

# The Wet Gazette



Published by The LMSC of Virginia - Serving Masters Swimmers in Virginia and West Virginia

## Three Go-To Sets

by Chris Stevenson

Here are three sets that I return to quite often when I am swimming on my own.

### 200 pace work: 40 x 50

This set is 40 x 50, done in four sets. Each set contains four fast 50s that should be done at or near 200 pace, so in a very real sense the set is basically four broken 200s.

Without further ado, here is the set, along with explanations.

- 16 x 50 on 0:45, every 4th 50 is fast
- 1:00 rest
- 12 x 50 on 0:50, every 3rd 50 is fast
- 1:00 rest
- 8 x 50 on 0:55, every 2nd 50 is fast
- 1:30 rest
- 4 x 50 on 1:00, every 50 is fast

The idea is to transition from active recovery on the first set (not much time on the wall, most of the recovery occurs while swimming the "ez" 50s) to wall recovery on the last set. Choose the first interval so that you get no more than 10 sec rest on the recovery swims between the hard effort.

I use the same intervals whether I do the set free, back, fly or kick because my 200 pace on all of those strokes are not that different (though my "ez speed" is slower

kicking than swimming). When doing the set fly, you can do the recovery effort freestyle or a mix of free or fly (or even ez fly, if you are in shape for it).

This is one of my favorite sets, and I do it every 1-2 weeks. Personally, I find it most challenging to hit my 200 pace on the first and last sets.

### Test Set: 30 x 100

This is a set that I use to test my conditioning level. Back when I was in college, it was trend at the time to do a 3,000 for time to check conditioning. I spent one summer doing this every 2-3 weeks or so; needless to say, it was a set that was almost universally hated, especially by the sprinters.

Brent St. Pierre, who now coaches in Raleigh, NC, came up with an alternative that is much more palatable. Sprinters will probably still dislike it, but middle-distance swimmers will feel much better about it. Feel free to change the intervals or even the number of repeats to suit your needs. I sometimes even do the set backstroke if the mood strikes me.

- 10 x 100 on 1:30: cruise 1-3, hold best average 4-10
- 2:00 rest
- 10 x 100 on 1:30: cruise 1-3, hold best average 4-10
- 2:00 rest
- 10 x 100 on 1:30: cruise 1-3, hold best average 4-10

Adjust the interval so that you get

about 30 sec rest on the hard 100s. Do not be afraid to push yourself on the first set. Monitor progress by (a) your average on the hard 21 100s and (b) your ability to be (almost) as fast on the last set as on the first.

### Race Pace with Active Recovery

This is a set created by Mark Kutz, who coaches the masters swimmers at the NOVA Aquatic Club in Richmond. I will give it as he originally devised it and then point out some possible modifications.

- 4 x 150 free cruise
- 1 x 200 free fast
- 3 x 150 free cruise
- 1 x 200 free fast
- 2 x 150 free cruise
- 1 x 200 free fast
- 1 x 150 free cruise
- 1 x 200 free fast

The idea is to choose an interval that you can barely make when going fast; I think it was 2:05 or 2:10 the first time we did this. The goal is to hold about 500 race pace on the fast swims. This is an active recovery set: you recover while swimming, not while sitting on the wall. Obviously the challenging part is that you get less and less recovery as the set progresses; trying to maintain race pace on the last 200 can be painful.

*(cont'd on last page)*

*The Annual LMSC Board Meeting minutes are included on page 3 of this newsletter.*



## Upcoming Swim Meets, Events and Clinics

### General Information

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.teamunify.com](http://www.teamunify.com)

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

Nearby Zones

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)

### LMSC Officers

*Chair:* Kirk Clear

*Vice-Chair:* Denise Letendre

*Secretary:* Alice Phillips

*Treasurer:* Becca Latimer

*Registrar:* Shirley Loftus-Charley

*Coaches:* Rich Williams

*Fitness:* Vacant

*Long Distance:* Kate Stephensen

*Newsletter:* Heather and Chris Stevenson

*Officials:* Charlie Cockrell

*Records & Top Ten:* Chris Stevenson

*Review:* Heather Stevenson

*Safety:* Jim Miller

*Sanctions:* Kyle Ahlgren

*Webmaster:* Chris Stevenson

Date	Meet	Location	Registration Deadline
Jan. 1 - Feb. 28, 2019	1-Hour ePostal Nationals	Any pool	Mar. 8, 2019 (online)
Jan. 19-20, 2019	Charlotte Swim Maters Sunbelt Meet (SCY)	Charlotte, NC	Jan. 13, 2019 (online)
Jan. 20, 2019	Maryland Swim Series Meet #4 (SCY)	Annapolis, MD	Jan. 17, 2019 (online - 9PM)
Feb. 2, 2019	VMST David Gregg Memorial Meet (SCY)	Henrico (Richmond) VA	Jan. 26, 2019 (online)
Feb. 15-28, 2019	2019 USMS Winter Fitness Challenge	Any pool	Feb. 28, 2019 (online)
Feb. 24, 2019	Frank Clark Memorial Swim Meet (SCY)	Greensboro, NC	Feb. 19, 2019 (online)
Mar. 1-31, 2019	March IM Madness ePostal (SCY)	Any pool	Apr. 6, 2019 (online)
Mar. 3, 2019	Maryland Masters Winter Distance Meet (SCY)	Baltimore, MD	Mar. 25, 2019 (online)
Mar. 23, 2019	Club Tribe Masters Classic (SCY)	Williamsburg, VA	Mar. 19, 2019 (online)
Mar. 30, 2019	Albatross Open (SCM)	Bethesda, MD	Mar. 25, 2019 (online)
Apr. 5-7, 2019	Colonies Zone SCY Champs	Fairfax, VA	Mar. 29, 2019 (online)
Apr. 25-28, 2019	USMS Spring Nationals (SCY)	Mesa, AZ	Mar. 25, 2019 (online)

# LMSC FOR VIRGINIA ANNUAL MEETING NOTES

Sunday, November 4, 2018 at 3:00 pm  
Home of Chris and Heather Stevenson, Richmond, VA

## ROLL CALL

Kirk Clear, Denise Letendre, Heather Stevenson, Alice Phillips, Chris Stevenson, Shirley Loftus-Charley, Becca Latimer, Patty Miller, Jim Miller  
On the phone – Kyle Ahlgren

## OFFICER REPORTS

Chair (Kirk) –report stored on the LMSC for Virginia webpage (<http://www.vaswim.org/lmsc-business/>)

Some discussion ensued throughout the meeting on the new business ideas contained in this report.

Vice Chair (Denise, also the Social Media Chair) – The Facebook page reach continues to grow. Denise has noticed more “likes” on the page and continues to promote a weekly boost. She sets the boost to people who “like” masters swimming as well as their friends. Denise would also like to reach out to workout groups in the LMSC and boost some of their events. Each post on the site reaches between 500-600 people. People see the posts, click the links and “like” them. Denise would like to get social media suggestions from anyone in the LMSC. People do occasionally reach out via Facebook to ask where they can swim.

The most comprehensive pool finder out there is apparently [www.swimmersguide.com](http://www.swimmersguide.com).

Kirk shared an idea that new members of the LMSC might have questions about how to find things on the webpage. We could provide a guide and also solicit feedback from them about the usefulness of the webpage.

Secretary (Alice)– no report

Treasurer (Becca) – Becca contacted the finance

committee three weeks ago to get their feedback on the proposed budget. They had some ideas and we discuss them. Becca would like to get one or two more people on the committee (we lost one in the last six months, there are two now). We continue to have the volunteer checkbox on the annual registration page according to Shirley.

## COMMITTEE REPORTS

Sanctions – no report

Long Distance – Kate Stephenson sent a report that is posted on the webpage.

Fitness – VACANT (Brianna Lovell moved out of state.)

Officials – Charlie Cockrell sent a report posted on the webpage. Bob Rustin is willing to serve as Meet Referee at the 2020 Summer National Championship (LCM) at SwimRVA. Charlie and Kirk will coordinate with Adam Kennedy at SwimRVA as the meet continues to draw near.

The timing system statement was missing from Lexington 2018 meet. The meet director (Craig Charley) had trouble uploading to the sanctions page. Heather reports that it is easier for the Sanctions Chair to fix these. We have recently improved the meet checklist section of our LMSC website in an effort to make it easier for meet directors.

Coaches – Rich did not submit a report but Kirk talked to him at the VA Beach swim meet yesterday. Rich did some outreach to coaches this year and the LMSC paid for several people to attend the national coaches clinic last month. Rich has also contributed to the newsletter twice.

Registrar – Shirley posted a report to the webpage. The group discussed some of the changes we saw last year in our numbers.

Review Chair – there were no complaints or needs for review.

Newsletter – Heather reported that she plans to make a calendar for the year and get Board members to sign up for a month that they are willing

*(cont'd on page 4)*

### *LMSC Notes (cont'd from page 3)*

to submit content for the newsletter. We need more fitness articles. She and Chris plan to put more of the administrative information in the newsletter for November (Shirley's report, the 2019 budget, report from convention, etc.).

Website – Chris posted a webmaster report on the webpage. Our webpage numbers have continued to trend down. Social media is a more popular way to get information for many members. USMS no longer supports LMSC websites. For our website hosting, we will be using the same organization, Network Solutions, that provides our domain name service.

Records & Top Ten – Chris also put a report on the webpage. We had four sanctioned and three recognized meets. Some results were unsubmittable.

Social Media – (see Vice Chair report above and LMSC webpage report)

Safety – Jim does not have a report.

USA Swimming Chairs/Reps – USMS President Patty Miller was in attendance. She reported that this year there is an LMSC Leadership summit year (Arizona, early March). We have the opportunity to send two people. Patty complimented Kirk on his outreach reminder email, encouraging current members to renew and grab a friend. A college club representative was elected to the USMS Board of Directors – this affiliation is definitely benefitting USMS.

LMSC Club Reps – Kyle Ahlgren from Club Tribe reported that they would like to have their meet on March 23, 2019. They are thankful for the meet support last year.

### **UNFINISHED BUSINESS**

Revision of By-Laws – Kirk and Heather have been working on it and sent out changes to the Board. We will continue working on this and hope to present it for a vote in January. Heather invited comments from any members of the board before the next meeting.

Virginia Regional Team Proposal – Denise sent a survey to all of the club reps and got five responses. Four teams were interested in the regional team proposal. Denise would like to form a committee to investigate and propose the change. There are some funding issues (e.g. who would pay for caps for Nationals). Patty and Alice are both willing to help on the committee. Heather said that she might try to score the David Gregg Meet in two ways, by workout group and club. This might give us some information to help us make a decision. Based on observations with other states and the personal experience in the room, several of our group feel that Zones presents a problem for the regional team proposal that needs to be addressed. Small local meets and Nationals do not pose the same issue.

Revise Hosting an Event Section – Chris, Kyle and Kate worked on this for the Virginia website. Changes are complete. Becca offered some additional suggestions for the fee structure editing.

### **ELECTIONS/VACANCIES**

Review Slate of Nomination – Denise reports that all Officers agreed to return and no new nominations were received.

Official Executive Committee Slate:

Kirk – Chair  
Denise – Vice Chair  
Alice – Secretary  
Becca – Treasurer

This slate was officially nominated, seconded, and unanimously voted in.

As far as the other Board positions, Denise announced that Steve Hennessey, Sanctions Chair, asked to step down; the Fitness Chair position is currently vacant, and Jim Miller stated that he could step down as Safety Chair if another volunteer were interested.

Kyle Ahlgren volunteered to take on Sanctions duties for the LMSC, and Kirk officially named him as the new chair. Bud Swiger is possibly interested in Safety Chair and will talk to Jim Miller and Kirk to get the details. Kirk will make deci-

*(cont'd on page 5)*

sions on these other openings shortly.

### **NEW BUSINESS**

Proposed 2019 Budget – On webpage

The Board had already voted to maintain the current fee structure for membership renewal.

The Board discussed the decrease in wage for the Registrar from \$2.50 to \$1.00 per member.

The Board discussed the costs and benefits of continuing to offer a paper newsletter to the 300 members who request it, or go to a strictly online versions, printing copies only for those without email addresses.

The Board had already voted to pay the \$100 USMS fee for pool and OW events.

The Board discussed the coaching/instruction line item for reimbursing trainings.

The Board discussed the addition of a line item for funding for Volunteer Recognition. This would largely be to get USMS swag to give volunteers and officials at USMS meets.

The Board discussed the addition of a line item for the LMSC to have a new logo, marketing materials, shirts, caps, etc. Patty questioned how it benefits our members to have a new logo for a group that is largely administrative. Kirk added that many other LMSCs have a logo, shirt, business cards, etc. People need to affiliate with a group, but we are not sure the LMSC is the right thing to affiliate with.

The Board also discussed amending the budget by adding \$500 to Convention and Travel because of the cost to fly to St. Louis.

Prior to a vote on the Budget, two items were pulled for discussion: Registrar's stipend and Newsletter printing.

A motion to approve the Budget, with the exception of the two pulled items; was proposed, sec-

onded, and passed. Further discussion on the two pulled line items followed.

The reasoning for the proposal to reduce the Registrar stipend was a reduction in responsibilities now that membership registration is almost fully on-line and the registrar does not need to perform as many functions as in previous years when the process was much more manual. We dove deep into the duties and discovered that while some responsibilities have been automated, there was still quite a lot of support the registrar provided our membership. A new proposal was introduced to lower the stipend from \$2.50 to \$2.00 per member. The motion was seconded; one Board member opposed, but motion carried and the new structured was amended in the Budget.

The Board then opened discussion on whether to go strictly to an electronic version of the newsletter. When members register, they are offered an opportunity to receive the newsletter by paper or electronically. As a result, many select to receive paper. It is costly to print and then mail. Kirk proposed making a clean break and not offer an option—only provide in electronic form, with the caveat that we would still print and send hard copies to those 8 members who have no email address on file. Chris was concerned that it would be too dramatic a change to just stop; he suggested we phase out the paper copies over the next year, focusing on a thorough communication effort to let the membership know this will be changing to an electronic/online format. The Board voted to keep the budget the same for this line item for 2019, with the intention to phase it out by the end of the year. There will be multiple notices in the newsletter. Next year we will take the question off of the registration page. People will be able to respond if they want to continue getting it.

Potentially, we have new budget with \$6000 over income.

Renaming the volunteer service award – the Board agreed to change the name from the Virginia LMSC's "Stevenson Volunteer Service

*(cont'd on last page)*



## 2019 VMST David Gregg III Memorial Meet

NOVA of Virginia Aquatic Center  
12207 Gayton Road, Henrico, VA 23233  
(804) 754-3401

**Saturday, February 2, 2019**

*This is a one-day meet (Saturday only). Distance events are the 400 IM, 500 Free, and 1650 Free. The 1000 split (based on the timing system record of the touch at the 1000) of each 1650 will be uploaded to the USMS results database. No split request for the 1000 will be necessary. For fun, there will also be a 100 Mixed Free Relay<sup>©</sup> at this meet. We are looking forward to seeing you all at the meet!!*

**Sponsored By:** Virginia Masters Swim Team    **Sanctioned By:** LMSC for Va. for USMS, Inc.    **Meet Referee:** Bob Rustin

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

**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 U.S. Masters Swimming and must include a copy of their USMS card with paper entries or register online. One event (day of) USMS registrations will be permitted. Virginia registration will also be available at the meet.

**Entries:** \$4.00 per individual event plus a \$8.00 surcharge to help defray the costs of data entry, automatic timing, and printing. Deck entries will be accepted until 30 minutes before the meet start time at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 6 events per day, plus relays.

**Relays:** Relays will be deck-entered and deck-seeded at no cost. Entries for all relays are due no later than the start of Event 17 (the Women's 500 Free).

**Entry Deadline:** *On-line entries are strongly encouraged:* [www.clubassistant.com](http://www.clubassistant.com) – meets are listed on the Club Assistant home page by date. The deadline for on-line entries is **Saturday January 26, 2019** (one week before the meet). To be seeded, paper entries must be received by **Wednesday January 23, 2019**. 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. The 100 Mixed Free Relay<sup>©</sup> is a non-conforming event and times for this event are not eligible for USMS records or Top Ten.

**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 and Results:** Ribbons will be given for first, second, and third place in each individual event. No ribbons for relays or time trials. Results will be posted at [www.vaswim.org](http://www.vaswim.org) and will be uploaded to the USMS results database.

*Special awards* will be given to the **male** and **female** overall winners in two award categories: **Best Sprinters** (lowest cumulative time in all four 50s); and **Best Distance Swimmers** (lowest cumulative time in the 400 IM, 500 Free, and 1650 Free).

### Nearby Lodging:

- Hilton Richmond Hotel & Spa, 12042 W. Broad Street, Henrico, VA 23233. Phone: (804) 364-3600.
- Aloft Richmond West, 3939 Duckling Drive, Glen Allen, VA 23060. Phone: (804) 433-1888.

**On-line entries strongly encouraged!**

**On-line entries close Saturday January 26th!**

**Enter online at: [www.ClubAssistant.com](http://www.ClubAssistant.com)**

**(search for the meet by date on the Club Assistant home page)**

**Paper entries are due by Wednesday January 23<sup>rd</sup> for seeding.**

Note that both this page and the following signed waiver page must be submitted with paper entries.

**Fill in the following information:**

Name:		Sex:	USMS Reg. No.:	
Address:				
City:		State:	Zip Code:	
E-Mail Address:				
Age as of 2/2/2019:		Birthdate (Mo/Day/Yr):		
LMSC:	Club:	Phone (Day):	Phone (Night):	

**Saturday, February 2, 2019**

**Warmups: 2:00-3:00 PM; Meet Starts: 3:00 PM**

Women	Time	Event	Men	Time
1		400 IM	2	
3		200 Breast	4	
5		100 Free	6	
7		50 Fly	8	
9		200 Back	10	
11		100 Breast	12	
13		50 Free	14	
15		100 IM	16	
17		500 Free	18	
<b>BREAK – 5 Minutes</b>				
19	--	100 Mixed Free Relay <sup>©</sup>	--	--
21		200 Fly	22	
23		200 IM	24	
25		100 Back	26	
27		50 Breast	28	
29		100 Fly	30	
31		50 Back	32	
33		200 Free	34	
<b>200 YARD RELAYS</b>				
35	--	200 Medley Relay	36	--
37	--	200 Free Relay	38	--
39	--	200 Mixed Medley Relay	--	--
--	--	200 Mixed Free Relay	40	--
<b>BREAK – 5 Minutes</b>				
41		1650 Free	42	

**Entry Fees**

Total event fees: \_\_\_\_ x \$4.00: \_\_\_\_  
Surcharge: \$8.00  
**Total Amount Enclosed: \_\_\_\_**

**Make checks payable to:**

Virginia Masters Swim Team

**Send paper entries to:**

Chris Stevenson

7702 Hampshire Road, Henrico, VA 23229

**Questions?** Contact Heather or Chris Stevenson  
(804) 310-3069 or (804) 332-4339

[hnsrva@gmail.com](mailto:hnsrva@gmail.com) or [chrilstevenson@gmail.com](mailto:chrilstevenson@gmail.com)

**FOR PAPER ENTRIES: A COPY OF YOUR USMS  
REGISTRATION CARD MUST BE ENCLOSED FOR  
YOUR PAPER ENTRY TO BE ACCEPTED!**

©The 100 Mixed Free Relay is a non-conforming event.  
Times for this event will not count for USMS records or Top Ten.



## 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	



**4<sup>th</sup> Annual Club Tribe Masters Classic**  
**College of William & Mary Rec Center Pool**  
**400 Brooks Street (at Compton Drive)**  
**Williamsburg, VA 23186**

**March 23, 2019**

Welcome to the 4<sup>th</sup> Annual 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. This meet is graciously hosted by William & Mary's stellar varsity swimming teams and staff.

**(757) 221-3310**

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

**Sanctioned By:** LMSC for Va. for USMS, Inc. #[ ]

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

**Meet Referee:** \_\_\_\_\_ (TBD)

**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 posted parking regulations.

**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 \$12.00 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:** *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, March 19, 2019**. In order to be seeded, paper entries must be received by **Tuesday, March 19, 2019**. Entries received after the deadline 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 100 Medley Relay are due before the conclusion of the 50 Free. Relay cards for the 200 Free Relay are due before the conclusion of the 200 IM.

**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. Swimmers who are unable to enter the 1,000 Free because the entry limit has been reached may place themselves on a first-come, first-served wait list upon arriving at the meet. Swimmers granted entry in the 1,000 Free from the wait list must pay the \$8.00 individual entry fee. We will post the final 1,000 Free heat sheets by 3:15 PM. W&M varsity swimmers will serve as lap counters for the 1,000 Free.

**Rules:** Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Women and Men will swim separately in all individual events except the 1,000 Free, which will be combined. For relays, Women, Men and Mixed relays will swim separately if entry levels warrant, but may otherwise be combined. Age groups will be combined in all events.

**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.

**Meet Results and Heat Sheets:** Meet Results will be posted at [www.vaswim.org](http://www.vaswim.org) and will be sent by e-mail to meet registrants. Heat sheets will be e-mailed to meet participants by Friday, March 22, and will be posted at multiple locations on the pool deck.

**Williamsburg Info and Lodging:** Spring often visits Williamsburg early, and the Merchants Square Farmer's Market will be in full swing. There are myriad hotel, motel and B&B options in all price ranges a short distance from the pool. Good resources for local lodging include: [www.colonialwilliamsburg.com/stay](http://www.colonialwilliamsburg.com/stay) and [www.bandbwilliamsburg.com/](http://www.bandbwilliamsburg.com/).

**Saturday Evening Swimmers' Social:** Swimmers, friends and family members are encouraged to gather informally immediately following the conclusion of the meet to celebrate St. Patrick's Day at Paul's Deli, 761 Scotland Street in Williamsburg (directly across from Zable football stadium). Paul's is family-friendly with a very flexible ordering and seating system.

**Questions:** If you have questions, please feel free to contact Meet Director Kyle Ahlgren at (202) 957-3936 or [clubtribealumni@gmail.com](mailto:clubtribealumni@gmail.com).

**Event Schedule Notes:** The 100 Medley Relay is NOT USMS-sanctioned and is therefore an unofficial race. Results for that race will, however, be included in the meet results e-mailed to meet registrants. Unattached swimmers and swimmers on smaller teams are ENCOURAGED to coordinate and assemble 100 Medley Relays and chase the pewter!

**On-line entries strongly encouraged!**

**Online entries close *March 19!***

**Enter online at: [www.ClubAssistant.com](http://www.ClubAssistant.com)**

**(search for the meet by date on the left of the Club Assistant home page)**

Paper entries are due by **March 19<sup>th</sup>**.

Note that your paper entry must contain three (3) pages: this page, the Payment Information Page 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:**

Name:	Sex:	USMS Reg. No.:
Address:		
City:	State:	Zip Code:
E-Mail Address:		
Age as of 3/23/2019:	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**

<b>#</b>	<b><u>Event</u></b>	<b><u>Seed Time</u></b>
1-2	50 Back	
3-4	200 Free	
5-6	50 Free	
7-8	100 Breast	
9-10	100 IM	
11-12	1,000 Free	
13-15	100 Medley Relay (Women, Men and Mixed)	DECK ENTERED
16-17	100 Fly	
18-19	200 IM	
20-21	50 Breast	
22-23	100 Free	
<b><i>15-Minute Break</i></b>		
24-26	200 Free Relay (Women, Men and Mixed)	DECK ENTERED
27-28	100 Back	
29-30	400 IM	
31-32	50 Fly	

**PAYMENT INFORMATION**

**ENTRY FEES**

Total Events ____ x \$8.00:	
Surcharge:	\$12.00
<b>TOTAL AMOUNT ENCLOSED:</b>	

**Make checks payable to:  
Club Tribe Masters 1693 Inc.**

Questions? Contact Kyle Ahlgren – (202) 957-3936;  
[clubtribealumni@gmail.com](mailto:clubtribealumni@gmail.com).

**Mail Paper Entry To:  
Club Tribe  
5108 Wehawken Road  
Bethesda, MD 20816**

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



## 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	

Local Masters Swim Committee Newsletter  
Chris and Heather Stevenson, Editors  
7702 Hampshire Road  
Henrico, VA 23229

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**Sets** (cont'd from page 1)

The nice thing about this set is that it can be adapted for different distances or strokes. I have often chopped the distances in half and switched to backstroke, doing 100s fast with 75 cruise as recovery swims. Again, choose an interval that you can barely make when doing fast 100s. If you want to unleash your inner sprinter, feel free to chop the distance in half yet again, alternating sprint 50s and cruise 25s. In that case, you can even do it a couple times, maybe changing strokes between sets.

Or you can do odd distances for the fast effort like alternating cruise 50s and fast 75s, or cruise 100s and fast 125s. The main concepts are: (i) swim fast on the hard effort; (ii) choose an interval so that you don't spend a lot of time on the wall; and (iii) try to make sure the last hard effort is (almost as) fast as the other swims.

Try these sets and see if you like them!

\*.\*.\*

**LMSC Notes** (cont'd from page 5)

Award" to the "Virginia LMSC Volunteer Service Award." (This was done at Heather and Chris' request.) The Board also voted to reduce the annual number of recipients from two to one.

2019 LCM Zone Championship – SwimRVA has agreed to try and host this event as a preview for the 2020 USMS Summer Nationals in the same pool. The Board will work with Swim RVA to submit a bid to the Colonies Zone.

The meeting adjourned at 5:47 pm.

\*.\*.\*

**Save the Date**

For those of you dreaming of summer, the John Shrum Memorial Cable Swim has now been scheduled. It will be held on **June 1, 2019** at Chris Greene Lake in Charlottesville, Virginia.