



## RESTON MASTERS SWIM TEAM PRESENTS

### *First Annual Short Course Meters “Potomac Valley SCM Relay and Sprint Festival”*

George Mason University Aquatic Center, Fairfax, VA, Sunday, November 18, 2012 Sanction # 102-S006  
**14 Relays!! and 10 Individual Events!!**

**Entries:** Online entries only! (add link to entry page). There is a \$25 meet entry fee. All relays are free of charge and will be deck entered. Swimmers may compete once per relay event – up to a possible 14. Swimmers may also enter up to five individual events for an additional fee of \$5 per event. Entry fees are non-refundable and non-transferable.

On Line Registration: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1481&smid=4182](https://www.clubassistant.com/club/meet_information.cfm?c=1481&smid=4182)

**Eligibility:** The meet is open to all swimmers holding a valid 2012 USMS registration. Age is determined by a swimmer’s age on 12/31/12. 2012 USMS rules and regulations apply. Standard USMS age groups will be used (18-24, 25-29, 30-34...), etc. Relay age groups will be in accordance with USMS Rule 102.3.2.B using the aggregate age of the four relay team members.

**Awards:** A Championship banner will be presented to the USMS team with highest average score. Total team scores will be determined by adding swimmer and relay scores. This number will be divided by the number of team members participating to determine each team’s average score. To be eligible for the championship banner, a team must have at least 4 participating swimmers and compete in at least one of the standard USMS relays.

**Scoring:** Scoring will be recorded to 8 places (9,7,6,5,4,3,2,1) for individual events – men and women; quadruple scores for relays.

**Location:** George Mason University, Aquatic and Fitness Center, 4400 University Drive, Fairfax, Virginia 22030

**Directions: 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.

**Facility:** Eight-lane, 25 meter pool, non-turbulent lane markers. All eight lanes will be used for competition; separate pool will be available for continuous warm-up and cool down. **Pool will be measured and certified for USMS records and Top Ten.** Locker Rooms are available. No glass containers in the pool area.

**Meet Director:** Charlie Tupitza Referee: Jim Van Erden Contact: Laurence Paulson, 703-314-3697 [laurence.paulson@gmail.com](mailto:laurence.paulson@gmail.com)

**Pool Times:** Pool opens at 8:00 am for warm-ups. First heat begins at 9:00 am.

**ORDER OF EVENTS: Men and Women will swim together; Mixed Relays will be separate.**

- |                                      |  |
|--------------------------------------|--|
| 1. 800 Free Relay Men/Women          | 13. 100 m Backstroke Men/Women         |
| 2. 800 Free Relay Mixed              | 14. 200 Free Relay Men/Women           |
| 3. 50 m Breaststroke Men/Women       | 15. 200 Free Relay Mixed               |
| 4. 100 m Butterfly Men/Women         | 16. 100 m Individual Medley Men/Women  |
| 5. 200 Medley Relay Men/Women        | 17. 50 m Backstroke Men/Women          |
| 6. 200 Medley Relay Mixed            | 18. 100 m Freestyle Men/Women          |
| 7. 50 m Freestyle Men/Women          | 19. 400 Medley Relay Men/Women         |
| 8. 200 m Individual Medley Men/Women | 20. 400 Medley Relay Mixed             |
| 9. 400 Free Relay Men/Women          | 21. * 100 Fly Relay Men/Women/Mixed    |
| 10. 400 Free Relay Mixed             | 22. * 100 Back Relay Men/Women/Mixed   |
| 11. 100 m Breaststroke Men/Women     | 23. * 100 Breast Relay Men/Women/Mixed |
| 12. 50 m Butterfly Men/Women         | 24. * 100 Free Relay Men/Women/Mixed   |

\* Events 21-24 are non-conforming events and will not be eligible for USMS records.

**ENTRY DEADLINE:** Meet entries are due 11:59 PM Wednesday November 14. Relays will be deck entered by these deadlines:  
**Events 1, 2, 5, and 6 are due 8:30AM. Events 9, 10, 14, and 15 are due 9:30AM. Events 14, 15, and 19-24 are due 10:30AM.**