

VIRGINIA MASTERS SWIM TEAM
25th ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 5, 2005



Short Course Meters

Location: Bayside Recreation Center, 4500 First Court Road, Virginia Beach.

Facility: Eight lane, 25 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. **Pool has been measured and certified for USMS records and Top Ten.**

Important Notes: Lockers require a quarter (25 cents). No glass containers in the pool area.

Directions: **From I-64,** take the Northampton Blvd. exit. Go approximately 3.5 miles (route 13 north) to the stoplight at Pleasure House Rd. Turn right on Pleasure House and take a left at the first stoplight on to First Court. The Rec Center is approximately .8 mile on the left. **From the oceanfront area,** take Shore Drive to First Court Rd. There is a stoplight at the intersection and a water tower nearby. The Rec Center will be on your right (about .8 mile), just past Bayville Park.

Meet Director: Betsy Durrant

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction #125-0010

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, 2005. All swimmers must be registered with USMS.** If you are currently registered, include a copy of your registration card with your entry. **If you are not currently registered, do not mail your registration to Registrar Dee DeLong before the meet;** there will not be time to get your card back. **You may include your registration form and a separate check (to LMSC for VA) with your entry or be prepared to register with LMSC for Virginia on the day of the meet.** USMS registration (through LMSC for VA) is \$28. Forms are available at www.vaswim.org and will also be available at the pool for new swimmers. **All new registrations in November and December 2005 will be good through December 2006.**

ORDER OF EVENTS. Warm-up starts at 9:15 am. First heat begins at 10:00 am.

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|-----------------------------|------------------------------|
| (1) 800 m Freestyle* | (10) 200 m Backstroke |
| (2) 100 m Butterfly | (11) 200 m Breaststroke |
| (3) 200 m Freestyle | (12) 400 m Freestyle |
| (4) 100 m Individual Medley | (13) 50 m Butterfly |
| (5) 100 m Backstroke | (14) 100 m Freestyle |
| (6) 50 m Freestyle | (15) 50 m Backstroke |
| (7) 100 m Breaststroke | (16) 200 m Individual Medley |
| (8) 400 m Individual Medley | (17) 50 m Breaststroke |
| (9) 200 m Butterfly | (18) 1500 m Freestyle* |

***Note:** *We are initially limiting the 800 and 1500 to 2 heats. If the timeline allows, we will swim more heats. If you will not be able to swim one of these events, you will be contacted by email or phone.*

Entries: \$5.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. **Late entries and deck entries will be accepted to fill heats.** Swimmers may enter a total of 5 events.

Entry Deadline: In order to be seeded, pre-entries must be received by **Saturday, October 29.**

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded according to times; heats will run slowest to fastest. **Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving during warm-up except in designated lanes.**

Awards: Medals for 1st through 3rd places in each event for each age group. Ribbons for 4th through 6th places.

Social and VMST Meeting: There will be a social immediately following the meet at Susan Marens' home, approximately 1.5 miles from the pool. Directions will be provided at check-in. A VMST meeting will follow the social.

Hotel Information: Check hotel rates online. Most of the oceanfront hotels have very good rates in November. Using www.hotels.com, the Ramada Inn at 57th St, on the beach, was listed at \$73 for November. On the website for The Virginia Beach Resort and Conference Center, located on the bay at Shore Dr and Great Neck Rd, a suite lists for \$99 (757-481-9000).

NEW !! VMST Grand Prix – An award will be presented in each age group (male and female) for most points scored in the four VMST sponsored meets (November in Virginia Beach, February in Richmond, March at Chinn Aquatics in Woodbridge, June in Norfolk). You must participate in 3 of the meets to be eligible. Further details will be posted on the LMSC website (vaswim.org) and will be printed in the newsletter.

******* ENTRIES ARE DUE BY OCTOBER 29!*******

Age (on Dec 31, 2005): _____ Phone: _____ E-mail: _____

Attach 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 the waiver.**

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

USMS #: _____ Team: _____ Sex: _____

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Swimmer's signature: _____ **Date:** _____

Please enter seed times for meters. If you do not have any times for meters, add 10% to your yard times.

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	800 m Free*	(10)	_____	200 m Back
(2)	_____	100 m Fly	(11)	_____	200 m Breast
(3)	_____	200 m Free	(12)	_____	400 m Free
(4)	_____	100 m IM	(13)	_____	50 m Fly
(5)	_____	100 m Back	(14)	_____	100 m Free
(6)	_____	50 m Free	(15)	_____	50 m Back
(7)	_____	100 m Breast	(16)	_____	200 m IM
(8)	_____	400 m IM	(17)	_____	50 m Breast
(9)	_____	200 m Fly	(18)	_____	1500 m Free*

*The 800 and 1500 may be limited to 2 heats. Enter early.

Number of Events _____ x \$5 = \$ _____
\$10 Surcharge = \$ **10**
Number of people for social _____ x \$5 = \$ _____
Total Amount Enclosed = \$ _____

Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451. For questions, e-mail Betsy at durrant6@cox.net or phone Betsy at 757-422-6811. No calls after 9:00 pm, please.

Remember the new VMST Grand Prix. Enter 3 of the 4 VMST pool meets and be eligible for the high point award in your age group. More details will be posted at vaswim.org and printed in the newsletter.