

# The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia  
January 15, 2016

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## *Regional vs Local Clubs*

*By Betsy Durrant*

(Note: In the language of the Rule Book, “clubs” are what we commonly refer to as “teams.”

In the Rule Book, “team” is reserved for relay team.)

A number of years ago, USMS changed the scoring at national championships, and created two categories: Regional Clubs and Local Clubs. These terms are defined in the USMS Rule Book as:

*For competition at national championship meets, a **regional club** consists of a club made up of those swimmers who represent a club at nationals, but at competitions within their LMSC, they compete for an entity or subgroup (such as a workout group) that is different than the one they compete with at nationals.*

***Local clubs**—For competition at national championship meets, a local club consists of a club that does not qualify as a regional club.*

At this time, all clubs/teams in our Virginia LMSC are Local Clubs. Even though VMST covers the state, it is considered Local because VMST swimmers never compete in smaller groups, but rather always as VMST.

### **A New Proposal**

A proposal was made at our annual LMSC meeting to change the Virginia registration process to form a Regional Club. This would allow swimmers to represent their workout group or some other subgroup at local meets. At out-of-state meets, zone meets, or national championship meets, however, the workout groups or subgroups would all swim under one umbrella group (the Regional Club). New England does this quite successfully,

See *Regional/Local* on page 3.

## *LCM 2015 Season Wrap-Up*

*Chris Stevenson, December 23*

The final Top 10 lists for the 2015 long-course meters season (LCM15) have been published. The season ran from Oct 1, 2014 thru Sept 30, 2015.

Swimmers from our LMSC did well: 72 ranked individual swims and 4 ranked relays. There were 18 swimmers who had at least one Top 10 swim; **Marcia Barry** and **Ida Hlavacek** led the pack with 8 ranked swims apiece, followed closely by **Gregory Harris** (7) and **Denise Letendre** (6). There were three swimmers who had at least one top-ranked swim in an individual event: **Johnnie Detrick** had an impressive five #1 swims, while **Lucille Griffin** (3) and **Denise** (1) were also tops in at least one event. Congratulations to these fine swimmers and everyone else who was on the list!

More details on these and other recent Top 10 achievements are given on our website. Anyone making a Top 10 list can order Top 10 patches to commemorate the achievement. Nicely-formatted booklets are also available for download or order. The LMSC record book was also re-written in the past season: **30 new individual LCM records** were set, led by Johnnie with five records, while **Kevin Mastracci**, **Carl Russ** and **Richard Scott** each set four new standards. Johnnie also set six new Colony Zone records, while one of Marcia’s swims was also good for a new zone mark.

The mythical national championship rankings are based on scoring the Top 10 swims by zone, LMSC or club. As an LMSC, Virginia was ranked just out of the top 20 LMSCs at #22, while VMST achieved an impressive ranking of #22 out of more than 250 scoring clubs nation-wide!

Congratulations to everyone on a great season!

*Complete listing for Virginia swimmers in Top10 is on pages 4-5..*



***If you need an entry and do not have access to email, call me and I will send you an entry.***

***Betsy***

Feb 6-7: SCY in Richmond.

Full entry was in the December newsletter.

Information sheet is on page

Mar 19: Club Tribe Classic, Williamsburg

Mar 20: Dive Into Spring, Lexington, VA

Entry is in this newsletter.

Apr 8-10: Colonies Zone SCY Championships  
George Mason University, Fairfax, VA

Apr 28-May1: USMS SCY Nationals in  
Greensboro.

### **Newsletter Editor**

Betsy Durrant

3100 Shore Drive #950

Virginia Beach, VA 23451

757-217-2275 (fax or phone, before 9:30 pm)

Cell phone has stayed the same: 757-615-1661

[durrant6@cox.net](mailto:durrant6@cox.net)

**New address and phone # begin on Jan 21.**

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



**LMSC for Virginia Website:**

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

**USMS Website:** [www.usms.org](http://www.usms.org)

**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)

**Dixie Zone:** [www.DixieZone.org](http://www.DixieZone.org)

**ONLINE Meet Registrations:**

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

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### **LMSC Officers**

**Chair: Dave Holland**

[henrydafif@aol.com](mailto:henrydafif@aol.com)

**Vice Chair: Denise Letendre**

[dml2jd@virginia.edu](mailto:dml2jd@virginia.edu)

**Secretary: Alice Phillips**

[alicephillips@trinityes.org](mailto:alicephillips@trinityes.org)

**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

***Chris Frogley and Marcia Barry***

←

## *Regional/Local continued from page 1.*

and as a great benefit, has a very competitive annual LMSC championship meet where the smaller workout groups compete against each other. At nationals, they compete as New England Masters for the most part. Clubs within the LMSC are not required to compete under the Regional Club and can remain independent if they choose.

Additionally, at local meets at the meet director's discretion, the regional club would be able to compete as a regional relay team.

Whether the Virginia LMSC goes down this path and develops and changes from a Local Club to a Regional Club structure is up to you!

### **Why does this matter?**

1. Do you think your club would benefit from having competition among the workout groups in our LMSC? Would it increase participation in local meets if your workout could swim together and compete as their own team? Would the opportunity to compete at in-state meets by workout groups help to boost USMS membership throughout our LMSC?

2. In order to accomplish this structure change, would smaller teams be willing to give up their club identity at nationals, zones and for LMSC records? Officially, there would only be the umbrella team, so LMSC records, Top Ten, and scoring at nationals would all be listed as the umbrella team.

3. VMST has the largest membership and a long, proud history. Is VMST interested in combining with other clubs and thereby changing that identity? Do the members of VMST want to become the umbrella club? Should a new name be selected for the regional team?

We, swimmers and clubs, need to discuss the possibility of a Regional Club thoroughly and make a decision **by the end of August**. If we decide to try the Regional Club structure, we need time to modify our on-line registration process before team registration goes live at the beginning of October.

We need to stimulate conversation on this important matter. I suggest that you talk about the Regional Club concept within your current teams, workout groups, etc. If you have any questions about the Regional Club vs Local Club structure, please do not hesitate to contact me (editor) or Denise Letendre (VMST President) and we will find answers to your questions.

I would also like to have a public discussion of the topic in the newsletter. Send me (editor) comments, and I will publish them.

### **Notes:**

*Special thanks to Denise Letendre and Heather Stevenson for their help in writing and editing this article*

*Contact information for Betsy and Denise is on page 2.*



**Greg Harris**

# 2015 USMS Top 10 LCM for Virginia LMSC

Place	Age Grp	Event	Name	Age	Club	Time
6	W25-29	200 Free	Denise M Letendre	27	VMST	2:20.28M
<b>1</b>	<b>W25-29</b>	<b>1500 Free</b>	<b>Denise M Letendre</b>	<b>27</b>	<b>VMST</b>	<b>19:06.41M</b>
5	W25-29	100 Breast	Denise M Letendre	27	VMST	1:22.28M
3	W25-29	200 Breast	Denise M Letendre	27	VMST	2:58.44M
4	W25-29	200 IM	Denise M Letendre	27	VMST	2:39.19M
2	W25-29	400 IM	Denise M Letendre	27	VMST	5:42.31M
3	W30-34	50 Breast	Claire C Russo	32	VMST	38.44M
3	W30-34	100 Breast	Claire C Russo	32	VMST	1:24.02M
4	W30-34	200 Breast	Claire C Russo	32	VMST	3:00.78M
4	W30-34	200 IM	Claire C Russo	32	VMST	2:42.54M
4	W35-39	50 Breast	Courtney N Hurtubise	35	1693	38.87M
8	W50-54	50 Breast	Patricia M Miller	54	VMST	40.53M
9	W50-54	100 Breast	Patricia M Miller	54	VMST	1:30.92M
2	W60-64	400 Free	Susan K Skiff	61	VMST	5:31.32M
2	W60-64	800 Free	Susan K Skiff	61	VMST	11:05.92M
3	W60-64	100 Fly	Susan K Skiff	61	VMST	1:24.79M
2	W60-64	200 Fly	Susan K Skiff	61	VMST	3:13.70M
9	W65-69	100 Free	Marcia L Barry	67	VMST	1:23.66M
7	W65-69	200 Free	Marcia L Barry	67	VMST	2:57.06M
4	W65-69	400 Free	Marcia L Barry	67	VMST	6:09.28M
4	W65-69	800 Free	Marcia L Barry	67	VMST	12:23.61M
2	W65-69	1500 Free	Marcia L Barry	67	VMST	23:17.71M
2	W65-69	50 Back	Marcia L Barry	67	VMST	43.31M
3	W65-69	100 Back	Marcia L Barry	67	VMST	1:35.32M
2	W65-69	200 Back	Marcia L Barry	67	VMST	3:23.10M
3	W70-74	50 Free	Susan W Bricken	72	CMAS	37.74M
4	W70-74	100 Free	Susan W Bricken	72	CMAS	1:30.64M
9	W70-74	800 Free	Ida M Hlavacek	73	VMST	17:40.51M
8	W70-74	1500 Free	Ida M Hlavacek	73	VMST	34:58.78M
3	W70-74	50 Back	Susan W Bricken	72	CMAS	47.81M
9	W70-74	100 Back	Ida M Hlavacek	73	VMST	2:09.24M
10	W70-74	100 Back	Jean Sumner	73	CMAS	2:20.22M
9	W70-74	200 Back	Ida M Hlavacek	73	VMST	4:43.68M
5	W70-74	100 Fly	Ida M Hlavacek	73	VMST	2:28.41M
3	W70-74	200 Fly	Ida M Hlavacek	73	VMST	5:39.83M
7	W70-74	200 IM	Ida M Hlavacek	73	VMST	4:47.36M
4	W70-74	400 IM	Ida M Hlavacek	73	VMST	10:23.32M
2	W75-79	200 Back	Lucille Griffin	77	VMST	4:25.69M
<b>1</b>	<b>W75-79</b>	<b>50 Fly</b>	<b>Lucille Griffin</b>	<b>77</b>	<b>VMST</b>	<b>53.44M</b>
<b>1</b>	<b>W75-79</b>	<b>100 Fly</b>	<b>Lucille Griffin</b>	<b>77</b>	<b>VMST</b>	<b>2:11.80M</b>
<b>1</b>	<b>W75-79</b>	<b>200 Fly</b>	<b>Lucille Griffin</b>	<b>77</b>	<b>VMST</b>	<b>4:28.00M</b>
<b>1</b>	<b>W80-84</b>	<b>50 Free</b>	<b>Johnnie Detrick</b>	<b>80</b>	<b>VMST</b>	<b>40.71M</b>
<b>1</b>	<b>W80-84</b>	<b>100 Free</b>	<b>Johnnie Detrick</b>	<b>80</b>	<b>VMST</b>	<b>1:37.04M</b>
2	W80-84	200 Free	Johnnie Detrick	80	VMST	3:57.39M
<b>1</b>	<b>W80-84</b>	<b>50 Breast</b>	<b>Johnnie Detrick</b>	<b>80</b>	<b>VMST</b>	<b>58.48M</b>



1	W80-84	100 Breast	Johnnie Detrick	80	VMST	2:10.10M
1	W80-84	200 IM	Johnnie Detrick	80	VMST	4:27.25M
9	M18-24	50 Free	Kevin Mastracci	19	UC12	25.38M
7	M18-24	100 Free	Kevin Mastracci	19	UC12	55.77M
5	M18-24	50 Back	Kevin Mastracci	19	UC12	29.32M
5	M18-24	100 Back	Kevin Mastracci	19	UC12	1:04.35M
2	M18-24	50 Fly	Kevin Mastracci	19	UC12	26.80M
10	M30-34	200 IM	Seth A Bontrager	34	POWM	2:27.32M
7	M30-34	400 IM	Seth A Bontrager	34	POWM	5:23.67M
10	M40-44	100 Breast	Rich Williams	40	1693	1:15.27M
3	M50-54	50 Free	Gregory Harris	52	VMST	26.23M
4	M50-54	100 Free	Gregory Harris	52	VMST	58.05M
4	M50-54	50 Breast	Gregory Harris	52	VMST	33.56M
8	M50-54	100 Breast	Gregory Harris	52	VMST	1:19.14M
5	M50-54	200 Breast	Gregory Harris	52	VMST	2:47.28M
5	M50-54	200 IM	Gregory Harris	52	VMST	2:26.56M
6	M50-54	400 IM	Gregory Harris	52	VMST	5:36.23M
9	M80-84	800 Free	Carl Russ	80	VMST	19:35.39M
8	M80-84	1500 Free	Carl Russ	80	VMST	36:53.46M
10	M80-84	1500 Free	Richard A Scott	80	VMST	42:13.48M
7	M80-84	200 Breast	Richard A Scott	80	VMST	5:45.29M
7	M80-84	100 Fly	Richard A Scott	80	VMST	3:31.79M
3	M80-84	200 Fly	Richard A Scott	80	VMST	8:04.23M
4	M80-84	400 IM	Richard A Scott	80	VMST	12:12.65M
3	M90-94	200 Free	Calvin W Barnes	91	VMST	5:16.87M
2	M90-94	1500 Free	Calvin W Barnes	91	VMST	43:29.52M
3	M90-94	200 Back	Calvin W Barnes	91	VMST	5:38.97M



**Ida Hlavacek and Johnnie Detrick**

**Susie Gordon, Nancy Speer, Tom Deppe,  
Vic Mickunas, Betsy Goode**





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

**NOVA of Virginia Aquatic Center**

**12207 Gayton Road, Richmond, VA 23233**

**(804) 754-3401**

***February 6 and 7, 2016***

**Sponsored By:** Virginia Masters Swim Team

**Sanctioned By:** LMSC for Va. for USMS, Inc.

**Meet Directors:** Heather and Chris Stevenson ([hnsrva@gmail.com](mailto:hnsrva@gmail.com) or [chrisl Stevenson@gmail.com](mailto:chrisl Stevenson@gmail.com))

**Meet Referee:** Bob Rustin

**Location:** NOVA of Virginia Aquatic Center (address above). 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 with US Masters Swimming and must include a copy of their LMSC card. One event (day of) USMS registrations will be permitted. Virginia registration will also 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 \$8.00 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:** ***On-line entries are strongly encouraged:*** [www.clubassistant.com](http://www.clubassistant.com) – meets are listed on the left side of the Club Assistant home page by date. The deadline for on-line entries is **Tuesday February 2, 2016**. In order to be seeded, paper entries must be received by Monday **January 25, 2016**. Entries received after the applicable dates will be considered deck entries and additional fees will apply.

**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 THE WARM-UP LANES ONCE THE MEET HAS BEGUN**. Instructions given by the designated Safety Marshall shall be obeyed at all times.

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

**Results:** Results will be posted on our website at [www.vaswim.org](http://www.vaswim.org).

**Social:** Join us for our Masters potluck after the meet on Saturday, February 6th. \$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 Road South exit off I-64.

## ***Inaugural Club Tribe Masters Classic March 19, 2016***

**College of William & Mary Rec Center Pool**

**400 Brooks Street (at Compton Drive)**

**Williamsburg, VA 23186**

**(757) 221-3310**



Welcome to the Inaugural Club Tribe Masters Classic! Prep for Colonies Zones and bid farewell to Winter at the College of William & Mary's sneaky-fast 8-lane pool. Test your team's sprinting prowess in the most thrilling relay of them all: the 100 (4 x 25) Medley Relay. Be a part of a new tradition of Masters Swimming on the Peninsula, graciously hosted by this historic institution's stellar varsity swimming teams and staff.

**Sponsored By:** Club Tribe Alumni (1693)

**Sanctioned By:** LMSC for Va. for USMS, Inc. #126-S002

**Meet Director :** Kyle Ahlgren (clubtribealumni@gmail.com) **Meet Referee:** Janet Law

**Location:** College of William & Mary Student Recreation Center Pool. Address: 400 Brooks Street (at Compton Drive), Williamsburg, VA 23186. Telephone number: (757) 221-3310. This is an 8-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.

**Parking:** Ample parking is available in the William & Mary Hall parking lot, which is also located at the corner of Brooks Street and Compton Drive. Please adhere to all posted parking regulations on campus.

**Eligibility:** The standard Masters age groups will be used. All swimmers must be registered with US Masters Swimming and must include a copy of their LMSC card if using paper entry.

**Awards:** All four swimmers on the fastest overall relay teams in each of the Women's, Men's and Mixed 100 Medley Relay will receive pewter Jefferson cups commemorating victory.

**Entries:** \$8.00 per individual event plus a \$15.00 facility fee. Relays will be deck-entered and deck-seeded at no cost. Deck entries for individual events will be accepted at the discretion of the Meet Director at a cost of \$10.00 per deck entry.

**Entry Deadline:** The deadline for on-line entries is **Tuesday, March 15, 2016**. In order to be seeded, paper entries must be received by **Wednesday, March 9, 2016**. Entries received after the applicable dates will be considered deck entries and will be accepted at the discretion of the Meet Director at a cost of \$10.00 per deck entry.

**Relay Entry Deadlines and Seed Times:** Relay cards for the 200 Free Relay are due at 2:50 PM. Relay cards for the 200 Medley Relay are due before the conclusion of the 100 Breaststroke. Relay cards for the 100 Medley Relay are due before the conclusion of the 400 IM. In the interests of fostering good competition, please seed your relays using your very best estimates of likely meet-day performances.

**1,000 Freestyle Entry Limit, Check-In and Wait List:** The 1,000 Free will be limited to the first twelve (12) entries received, whether on-line or by paper entry. **Positive in-person check-in for the 1,000 Free is required by 2:45 PM** on the day of the meet.

**Rules:** Current USMS rules for Masters swimming will apply. No one will swim alone in a heat.

**Saturday Evening Swimmers' Social:** Swimmers, friends and family members are encouraged to gather informally immediately following the conclusion of the meet for repast and revelry at the Green Leafé Café, 765 Scotland Street, Williamsburg, VA 23185.

**On-line entries strongly encouraged! Online entries close *March 15!***

**Enter online at: [www.ClubAssistant.com](http://www.ClubAssistant.com) (search for the meet by date on the left of the home page).**

Paper entries are due by **March 9th** for seeding. Note that your paper entry must contain the next two (2) pages: the entry page with the Payment Information and the waiver page. Your paper entry must also enclose a copy of your USMS registration card, which can be retrieved at [www.usms.org/reg/getcard.php](http://www.usms.org/reg/getcard.php).

**Please provide the following information:**

**BE SURE TO INCLUDE A COPY OF YOUR USMS CARD!**

Name:		Sex:	USMS Reg. No.:
Address:			
City:		State:	Zip Code:
E-Mail Address:			
Age as of 3/19/2016:		M or F (circle)	Birthdate (Mo/Day/Yr):
LMSC:	Club:	Phone:	

**ENTRY FORM**

**Warm-Up: 2:00PM – 2:55 PM / Meet Begins at 3:00 PM**

#	Event	Seed Time
1-3	200 Free Relay (Women, Men and Mixed)	DECK ENTERED
4-5	200 IM	
6-7	50 Back	
8-9	100 Butterfly	
10-11	100 Breaststroke	
12-13	1,000 Free	
14-16	200 Medley Relay (Women, Men and Mixed)	DECK ENTERED
17-18	100 Free	
19-20	100 IM	
<b>10-Minute Break</b>		
21-22	200 Free	
23-24	50 Butterfly	
25-26	50 Breaststroke	
27-28	100 Back	
29-30	400 IM	
31-32	50 Free	
<b>10-Minute Break</b>		
33-35	100 Medley Relay	DECK ENTERED

**Payment Information:**

# of events \_\_\_\_\_ x \$8 = \_\_\_\_\_  
Facility Fee = **\$15.00**  
Total Enclosed = \_\_\_\_\_

**Make Checks to:**

**Club Tribe Masters Swimming LLC**

For questions: Kyle Ahlgren – (202) 957-3936; [clubtribealumni@gmail.com](mailto:clubtribealumni@gmail.com).

**Mail Paper Entry To:**

**Kyle Ahlgren, 1526 17<sup>th</sup> Street NW APT 402, Washington, DC 2003**





## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

**Revised 07/01/2014**



**U.S. MASTERS  
SWIMMING**

**RCA's Dive Into Spring Meet  
The Community Pool  
194 Wallace Street Lexington VA, 24450  
Sunday, March 20, 2016**

**Sponsored By:** Rockbridge County Aquatics

**Sanctioned By:** LMSC for Va. for USMS, Inc.: #125-S003

**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 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:** \$5.00 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 \$8.00 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 15, 2016**, or they will be considered deck entries. The 500 and 1,650 yd freestyle events are limited to the first 20 registered athletes.

**Rules:** Current USMS rules for Masters swimming will apply. No one will swim alone. 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 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: #125-S003

Please fill in the following:

Date:		Signature:	
Name (First, MI, Last):			
Gender:		USMS Number:	
Address:			
City:	State:	Zip:	
Email:		Age as of 3/20/16:	
Phone Number (Day):		Cell Phone Number:	

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

**At 12:15 PM lanes 2 & 5 will be one way sprint lanes. Lanes 1, 3, 4, and 6 will remain as general warm-up lanes.**

**\*\*The 500 and 1,650 yd freestyles are limited to the first 20 registered athletes.\*\***

Women	Time	Event	Men	Time
1		<b>**500 yd Freestyle**</b>	2	
3		100 yd Backstroke	4	
5		50 yd Breaststroke	6	
7		100 yd Butterfly	8	
9		100 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		400 yd Individual Medley	24	
25		100 yd Freestyle	26	
27		200 yd Backstroke	28	
29		100 yd Breaststroke	30	
31		200 yd Butterfly	32	
33		200 yd Individual Medley	34	
35		50 yd Freestyle	36	
37	Deck Entered	March Madness Relay		
<b>10 Minute Break</b>				
39		<b>**1,650 yd Freestyle**</b>	40	

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

**Event Fees:**

Total Events: \_\_\_\_\_ X \$5.00 = \_\_\_\_\_  
 Surcharge: \$6.00 \$6.00

Total Amount Enclosed: \_\_\_\_\_

Make Checks Payable to :

**Rockbridge Storm**

**Mail Entries to:**

Craig Charley  
 219 Donald Lane  
 Lexington, VA 24450

Questions? Contact Craig Charley [craig@rockbridgeswims.org](mailto:craig@rockbridgeswims.org) (540) 463-5441 or (540) 447-0326



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

<i>Prstd Std</i> <i>U. S. Postage</i> <b>PAID</b> <i>Richmond, VA</i> <i>Permit #3022</i>
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## ***Meet Entries***

Our LMSC has 3 meets in February and March. I ran into a space problem this month. One release form is included that can be used for either meet.

**Feb 6-7 in Richmond (VMST).** Full Entry was in the Dec newsletter. A one page information sheet is included in this newsletter. Online entries are encouraged. If you need the actual entry pages for this meet, contact me (Betsy) or either Chris or Heather Stevenson (meet directors).

**March 19 in Williamsburg (Club Tribe).** The entry is in this newsletter. Be sure to include the release form and your USMS card.

**March 20 in Lexington, VA (RCA).** The entry is in this newsletter. Since the release form is the same, I only included it once. Use it for either meet. Make a copy if you can enter both

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