

PATRIOT MASTERS

SPRINT CLASSIC

Sunday October 28, 2012

George Mason University Aquatic & Fitness Center, Fairfax, VA

WARMUPS: 8:30AM MEET START: 10:00AM

Sanctioned by PVLMSC for USMS, INC. #

Welcome to the thirteenth annual Patriot Masters Sprint Classic. Our first-class swimming facility has an 8-lane 50-meter pool with non-turbulent lane lines, overflow gutters and a color scoreboard. The 9-foot wide, all-deep-water lanes should allow for some very *fast* swimming! The pool will be configured in a 25-yard course. A separate area will be available for continuous warm-up/cool-down throughout the meet.

- ENTRIES:** Entries must be submitted online. Online entries will close Tuesday October 23. Competitors may enter up to 5 individual events for a \$25 flat fee, plus as many 25's as you wish. The meet is open to all Masters Swimmers holding a valid 2012 USMS registration card. Age is determined by a swimmer's age on October 28, 2012. 2012 USMS rules and regulations apply.
- SEEDING:** Events will be seeded slowest to fastest, men and women separate.
- PSYCH SHEETS:** Psych sheets will be available on our website www.patriotmasters.org before the meet.
- AWARDS:** An award will be presented to the fastest man and fastest woman based on their aggregate time in the 25's. You must swim all four 25's to be eligible for this award.
- RESULTS:** Available on-line at www.patriotmasters.org. Results for sanctioned events will be submitted for Top-Ten recognition.
- DIRECTIONS:** The George Mason University Aquatic and Fitness Center will open at 8:15am. Please enter thru the side door closest to Lot C. The pool has a "No deck chair" policy.
From the West: Take I-66 east to Route 123 (exit 60), south on Route 123 for 2.7 miles to Braddock Rd, left on Braddock, left on Sideburn, park in Lot C.
From the South: Take I-95 north to exit 160, north on Route 123 for 14.5 miles to Braddock Rd, right on Braddock, left on Sideburn, park in Lot C.
From the North: Take I-95 south to the Capitol Beltway (495), 495 west to Braddock Rd (exit 54), Braddock Rd west 6 miles to Sideburn, right on Sideburn, park in Lot C.
- HOTELS:** Mason Inn - 703-865-5705 (on campus)
Courtyard Fairfax Fair Oaks - 703-273-6161 (3 miles from the pool)
Holiday Inn Express - 703-359-2888 (2 miles from the pool)
Fairfax Marriott at Fair Oaks - 703-352-2525 (4 miles from the pool)
Springhill Suites Fairfax Fair Oaks - 703-691-7880 (3 miles from the pool)
- QUESTIONS:** Meet Director: Cheryl Ward (703) 425-1609 e-mail cherylaward@yahoo.com

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RELEASE OF LIABILITY BY PARTICIPANT:

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 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. (Rule Book Article 203.1)

SIGNATURE: _____ DATE: _____

CIRCLE EVENT NUMBERS YOU WISH TO SWIM AND INDICATE SEED TIMES IN YARDS:

<u>Event #</u>	<u>Seed Time</u>	<u>Event Name</u>	<u>Seed Time</u>	<u>Event #</u>
	<u>WOMEN</u>		<u>MEN</u>	
1	_____	100 Free	_____	2
3	_____	100 Breast	_____	4
5	_____	50 Fly	_____	6
7	_____	200 IM	_____	8
9	_____	100 Back	_____	10
11	_____	50 Free	_____	12
	BREAK			
13	_____	100 IM	_____	14
15	_____	50 Breast	_____	16
17	_____	100 Fly	_____	18
19	_____	50 Back	_____	20
21	_____	200 Free	_____	22
	BREAK			
	THE BATTLE OF THE TRUE DROP-DEAD SPRINTERS:			
23	_____	25 Fly	_____	24
25	_____	25 Back	_____	26
27	_____	25 Breast	_____	28
29	_____	25 Free	_____	30

(Events 23 through 30 are NOT USMS sanctioned; thus they are unofficial races)

FEE:	\$25.00	MAIL TO:	Cheryl Ward, Entries Chair
CHECK PAYABLE TO:	George Mason University		9821 Laurel Street
ENTRIES DUE:	Tuesday October 23, 2012		Fairfax, VA 22032