

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
April 15, 2017

A Note From Our Chair Kirk Clear

I recently attended a U.S. Masters Swimming Leadership Summit with representatives from all of the Local Masters Swim Committees (LMSCs) from around the country. It was a fantastic opportunity for the LMSC leaderships to share how they have implemented new initiatives and to explore options for applying new ideas.

The focus of this Summit was volunteerism—how do we find volunteers and how do we grow them. Many USMS organizations at the local level have had the same group of people that do everything, year-after-year.

I am excited that the Virginia LMSC has several new board members this year, and we have had many other people who have expressed interest in lending their time to our great organization. We do have opportunities for people to volunteer from the local pool to your masters team to the LMSC.

During the Summit, we were presented statistics that have been gathered by the USMS National Office. Some of these statistics were startling. Only 25% of our membership actually competes in pool or open water events. This is why I joined USMS over 25 years ago—I wanted to continue to swim competitively, while not necessarily to beat others, but to try to improve my times. I believe that is why most joined our USMS back then.

But times have changed. Nearly 70% of our membership joins USMS just for the fitness aspect. Since this is such a large portion of our membership, I want our LMSC to focus on this group of people. We have established a Fitness Committee aimed at meeting the needs of this group and to focus on finding ways to keep these people engaged in our organization. We have many questions: Do these swimmers just want to work out with groups? Are they triathletes looking for lessons from our coaches to improve their

swimming? Do we offer stroke clinics or other types of training? Do they want some sort of education on fitness or how swimming can benefit them? Do we offer social events or other fun activities?

If you fall into this membership category, I want to hear from you. What are you expecting from your USMS membership? Send me an email with your suggestions to vachair@usms.org. If you want to volunteer for this committee to help us pursue new initiatives, let me know that also.

Charlie Cockrell An Example of an Extraordinary Volunteer



Virginia LMSC Chair, Kirk Clear, along with Heather and Chris Stevenson, present Charlie Cockrell with this year's Stevenson Service Award for outstanding volunteer service to Virginia Masters Swimming. The other winner, Betsy Durrant was recognized last month in Richmond. For the full story, go to www.vaswim.org and see the March Wet Gazette.



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

May 6: College Park, MD
Last Chance SCY

May 11-12: Sr Games, Richmond

May 27-28: Clinic, 1 mi, 2 mi. Reston

June 17: LC meet in Virginia Beach
Princess Anne YMCA pool, hosted by TIDE swim team. Entry is in this newsletter.

June 18: One mile Ocean Swim, Va Bch,
First in a series from Life Guards

July 8: John Shrum Lake Swim, Charlottes
Entry in this newsletter

August 2-6: University of Minnesota
USMS LC National Championship,
Minneapolis, MN

Newsletter Editor

Betsy Durrant
3100 Shore Drive #950
Virginia Beach, VA 23451
757-615-1661
durrant6@gmail.com

Is anyone going to nationals?

Apr 27-30: USMS SCY Nationals in
Riverside, Ca.

Please let me know so I can follow you in the
results.

Betsy



LMSC for Virginia Website:

www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: www.maryland@usms.org

Potomac Valley: www.PVMasters.org

Colonies Zone: www.ColoniesZone.org

Dixie Zone: www.DixieZone.org

ONLINE Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Kirk Clear

kirkclear@gmail.com

Vice Chair: Denise Letendre

dml2jd@virginia.edu

Secretary: Alice Phillips

alicephillips@trinityes.org

Treasurer: Becca Latimer

rethomason@gmail.com

Registrar: Shirley Loftus-Charley

VARegistrar@usms.org

Sanctions: Steve Hennessy

Coachsteve2423@gmail.com

Records and Top Ten: Chris Stevenson

chrisstevenson@usms.org, 804-282-0124

Graphics from www.swimgraphics.com

2nd Annual Club Tribe Masters Classic – Meet Recap

Kyle Ahlgren, Club Tribe

On Saturday, March 18, Club Tribe (1693) and the College of William & Mary Swim Team hosted the 2nd Annual Club Tribe Masters Classic in Williamsburg. 104 Swimmers representing 15 clubs combined for a spirited afternoon of racing. Club Tribe is grateful to all who participated, officiated, volunteered and otherwise supported this meet. A special thanks to Heather Stevenson and Jill Bradford for running the main table, Charlie Cockrell for securing and organizing our outstanding officials, and William & Mary Coach Matt Crispino, his staff and swimmers for a massive volunteer effort.

Seven Virginia LMSC records were set in individual events: Miriam Tuovila (TMAS), 90-94 W 100 Breast (3:16.01); Kristen Harris (1693), 40-44 W 50 Breast (32.65) and 100 Breast (1:11.18); Marina Falcone (1693), 25-29 W 200 Free (1:54.67); Randolph Wise (VMST), 75-79 M 50 Fly (35.38) and 100 IM (1:26.84); and Sidney Glass (1693), 25-29 M 50 Back (23.74). In addition, the 35+ Women of Club Tribe (Kristen Harris, Michele Choe, Courtney Hurtubise and Katie Grier) established a new Virginia LMSC record in the 200 Free Relay (1:44.79). Congratulations on these impressive swims!

We're thrilled that we had nearly 30 relays on the blocks between the 200 Free Relay and our meet's unique event – the 100 Medley Relay. In perhaps the most exciting race of the day, TIDE Swimming's 25+ Mixed 200 Free Relay of Dana MacCorquodale, Joell Christodonte, Melvin Cabebe and Ian King (1:57.24) out-touched a strong 45+ team from VMST (Cheryl Benn, Nancy Speer, Mitch Saks and Bill Throne (1:57.78)).

The splash-n-dash 100 Medley Relay saw some great racing across the board, with Club Tribe sweeping the Women's (54.50), Men's (49.45) and Mixed (51.24) events – the latter two in meet record time. There was plenty of good competition in this relay, including a notable 54.08 from a SWIMNERD Men's team averaging just under 46

years of age (Sam Harris, Nathan Tschohl, Gregor McLeod and Robert Radam).

We look forward to hosting this event next year, and to seeing our LMSC shine at the Colonies Zone meet in a few weeks.

Diving Into Spring... and the Record Book!

March 20, 2017, from www.vaswim.org

RCA's Dive Into Spring meet was held on March 19 in Lexington, VA. **Results** and **photos** have been uploaded for the meet, which featured four new national records!

Meet director **Craig Charley** has written a blurb about the meet:

RCA's Dive Into Spring Meet was exciting from start to finish. There were unbelievably **four National Relay Records** set in the Women 65+ age group by VMST! The members of all four record-setting relays were **Kathy Umbdenstock, Barbara Boslego, Marcia Barry and Shirley Loftus-Charley**. In the first event of the meet, the 400 Freestyle relay national record fell from 5:14.70 to 4:44.37 that was 30.33 seconds drop! The 400 Yard Medley Relay



record of 5:54.65 was crushed with a time of 5:32.95 (21.70 seconds). The 200 yard free relay was a nail biter, the record of 2:09.98 was broken by just .96 seconds. Finally the last event of the day, the 800 Free relay fell from 11:37.37 to 10:28.12 (1 minute 9.25 seconds drop). **Shirley** also set two

new individual LMSC records, in the 500 free and the 50 fly

In addition, there were an astonishing 20 Meet records set! They were set by **Shirley** in the 500 Free, 100 Free, 50 Breast, 50 Fly & 50 Free. **Melinda Sulewski**, 100 Back, 50 Back, **Sascha Goluboff** 100 back, **Kate Ericsson** 100 back, **Kathy Umbdenstock**, 100 back, **Greg Harris** 100 back, 400 IM, 200 IM, **Roland Walters** 100 back, **Leanne Shank** 100 IM, **Suzi Burns** 100 IM, 200 Breast, 100 Breast, **Ted Turner** 100 IM & **Kurt Sprenger** 200 Free!

Congratulations to all the swimmers who came and swam, I know there were many personal records set! Looking forward to seeing you all next year!!!

USMS Short Course Meters Top Ten

2016 USMS Top 10 SCM Relays for Virginia LMSC

Plc	Age Grp	Event	Club	Time	Swimmers (Age)	
1	W120+	200 Free	1693	1:58.34M	S Greene (31)	Sara Shaner (25)
					Michele Choe (39)	Katie Grier (38)
3	W120+	200Medley	1693	2:16.11M	Katie Grier (38)	Sara Shaner (25)
					S Greene (31)	Michele Choe (39)
2	X120+	200 Free	1693	1:47.63	Katie Grier (38)	Michael Lovett (38)
					Scott Hensley (34)	Sara Shaner (25)
5	X120+	200Medley	1693	2:13.22	Scott Hensley (34)	Rich Williams (41)
					S Greene (31)	S Sullivan (40)
4	X240+	800 Free	VMST	14:39.01	Frank H Miller (75)	Phoebe Mix (66)
					D Hershisier (61)	Andrea T Latell (43)
4	X320+	200 Free	VMST	4:04.06	Joan Averette (80)	Al Newbury (82)
					Carl Russ (81)	Laura S Walker (79)

2016 USMS Top 10 SCM for Virginia LMSC

Place	Age Grp	Event	Name	Age	Club	Time
10	W18-24	50 Free	Lauren T Breuer	24	TIDE	29.09M
8	W18-24	100 Free	Lauren T Breuer	24	TIDE	1:04.55M
2	W18-24	50 Back	Lauren T Breuer	24	TIDE	32.07M
2	W18-24	100 Back	Lauren T Breuer	24	TIDE	1:08.23M
7	W18-24	200 Back	Gail D Adams	23	VMST	2:45.74M
4	W18-24	100 IM	Lauren T Breuer	24	TIDE	1:12.84M
7	W25-29	50 Free	Gabrielle M Mizerak	25	1693	27.93M
5	W25-29	100 Breast	Denise M Letendre	28	VMST	1:19.53M
2	W25-29	200 Breast	Denise M Letendre	28	VMST	2:44.96M
1	W25-29	50 Fly	Gabrielle M Mizerak	25	1693	29.17M
1	W25-29	200 Fly	Denise M Letendre	28	VMST	2:30.97M
7	W25-29	200 Fly	Brianna M Lovell	26	UC12	2:48.12M
2	W25-29	200 IM	Denise M Letendre	28	VMST	2:25.63M
7	W25-29	400 IM	Brianna M Lovell	26	UC12	5:48.45M
6	W30-34	800 Free	Shannon E Greene	31	1693	10:05.57M
6	W30-34	1500 Free	Shannon E Greene	31	1693	19:03.89M

1	W30-34	200 Fly	Shannon E Greene	31	1693	2:38.71M
4	W35-39	50 Free	Katie Grier	38	1693	28.21M
7	W35-39	50 Back	Katie Grier	38	1693	33.26M
7	W35-39	50 Fly	Katie Grier	38	1693	31.01M
1	W55-59	200 Free	Kelly Parker Palace	55	VMST	2:18.32M
1	W55-59	400 Free	Kelly Parker Palace	55	VMST	4:56.22M
1	W55-59	800 Free	Kelly Parker Palace	55	VMST	10:03.33M
1	W55-59	1500 Free	Kelly Parker Palace	55	VMST	19:00.59M
4	W55-59	200 Back	Kelly Parker Palace	55	VMST	2:50.00M
10	W55-59	100 IM	Kelly Parker Palace	55	VMST	1:21.01M
4	W65-69	50 Free	Shirley A Loftus-Charley	65	VMST	34.39M
3	W65-69	100 Free	Shirley A Loftus-Charley	65	VMST	1:14.11M
2	W65-69	200 Free	Shirley A Loftus-Charley	65	VMST	2:35.21M
7	W65-69	200 Free	Barbara E Boslego	65	VMST	2:57.76M
2	W65-69	400 Free	Shirley A Loftus-Charley	65	VMST	5:22.78M
2	W65-69	800 Free	Shirley A Loftus-Charley	65	VMST	10:55.71M
2	W65-69	1500 Free	Shirley A Loftus-Charley	65	VMST	20:37.63M
8	W65-69	1500 Free	Barbara E Boslego	65	VMST	26:00.75M
5	W65-69	50 Back	Shirley A Loftus-Charley	65	VMST	42.47M
2	W65-69	100 Back	Shirley A Loftus-Charley	65	VMST	1:28.20M
3	W65-69	200 Back	Shirley A Loftus-Charley	65	VMST	3:06.96M
4	W65-69	50 Breast	Barbara E Boslego	65	VMST	46.23M
6	W65-69	50 Breast	Shirley A Loftus-Charley	65	VMST	47.50M
3	W65-69	100 Breast	Shirley A Loftus-Charley	65	VMST	1:37.76M
6	W65-69	100 Breast	Barbara E Boslego	65	VMST	1:44.75M
1	W65-69	200 Breast	Shirley A Loftus-Charley	65	VMST	3:32.17M
3	W65-69	200 Breast	Barbara E Boslego	65	VMST	3:46.97M
5	W65-69	50 Fly	Shirley A Loftus-Charley	65	VMST	39.35M
3	W65-69	100 Fly	Shirley A Loftus-Charley	65	VMST	1:25.68M
2	W65-69	200 Fly	Shirley A Loftus-Charley	65	VMST	3:03.97M
3	W65-69	100 IM	Shirley A Loftus-Charley	65	VMST	1:28.00M
5	W65-69	100 IM	Barbara E Boslego	65	VMST	1:34.10M
3	W65-69	200 IM	Shirley A Loftus-Charley	65	VMST	2:59.30M
7	W65-69	200 IM	Barbara E Boslego	65	VMST	3:33.05M
2	W65-69	400 IM	Shirley A Loftus-Charley	65	VMST	6:16.30M
8	W70-74	200 Back	Kathryn S Gregory	70	VMST	4:13.49M
10	W70-74	200 Breast	Susan E Marens	74	VMST	4:45.77M
5	W75-79	50 Free	Laura S Walker	79	VMST	46.90M
4	W75-79	100 Back	Laura S Walker	79	VMST	2:01.60M
5	W75-79	200 Back	Laura S Walker	79	VMST	4:21.49M
1	W80-84	50 Free	Johnnie Detrick	81	VMST	39.21M
1	W80-84	100 Free	Johnnie Detrick	81	VMST	1:32.76M
1	W80-84	50 Breast	Johnnie Detrick	81	VMST	56.12M
9	W80-84	50 Breast	Joan Averette	80	VMST	1:29.59M
6	W80-84	200 Breast	Joan Averette	80	VMST	7:33.03M
1	W80-84	100 IM	Johnnie Detrick	81	VMST	1:55.85M

6	W85-89	50 Free	Jeanne H Meredith	88	VMST	1:08.22M
5	W85-89	200 Free	Jeanne H Meredith	88	VMST	5:24.93M
7	W85-89	200 Free	Terry Sokolik	89	VMST	5:29.65M
8	W85-89	100 Back	Jeanne H Meredith	88	VMST	3:09.44M
5	W85-89	200 Back	Terry Sokolik	89	VMST	6:27.96M
6	W85-89	50 Breast	Terry Sokolik	89	VMST	1:39.07M
1	W90-94	100 Free	Miriam K Tuovila	91	TMAS	2:22.27M
2	W90-94	50 Back	Miriam K Tuovila	91	TMAS	1:35.03M
4	W90-94	50 Back	Marianna Berkley	94	VMST	1:59.49M
1	W90-94	50 Breast	Miriam K Tuovila	91	TMAS	1:43.67M
3	W90-94	50 Breast	Marianna Berkley	94	VMST	2:33.35M
1	W90-94	100 Breast	Miriam K Tuovila	91	TMAS	3:56.10M
1	W90-94	200 Breast	Miriam K Tuovila	91	TMAS	8:19.55M
1	W90-94	100 IM	Miriam K Tuovila	91	TMAS	3:38.87M
4	M18-24	100 Free	Adam C Kalish	23	TMAS	54.29M
10	M18-24	100 Breast	Brian Z Di Salvo	24	VTAC	1:13.67M
2	M18-24	50 Fly	Adam C Kalish	23	TMAS	25.87M
3	M18-24	100 Fly	Adam C Kalish	23	TMAS	58.51M
4	M18-24	200 Fly	Adam C Kalish	23	TMAS	2:21.84M
4	M25-29	50 Free	Kevin C Gallagher	29	1693	23.57M
6	M25-29	50 Breast	Warren R Cieslak	29	UC12	31.03M
9	M25-29	50 Fly	Warren R Cieslak	29	UC12	25.91M
9	M25-29	200 Fly	Christopher L Hepp	28	SHYM	2:29.34M
2	M25-29	100 IM	Kevin C Gallagher	29	1693	1:00.12M
8	M25-29	100 IM	Warren R Cieslak	29	UC12	1:02.08M
10	M25-29	200 IM	Christopher L Hepp	28	SHYM	2:30.05M
9	M25-29	400 IM	Christopher L Hepp	28	SHYM	5:21.00M
9	M30-34	800 Free	Chadwick L Buist	30	VMST	11:24.02M
8	M30-34	50 Back	Scott Hensley	34	1693	31.07M
1	M30-34	100 Back	Scott Hensley	34	1693	1:01.39M
9	M30-34	50 Breast	Patrick M Laiti	31	UC12	32.52M
3	M35-39	400 Free	Adam S Barley	35	VTAC	4:23.62M
3	M35-39	100 Back	Adam S Barley	35	VMST	1:03.98M
4	M35-39	50 Breast	Adam S Barley	35	VMST	32.39M
4	M35-39	100 Fly	Adam S Barley	35	VTAC	1:00.23M
2	M35-39	200 Fly	Adam S Barley	35	VMST	2:11.31M
8	M35-39	100 IM	Adam S Barley	35	VMST	1:03.24M
2	M35-39	400 IM	Adam S Barley	35	VMST	4:52.73M
8	M40-44	1500 Free	Christopher S Scharver	40	VMST	20:20.61M
5	M50-54	50 Free	Gregory Harris	53	VMST	25.71M
2	M50-54	100 Free	Gregory Harris	53	VMST	56.67M
6	M50-54	200 Free	Gregory Harris	53	VMST	2:08.02M
3	M50-54	50 Breast	Gregory Harris	53	VMST	32.31M
3	M50-54	100 Breast	Gregory Harris	53	VMST	1:13.16M

See back page.

New LMSC Treasurer

Becca Latimer has been selected as our Treasurer, taking over from Charlie Cockrell. I asked Becca for some personal information. Some facts about Becca:

- Born and raised in Charlotte, NC
- Have been swimming since 5 years old
- Participated in Club (year-round) swimming
- Attended Davidson College (Davidson, NC) and majored in Biology (but did not swim in college, rowed crew)
- First joined US Masters Swimming in 2004 in Chapel Hill, NC (worked at Duke University as a technician in a research lab right out of college)
- Continued with Masters when attended graduate school for Cell & Developmental Biology at Vanderbilt University (Nashville, TN)
- Completed a Postdoctoral Fellowship at the Marine Biological Laboratory in Woods Hole, MA (no pool/Masters team on Cape Cod, so I didn't swim for almost four years)
- Moved to Charlottesville last August (2016) with husband, Drew and two cats, Sam and Lillie
- Currently working at UVA in the Vice President for Research Office, focusing on working with researchers and creating resources for grant funding
- Joined VMST in September, coached by Kate Stephensen at the North Grounds pool at UVA
- Hobbies involve: swimming, road biking, meeting new people, hanging out at home with Drew and the cats, and exploring VA.



TIDE Swimming

Stroke clinic

Good morning Masters! Mark your calendar, we are having a stroke clinic on Saturday, May 13 from 10am-noon!

Mel Goldstein former President of USMS swimming, FINA Masters Champion, world record holder and recipient of the 1997 Capt. Ransom J. Arthur M.D. Award will be running our clinic. He's flying in from Indianapolis just to do this for us! Every single one of us could benefit from improving our strokes! It's the easiest way to improve your speed and reduce injuries.

Information and Sign-Up will be posted at:

www.TideSwimming.com/Masters/

Photo from the Club Tribe Meet



Summer 2017 San Diego

[San Diego 2017](#)

The second edition of the Masters Games is scheduled for the summer of 2017 in San Diego, California. Primary dates for the event will be **Wednesday, July 12 to Sunday, July 16, 2017.**

The USA Masters Games is a major Olympic-style, multi-sport event for athletes ages 21 and over. The 2017 USA Masters Games in San Diego, California July 12 to July 16, 2017, marks the second edition of the Games. The inaugural USA Masters Games were held July 21-31, 2016 in Greensboro, NC.

The USAMG lives up to its reputation as the National Sports Festival for Adult Athletes by combining a national-championships-level competitive experience in each sport with a fun and entertaining environment conducive to meeting and socializing with fellow adult athletes from across the U.S. and other countries of the world.

The 2017 USA Masters Games will feature 24 sports. The Games Village will host Games registration and serve as a central gathering and information point for the USAMG. With Opening and Closing Ceremonies, social events, live entertainment, and, of course, the highest-quality awards, the 2017 USA Masters Games experience will be second to none.

Great times await you in San Diego. Come join us for the amazing 2017 USA Masters Games!



SWIMMING

DATES: Friday, July 14 – Sunday, July 16, 2017

VENUE: Alga Norte Aquatic Center, 6565 Alicante Road, Carlsbad, CA 92009

EVENT INFORMATION: All competitive pool events will be Long Course Meters.

Event Order (tentative- awaiting sanction approval)

PARTICIPATION FEES

\$60 Games Fee per athlete before June 1

\$80 per athlete beginning June 1

\$4 Swimming Entry Fee – per individual pool swimming event.

\$12 Relay Entry Fee – per relay and will be available for registration on-site only.

NOTE: a \$5 service fee is payable per person at the time of submitting your registration. Further details are available in the Games Entry Terms & Conditions.

ENTRY DEADLINE

July 5, 2017

Complete information can be found at: usamastersgames2017.com

TIDE 1st ANNUAL MASTERS MEET
SATURDAY, JUNE 17, 2017
Long Course Meters



Location: Princess Anne YMCA, 2121 Landstown Road, Virginia Beach, VA 23456.

Facility: Outdoor, 9-lane Myrtha 50-meter pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. **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.**

Directions: From I-64E to 264E, take exit 17A towards Independence Rd, follow until Princess Anne Road. Left on Princess Anne, then a right onto Dam Neck Rd. Turn left onto Landstown Rd.

Meet Directors: Carri Lamoureux, meetdirector@tideswimming.com, Dana MacCorquodale, coachdana@tideswimming.com.

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction #

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **For meets held in metric pools, your age is your age on December 31, 2017. All swimmers must be registered with USMS.**

Tips for new swimmers: Forms are available at www.vaswim.org and will also be available at the pool.

ORDER OF EVENTS. Warm-up starts at 08:00 am. First heat of 1500 begins at 08:45 am.

There will be another 30 min warm-up at 11:00 or at the completion of the 1500s. Event 3 will start no earlier than 11:30.

#	Event	#	Event
1-2	1500 M Freestyle	19-20	50 M Freestyle
3-4	200 M Medley Relay*	21-22	400 M Freestyle
5-6	200 M Butterfly	23-24	200 M Backstroke
7-8	100 M Breaststroke	25-26	100 M Butterfly
9-10	200 M Freestyle	27-28	50 M Breaststroke
11-12	100 M Backstroke	29-30	100 M Freestyle
13-14	200 M Individual Medley	31-32	50 M Backstroke
15-16	50 M Butterfly	33-34	400 M Individual Medley
17-18	200 M Breaststroke	35-36	200 M Freestyle Relay*

* There will be one heat of each relay. No charge for relays.

Entries: \$6.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. **Late entries and deck entries will be accepted to fill heats at \$7 per event plus surcharge.** Swimmers may enter a total of 5 individual events and 2 relays.

Entry Deadline: To be seeded, paper-entries must be received by **Monday, June 12.** The easiest way to enter is online at <https://www.ClubAssistant.com>. On the left side of the home page is a list of meets by dates. Online entries close on **Wednesday, June 14.**

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. Swimmers will be seeded according to times; heats will run slowest to fastest.

Warm-up/Warm down procedures: Swimmers must enter the pool feet-first in a cautious manner. Diving and backstroke starts will 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.

Psych Sheets, Meet Results and Heat Sheets: Psych Sheets/Meet Results will be posted at www.vaswim.org and will be sent to by email to meet registrants. Heat sheets will be posted at multiple locations on the pool deck.

Awards: Medals will be awards for 1st through 3rd, ribbons for 4th through 8th.

Social: More information will be in the VMA April newsletter, posted at www.vaswim.org, and available at check-In.

Important Notes: On Sunday, as part of the 2017 Virginia Beach Ocean Swim Series, the Virginia Beach Lifeguard Services is hosting a 1-mile open water swim at Virginia Beach. More information can be found at www.vblavbva.wixsite.com/vbla

Hotel Information: Holiday Inn Virginia Beach- Norfolk, 5655 Greenwich Road, Virginia Beach, VA, 23462

NOTE: THERE ARE 2 PAGES THAT MUST BE SUBMITTED WITH PAPER ENTRY.

*****Paper entries are due to June 12. Online entries close June 14 and are strongly encouraged*****

**Enter Online at www.clubassistant.com
(Search for meet by date on the left of the Club Assistant home page)**

Attach a copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but be sure to sign waiver on next page. If you are not registered with USMS, you may include your registration form and separate check with your entry, or you may register at the meet. You must be registered to participate.

Please provide the following information:

Name:	Sex	USMS Reg. No:
Address:		
City:	State:	Zip Code:
Email Address:		
Age as of 12/31/17	Birthdate (mm/dd/yyyy):	
LMSC:	Club:	Phone:

Circle the events you wish to swim

#	Event	Seed Time		#	Event	Seed Time
1-2	1500 M Freestyle			19-20	50 M Freestyle	
3-4	200 M Medley Relay*	Deck Entered		21-22	400 M Freestyle	
5-6	200 M Butterfly			23-24	200 M Backstroke	
7-8	100 M Breaststroke			25-26	100 M Butterfly	
9-10	200 M Freestyle			27-28	50 M Breaststroke	
11-12	100 M Backstroke			29-30	100 M Freestyle	
13-14	200 M Individual Medley			31-32	50 M Backstroke	
15-16	50 M Butterfly			33-34	400 M Individual Medley	
17-18	200 M Breaststroke			35-36	200 M Freestyle Relay*	Deck Entered

# of Events Entered	Cost	
	x \$5	
Surcharge	\$10	\$10
Total Amount Enclosed		

Make check payable to: TIDE Swimming. Attached a copy of your registration card. Be sure to sign the waiver
Mail to: TIDE Swimming, PO Box 4224, Virginia Beach, VA 23454-0224. For questions about entries, email Dan at ddemers3@cox.net or phone Dan at 757-434-3342. For other questions, please contact Dana MacCorquodale at CoachDana@TIDESwimming.com

DO NOT FORGET TO SIGN AND SUBMIT THE WAIVER ON THE NEXT PAGE



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

John Shrum Memorial Cable Swim

Charlottesville, Virginia

Saturday, July 8, 2017

Sponsored by: Virginia Masters Swim Team and Albemarle County Parks and Recreation

Sanctioned by: LMSC of Virginia Inc. for USMS Inc.

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 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 counter-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 8, 2017. **Paper entries must include a copy of your 2017 USMS card. Online entries will be verified automatically. "One Event" is available through online registration for an additional fee of \$31.50.** To renew or join USMS online, visit www.usms.org/reg

Rules: Current 2017 USMS rules will govern both races.

Entries: All snail mail entries must be postmarked by June 30, 2017. Online entries will close at 11:59pm Eastern Time on July 5, 2017. Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. Entry fee is \$39/ \$49.

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 will not be allowed on race day.

Age Groups: 18-24, 25-29, etc. in 5-year increments, for both men/women. **Your age as of 12/31/17 will be used.**

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.

Directions: (mapquest "Chris Greene Lake Park")

from Washington, D.C:

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

Take Rt. 29 toward Charlottesville, VA. In Earlysville, 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:

Kate Stephensen (530) 574-4498
Email: kands606@gmail.com



2017 John Shrum Memorial Cable Swim ENTRY FORM

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

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


2- MILE 8:30 am	Clockwise	1650 yd time: ____ : ____
1- MILE 10:30 am	Counter-Clockwise	1650 yd time: ____ : ____

**PLEASE STAPLE A LEGIBLE
COPY OF YOUR 2017 CARD HERE. TRIM YOUR
CARD AND COMPLETE THE FOLLOWING:**

Emergency Contact Name: _____

Emergency Contact Phone: _____

Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____

			CHECKLIST
\$_____	\$ 39.00 1-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$_____	\$ 49.00 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: \$15.00 each S-XL, \$18.00 for XXL or XXXL	<input type="checkbox"/>	Signed Waiver (next page)
\$_____	Total Enclosed (Check or money order payable to VMST)	<input type="checkbox"/>	T-Shirt Size Below

T-Shirt Size: (please circle) 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 June 30, 2017 to:
Kate Stephensen, (address here)**

Name: _____ Email address: _____

Phone Number: _____

Age as of **Dec. 31, 2017:** _____

**YOU MUST READ AND SIGN THE WAIVER (NEXT PAGE).
INCLUDE THIS PAGE AND THE NEXT WITH YOUR ENTRY.**



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.

Release of Liability- Albemarle County Waiver

In signing below, I release Albemarle County and its officers, agents and employees.

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 03/13/2014

2017 Registration

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
3100 Shore Drive #950
Virginia Beach, VA 23451-7318

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

Top Ten continued from page 6.

3	M50-54	200 Breast	Gregory Harris	53	VMST	2:41.81M
2	M50-54	100 IM	Gregory Harris	53	VMST	1:04.28M
8	M50-54	200 IM	Gregory Harris	53	VMST	2:28.40M
5	M50-54	400 IM	Gregory Harris	53	VMST	5:22.50M
9	M60-64	200 IM	William C Throne	60	VMST	2:49.78M
9	M60-64	400 IM	William C Throne	60	VMST	6:03.63M
7	M65-69	100 Fly	John W Mccorkle	65	VMST	1:16.82M
8	M80-84	200 Back	Carl Russ	81	VMST	4:42.41M
9	M85-89	50 Free	Charles H Erwin	85	VMST	47.98M
5	M85-89	100 Free	Charles H Erwin	85	VMST	1:50.77M
5	M85-89	200 Free	Charles H Erwin	85	VMST	4:00.15M