at the KFC). Take a right on Houston Street when Walker dead ends after a block or two. Take a left on Taylor Street. Take a left on Wallace. Take a left at the Maury River Middle School parking lot and come up hill and turn left again into the Pool parking lot.

**Sponsored by:** Rockbridge County Aquatic Masters **Sanctioned By:** LMSC for Va. for USMS, Inc., Sanction # 124-S001

**Release:** 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 CAUSE 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.

Please fill in the following:

Date:		Signature:	
Name (First, MI, Last):			
Gender:		USMS Number:	
Address:			
City:		State:	Zip:
Email:		Age as of 3/23/14:	
Phone Number (Day):		Cell Phone Number:	

**Warm Ups: 11:45am-12:45pm; Meet Starts at 1:00pm**

**At 12:15PM lanes 2 & 5 are one way sprints. Lanes 1,3,4,6 will remain as general warm-ups**

**\*\*The 500 yd and 1,000 yd Freestyle events are limited to the first 20 registered athletes for each event.\*\***

<u>Women</u>	<u>Time</u>	<u>Event</u>	<u>Men</u>	<u>Time</u>
1		<b>**500 yd Freestyle**</b>	2	
3		100 yd Backstroke	4	
5		50 yd Breaststroke	6	
7		100 yd Butterfly	8	
9		200 yd Individual Medley	10	
11		200 yd Freestyle	12	
13		50 yd Backstroke	14	
15		200 yd Breaststroke	16	
17	Deck Entered	200 yd Medley Relay	18	Deck Entered
		<b>15 Minute Break</b>		
19	Deck Entered	200 yd Freestyle Relay	20	Deck Entered
21		50 yd Butterfly	22	
23		100 yd Freestyle	24	
25		200 yd Backstroke	26	
27		100 yd Breaststroke	28	
29		200 yd Butterfly	30	
31		100 yd Individual Medley	32	
33		50 yd Freestyle	34	
35		400 yd Individual Medley	36	
37	Deck Entered	March Madness Relay		
		<b>10 Minute Break</b>		
39		<b>**1,000 yd Freestyle**</b>	40	

*A photocopy of your current USMS registration card must accompany your entry.*

**Event Fees:**

Total Events: \_\_\_\_\_ X \$4.00 = \_\_\_\_\_  
 Surcharge: \$6.00 \$6.00  
 Meet Tee-Shirt (optional): \$15.00 \_\_\_\_\_  
 Total Amount Enclosed: \_\_\_\_\_  
 Make Checks Payable to :

**Rockbridge Storm**

**Mail Entries to:**

*Craig Charley  
 106 Rebel Ridge Road  
 Lexington, VA 24450*

Questions? Contact Craig Charley [ccharley9@hotmail.com](mailto:ccharley9@hotmail.com) (540) 463-5441



**U.S. MASTERS  
 SWIMMING**

*Local Masters Swim Committee Newsletter*  
*Betsy Durrant, Editor*  
*211 66<sup>th</sup> Street*  
*Virginia Beach, VA 23451-2040*

*Prstd Std*  
*U. S. Postage*  
***PAID***  
*Richmond, VA*  
*Permit #3022*

**2013 USMS Top Ten LCM Relays for Virginia LMSC**

#	Age Group	Event	Club	Time	Swimmers
3	M240-279	400 Free	VMST	5:30.24M	Richardson, Nelson, Miller, Brundage
5	M240-279	800 Free	VMST	15:35.36M	Stone, Swiger, Butts, Romo
2	W120-159	400 Free	VMST	5:04.95M	Moore, Cohen, Russo, Lovell
1	<b>W120-159</b>	<b>400 Medley</b>	<b>VMST</b>	<b>4:55.20M</b>	<b>Hibbard, Russo, Smith, Myers</b>
4	W200-239	400 Free	VMST	5:24.71M	Feldman, Jaeger, Speer, Boslego
1	<b>W280-319</b>	<b>400 Free</b>	<b>VMST</b>	<b>5:45.80M</b>	<b>Barry, Detrick, Walker, Loftus-Charley</b>
5	X120-159	200 Medley	VMST	2:04.58M	Stevenson, Russo, Hogan, Hibbard
2	X240-279	400 Medley	VMST	7:45.42M	Walker, Butts, Swiger, Loftus-Charley
8	X280-319	200 Free	VMST	2:39.85M	Novell, Hlavacek, Durrant, Galletly
1	<b>X280-319</b>	<b>400 Free</b>	<b>VMST</b>	<b>6:07.36M</b>	<b>Gaulrapp, Schreiner, Durrant, Novell</b>
6	X320-359	200 Medley	VMST	4:38.39M	Berkley, Rainer, Scott, Gregory