



# PICKIN' UP STEAM

## SATURDAY, SEPTEMBER 29, 2012

**Location:** Randolph-Macon College, Brock Center, 103 E. Patrick St., Ashland, Va. 23005. The pool is a 5-minute walk from the Amtrak train station and historic Ashland. Lodging at The Henry Clay Inn B&B is behind the train station.

**Facility:** Six-lane, 25-yard pool, non-turbulent lane markers. Five lanes will be used for competition; one lane will be available for continuous warm-up and cool down. Concessions will not be available. Please bring your own snacks/ beverage.

**Pool has been measured and certified for USMS records and Top Ten.**

**Directions:** From I-95, take exit 92B, Ashland/Hanover and go west on rte. 54. Go approximately 1.2 miles on rte. 54 west until you come to the RR tracks. Turn right onto N. Railroad Ave. just before the tracks (heading north) and drive about .3 mile beside the RR tracks. Brock Center will be on your right. Drive past the Brock Center and turn into the parking lot on your right, near the ball fields. Follow the sidewalk near the football field to the main entrance. After turnstile, turn left and the pool is to the right of the climbing wall.

**Meet Directors:** Dave Holland ([henrydafif@aol.com](mailto:henrydafif@aol.com)) and Brent Kintzer ([brentkintzer@rmc.edu](mailto:brentkintzer@rmc.edu)).

**Sponsored by:** Virginia Masters Swim Team and Randolph-Macon College.

**Sanctioned by:** LMSC for VIRGINIA for USMS, INC. Sanction # 122-08.

**Eligibility:** The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **Your age on 9/29/12 is your age for the competition. All swimmers must be registered with USMS.**

**ORDER OF EVENTS.** Pool opens at 8:30 am. Warm-up begins at 9 am. First heat begins at 10:00 am. Men and Women will swim together.

- |                                       |  |
|---------------------------------------|--|
| (1) 200 yd Butterfly                  | (12) 50 yd Butterfly                   |
| (2) 50 yd Breaststroke                | (13) 100 yd Backstroke                 |
| (3) 200 yd Backstroke                 | (14) 200 yd Breaststroke               |
| (4) 200 yd IM                         | (15) 200 yd Freestyle                  |
| (5) 50 yd Freestyle                   | ----- 20 minute break-----             |
| (6) 500 yd Freestyle                  | (16) 400 yd Free Relays (W/M/Mixed)*   |
| ----- 20 minute break -----           | (17) 200 yd Medley Relays (W/M/Mixed)* |
| (7) 200 yd Free relays (W/M/Mixed)*   | (18) 100 yd IM                         |
| (8) 400 yd Medley relays (W/M/Mixed)* | (19) 50 yd Backstroke                  |
| (9) 100 yd Butterfly                  | (20) 100 yd Freestyle                  |
| (10) 100 yd Breaststroke              | (21) 800 yd Free Relays (W/M/Mixed)*   |
| (11) 400 yd IM                        | (22) 1650 yd Freestyle                 |

\*Relays: There will be one heat of each relay. Women, Men, and Mixed will swim in the same heat.

**Entries:** \$5.00 per individual event for entries, \$10.00 surcharge for equipment. ONLINE ENTRIES PREFERRED. Online meet registration is paid by credit card to "ClubAssistant.com Events". Paper entry forms are available at USMS Calendar of Events or from Dave Holland at 804-467-2425. Deck entries will be accepted to fill heats at \$8 per event. Swimmers may enter a total of 5 individual events and 4 relays. Relays are deck entered and payable on meet day (\$8 per relay).

**Entry Deadline:** Register at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1212&smid=4127](https://www.clubassistant.com/club/meet_information.cfm?c=1212&smid=4127)

by Tuesday, September 25, at 11:59pm EDT. No refunds and/or swimmer substitutions will be allowed. Paper entries must be postmarked by September 22, 2012.

**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:** Ribbons for 1st through 6<sup>th</sup> place.

\*\*\*\*\* PAPER ENTRIES MUST BE POSTMARKED BY SEPT. 22, 2012\*\*\*\*\*

SAVE PAPER, SAVE TIME...ENTER ONLINE AT:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1212&smid=4127](https://www.clubassistant.com/club/meet_information.cfm?c=1212&smid=4127)

Age (on Sept. 29, 2012): \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Attach copy of your USMS 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: \_\_\_\_\_

I, the undersigned participant, intending to be legally bound, 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 yards. Relays may be entered on the day of the meet. Relay forms will be available at check-in. There will be a 20-minute break for warm-up following events #6 and 15. Please enter no more than 5 individual events:*

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	200 yd Fly	(12)	_____	50 yd Fly
(2)	_____	50 yd Breast	(13)	_____	100 yd Back
(3)	_____	200 yd Back	(14)	_____	200 yd Breast
(4)	_____	200 yd IM	(15)	_____	200 yd Free
(5)	_____	50 yd Free	(18)	_____	100 yd IM
(6)	_____	500 yd Free	(19)	_____	50 yd Back
(9)	_____	100 yd Fly	(20)	_____	100 yd Free
(10)	_____	100 yd Breast	(22)	_____	1650 yd Free
(11)	_____	400 yd IM			

*Relays (event # 7, 8, 16, 17, 21) will be deck entered. There will be a \$8 fee for relays or any deck-entered individual events, to be payable on the day of the meet.*

Number of Individual Events \_\_\_\_\_ x \$5 = \$ \_\_\_\_\_  
(maximum is 5 individual events)  
\$10 Surcharge = \$ 10  
Total Amount Enclosed = \$ \_\_\_\_\_

Results will be posted at  
[www.vaswim.org](http://www.vaswim.org).

*Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail by Sept. 22, 2012 to: Dave Holland, 504 West Drive Circle, Henrico, VA 23229-6832. For questions, e-mail Dave at [HenryDaFif@aol.com](mailto:HenryDaFif@aol.com) or phone him at 804-467-2425.*