



2014 Colonies Zone SCM Smackdown - South Colonies

Friday, December 12 – Sunday, December 14, 2014

Freedom Aquatic Club

Registration Schedule

*New online entry deadline:
December 8, 2014*

	Open	Close
Swimmer Registration	October 30, 2014	Online: December 5, 2014 Mail In: December 1, 2014

Hosted by Freedom Aquatic Club (formerly Sunfish Masters Swim Team)

Freedom Aquatic & Fitness Center, Manassas, VA

Sanctioned by: Virginia LMSC for USMS, INC. #124-S004

Welcome to the 1st Colonies Zone Championship competition between the North (New England, Connecticut, Adirondack, Niagara and Metropolitan) and South (Delaware Valley, Maryland, Potomac Valley, Virginia and New Jersey). An individual may compete at either site (Boston, MA or Manassas, VA) but points will be scored according to their team location. Points will be scored and bragging rights awarded to the winner.

FACILITIES: The Freedom Aquatic & Fitness Center is located on the Prince William Campus of George Mason University, 10900 University Boulevard, Manassas, Virginia 20110-2203. The pool is a 50-meter by 25-yard pool with movable bulkheads and will be configured as a 25-meter, ten-lane course. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement. Additional lanes will be available for continuous warm-up/cool-down throughout the meet. A Colorado Electronic Timing System with a newly installed scoreboard will be used for timing. There will be concessions, meet shirts, and swimwear on sale.

ELIGIBILITY: The meet is open to all Masters swimmers holding a valid 2014 or 2015 USMS registration card. Your membership to USMS will be verified as a part of the online meet entry. For paper/mailed entry, a copy of your USMS card must accompany your entry. Age is determined by a swimmer's age on December 31, 2014.

ENTRIES: Competitors may enter up to **five (5)** individual events per day, plus relays.

Online Entries (The preferable entry method): Use the following link for registration:

https://www.clubassistant.com/club/meet_information.cfm?c=1605&smid=5851. Entry deadline is **Friday, December 5th**. Online entries are paid by credit card to "ClubAssistant.com Events".

Mail in Entries: The paper entry form is included in this meet information. A copy of your current USMS card must accompany your mail entry. Paper entries must be received by **Monday, December 1st**. Entry fees shall be paid by check to "**Freedom Aquatic Club.**"

FEES: There is a Meet Surcharge of \$30.00 for pool and equipment. Individual event fee is \$5 per event, \$10 per relay team. Relays are deck entry only.

SEEDING: Short course meter seed times must be submitted for each event. An online time converter is available on the Club Assistant meet entry form. The meet director or meet referee shall have the right to change seed times that are obviously incorrect. Events will be seeded slowest to fastest with the exception of the 800.

DISTANCE EVENTS: You must check in **BY 3:30 PM on Friday** for the 800 free or you will be scratched from the event. The 800 free will be limited to **120 entries**. The 800 free will be seeded **fastest to slowest, alternating women and men**. No time (NT) will not be accepted for this event. Please ask a friend to count for you in the distance freestyle events. Swimmers entering the 800 free must enter using a provable time either from the USMS database or a written verification from the coach which must be sent to the Meet Director.

RELAYS: Relay entries must be submitted by 10:00 AM Saturday for Saturday relays and by 10:00 AM Sunday for Sunday relays. Entry forms will be available at the check in desk.

PSYCH SHEETS: Psych sheets will be available at: www.freedomaquaticclub.com/ColoniesZone before the meet.

WARM-UP: Warm-up safety rules will be strictly enforced. No diving is permitted in the general warm-up lanes. Swimmers must enter feet first in a cautious manner. Diving or backstroke starts will be permitted only in designated lanes, which are reserved for one-way swimming. Instructions from the designated safety marshal must be obeyed at all times. The use of equipment during warm-up is not permitted.

AWARDS: Individual Events: Medals will be awarded to first place in each age group, with ribbons for second through six places. Certificates for all participants will be provided with label records of your performance in each event. Trophies will be presented for the male and female high point winners. **Relays:** Ribbons for relays will be awarded for first through third places. **Team Awards:** Championship awards will be presented to the top three large, medium and small team division winners. **Scoring:** Individual events are scored 17-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1; relays will be double. The 800 Freestyle Relays will not be scored. Participants must pay \$5.00 processing fee and complete mailing label at the Awards Table for award(s) to be mailed.

RESULTS: Results will be available on-line at <http://www.freedomaquaticclub.com/>. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1 but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 Records will be contingent on verification of bulkhead placement.

DIRECTIONS: If you are using a GPS or MapQuest, 10900 University Boulevard, Manassas, Virginia 20110-2203 will get you to the correct parking lot.

HOTELS: The Courtyard, Manassas, VA (At I-66 exit # 47) 10701 Battleview Pkwy (703) 335-1300
(A limited number of rooms are available for \$70 - /King and \$80-Queen/Queen at The Courtyard.)
Country Inn & Suites by Marriott (5.4 miles to pool) 10810 Battleview Parkway, Manassas (703) 393-9797
Fairfield Inn by Marriott (5.5 miles to pool) 6950 NOVA Way, Manassas (703) 393-9966
Hampton Inn (4.8 miles to pool) 7295 Williamson Blvd, Manassas (703) 369-1100
Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966
Springhill Suites by Marriott, Centreville, VA (703) 815-7800

QUESTIONS: Meet Director: Ginger Cyganiewicz (571) 643-6619: e-mail freedomaquaticclub@gmail.com

FRIDAY, DECEMBER 12, 2014 Warmups 3:30 PM Meet Starts 4:30 PM SESSION 1			
Event	Gender	Distance	Event
1	Women	800 M	Freestyle
2	Men	800 M	Freestyle

SATURDAY, DECEMBER 13, 2014 Warmup 9:00 AM Meet Starts 10:00 AM SESSION 2			
Event	Gender	Distance	Event
3	Women	400 M	Freestyle
4	Men	200 M	Freestyle
5	Women	50 M	Butterfly
6	Men	50 M	Butterfly
7	Women	100 M	Backstroke
8	Men	100 M	Backstroke
9	Women	200 M	Breaststroke
10	Men	200 M	Breaststroke
11	Women	400 M	Free Relay
12	Men	400 M	Free Relay
13	Mixed	400 M	Free Relay
15	Women	50 M	Breaststroke
16	Men	50 M	Breaststroke
17	Women	200 M	Butterfly
18	Men	200 M	Butterfly
19	Women	100 M	Freestyle
20	Men	100 M	Freestyle
21	Women	200 M	Individual Medley
22	Men	200 M	Individual Medley
23	Women	200 M	Medley Relay
24	Men	200 M	Medley Relay
25	Mixed	200 M	Medley Relay

SUNDAY, DECEMBER 14, 2014 Warmup 9:00 AM Meet Starts 10:00 AM SESSION 3			
Event	Gender	Distance	Event
27	Women	200 M	Freestyle
28	Men	400 M	Freestyle
29	Women	100 M	Individual Medley
30	Men	100 M	Individual Medley
31	Women	100 M	Breaststroke
32	Men	100 M	Breaststroke
33	Women	200 M	Backstroke
34	Men	200 M	Backstroke
35	Women	50 M	Freestyle
36	Men	50 M	Freestyle
37	Women	400 M	Medley Relay
38	Men	400 M	Medley Relay
39	Mixed	400 M	Medley Relay
41	Women	400 M	Individual Medley
42	Men	400 M	Individual Medley
43	Women	50 M	Backstroke
44	Men	50 M	Backstroke
45	Women	100 M	Butterfly
46	Men	100 M	Butterfly
47	Women	200 M	Free Relay
48	Men	200 M	Free Relay
49	Mixed	200 M	Free Relay
51	Women	800 M	Free Relay
52	Men	800 M	Free Relay
53	Mixed	800 M	Free Relay



**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		

PAPER ENTRIES ARE DUE BY DECEMBER 1, 2014. You must enclose a copy of your 2014 or 2015 USMS Card and complete the form below in case there is a problem with your entry.

ATTACH Copy of USMS Card Here			Please supply the following information also:
Name (As it appears on USMS Card):			Daytime Phone #
Address			Evening Phone #
USMS#	Date of Birth	Team	Email:
Age as of December 31, 2014			

FRIDAY, DECEMBER 12, 2014 SESSION 1 Warm-up 3:30 PM Meet Starts 4:30 PM					SUNDAY, DECEMBER 14, 2014 SESSION 3 Warm-up 9:00 AM Meet Starts 10:00 AM				
Women	Time	Event	Time	Men	Women	Time	Event	Time	Men
1		800 M Free		2	27		200 M Free		
							400 M Free		28
SATURDAY, DECEMBER 13, 2014 SESSION 2 Warm-up 9:00 AM Meet Starts 10:00 AM									
3		400 M Free			29		100 M IM		30
					31		100 M Breast		32
					33		200 Back		34
					35		50 M Free		36
5		50 M Fly		6	37		400 M Medley Relay -Use form at meet		38
7		100 M Back		8	39		Mixed 400 M Medley Relay-Use form at meet		
9		200 M Breast		10	41		400 M IM		42
11		400 M Free Relay (Use form at meet)		12	43		50 M Back		44
13		Mixed 400 M Free Relay (Use form at meet)			45		100 M Fly		46
15		50 M Breast		16					
17		200 M Fly		18					
19		100 M Free		20					
21		200 M IM		22	47		200 M Free Relay (Use form at meet)		48
23		200 M Medley Relay (Use form at meet)		24	49		Mixed 200 M Free Relay (Use form at meet)		
25		Mixed 200 M Medley Relay (Use meet form)			51		800 M Free Relay (Use form at meet)		52
					53		Mixed 800M Free Relay (Use form at meet)		

Surcharge \$30.00
Number of Events _____ X \$5 = \$_____
Total

Make checks payable to: **Freedom Aquatic Club**
*Sign waiver and attach registration card.

Mail to: Ginger Cyganiewicz
1104 Spain Drive, Stafford, VA 22554
Email: freedomaquaticclub@gmail.com
Phone: 571-643-6619