

VIRGINIA MASTERS SWIM TEAM
35th ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 7, 2015



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. **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.**

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 onto 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-S003.

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, 2015. 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, you may include your registration form and a separate check (to LMSC for VA) with your entry, register online at www.usms.org (on Nov 1 or later) or be prepared to register with LMSC for Virginia on the day of the meet.** Forms are available at www.vaswim.org and will also be available at the pool for new swimmers. **If you are not currently a member of USMS, enter the meet, but wait until November 1 to join USMS. All new registrations after November 1 will be valid through December 2016.**

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

Men and Women will swim together. Back-to-back events are not a good idea.

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|--------------------------------------|---------------------------------------|
| (1) 800 m Freestyle | (12) 50 m Butterfly |
| (2) 200 m Medley Relays (W/M/Mixed)* | (13) 200 m Breaststroke |
| (3) 400 m Free Relays (W/M/Mixed)* | (14) 100 m Backstroke |
| (4) 50 m Breaststroke | (15) 400 m Freestyle |
| (5) 200 m Individual Medley | (16) 400 m Medley Relays (W/M/Mixed)* |
| (6) 200 m Backstroke | (17) 200 m Butterfly |
| (7) 50 m Freestyle | (18) 100 m Individual Medley |
| (8) 100 m Butterfly | (19) 50 m Backstroke |
| (9) 100 m Breaststroke | (20) 100 m Freestyle |
| (10) 400 m Individual Medley | (21) 200 m Free Relays (W/M/Mixed)* |
| (11) 200 m Freestyle | (22) 1500 m Freestyle |
| | (23) 800 m Free Relays (W/M/Mixed)* |

*** Relays**

There will be one heat of each relay. Women, Men, and Mixed Relays will be in the same heat. 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.** Swimmers may enter a total of 5 individual events and 4 relays.

Entry Deadline: In order to be seeded, paper-entries must be received by **Monday, November 2**. The easiest way to enter is on 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, November 4**.

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; men and women will swim together. **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 individual events for each age group. Ribbons for 4th through 6th places. Ribbons for relays.

Social: There will be a social immediately following the meet. Directions will be provided at check-in.

Hotel Information: Check hotel rates online. Most of the oceanfront hotels have very good rates in November.

Relays! In an effort to provide an opportunity for swimmers to compete in SCM relays, we have scheduled relays – events 2,3,16,21,23. There will be only one heat of each event. You must choose whether you are going to do a Women's, Men's, or Mixed Relay – they will be swum at the same time. Relay entry forms will be available at Check-In.

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

******* PAPER ENTRIES ARE DUE BY NOVEMBER 2! ONLINE ENTRIES CLOSE NOVEMBER 4!*******
ENTER ONLINE AT <https://www.ClubAssistant.com>

Age (on Dec 31, 2015): _____ 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**. If you are not registered with USMS, you may include your registration form and a separate check with your entry, or you may register at the meet. You must be registered to participate.

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

USMS #: _____ Team: _____ Sex: _____

Please enter seed times for meters. If you do not have any times for meters, add 10% to your yard times. Relays may be entered on the day of the meet. Relay forms will be available at check-in.

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	800 m Free	(12)	_____	50 m Fly
(4)	_____	50 m Breast	(13)	_____	200 m Breast
(5)	_____	200 m IM	(14)	_____	100 m Back
(6)	_____	200 m Back	(15)	_____	400 m Free
(7)	_____	50 m Free	(17)	_____	200 m Fly
(8)	_____	100 m Fly	(18)	_____	100 m IM
(9)	_____	100 m Breast	(19)	_____	50 m Back
(10)	_____	400 m IM	(20)	_____	100 m Free
(11)	_____	200 m Free	(22)	_____	1500 m Free

Please note that there is no break in the meet program. Think carefully before entering back-to-back events. Relays (events 2,3,16,21,23) will be deck entered. There will be no entry fee for relays.

Number of Events _____ x \$6 = \$ _____
 \$10 Surcharge = \$ **10**
 Number of people for social _____ x \$8 = \$ _____
 Results Mailed (\$2) = \$ _____
 Total Amount Enclosed = \$ _____

*Results will be posted at www.vaswim.org.
 If you want results mailed to you, fill in blank to the left.*

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 757-615-1661. No calls after 9:30 pm, please!

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	