

ALEXANDRIA MASTERS SWIMMING
TROPICAL SPLASH

SHORT COURSE YARDS SWIM MEET

Sunday, February 3, 2013

Potomac Valley LMSC sanction for US Masters Swimming, Inc. Sanction Number 103-S001

*Welcome to our ninth annual Tropical Splash
Enjoy the sights and sound of the tropics
Help welcome swimmers new to Masters competition*

date & location Sunday, February 3, 2013
George Washington Rec Center Pool
8426 Old Mt. Vernon Road
Alexandria, Virginia

Warm-ups start: 7:45 am
Meet start: 8:30 am (estimated finish: 1:45 pm)
Weather updates will be posted on the meet web site

facilities 9 lane x 25-yard pool. 7 lanes used for competition
Manual timing will be used
A continuous 25-yard warm-up area will be available
Lap counter cards will be available for the 500-yd swim but you must provide your own counter
Coin-operated lockers require a quarter



rules Meet is open to all US Masters Swimmers with **valid 2013 registration**
Swimmers may enter up to 5 individual events
2013 United States Masters Swimming rules will apply
3-person, unofficial 150-yard Coconut Relay rules will be announced at the meet
Swimmers may swim only once in each relay event
Events will be combined men and women. Heats will be seeded slowest to fastest. Relays will be deck seeded.

entries Online registrations will be available at www.ClubAssistant.com
Mail-in entries will be accepted but must contain a copy of your 2013 USMS registration card
Mailed entries must be **received by noon, Tuesday, January 29, 2013**
Meet will be **limited to the first 185 entries received**
NO deck entries will be accepted
Due to time constraints, the **500-yd freestyle will be limited** to the first 28 entries received
Relays will be deck entered. Only swimmers entered in the individual meet events are eligible for relays
Swimmers can check their entry status & 500-free entries updated daily at www.AlexandriaMasters.com

fees \$6.00 entry fee, plus \$5.00 per individual event entered, with no charge for relays
\$15 meet tee shirts, short or long sleeve, must be pre-ordered. Preview the design at www.AlexandriaMasters.com

awards Custom ribbon awards will be presented to first, second, and third places in individual events
Results will be posted online at www.AlexandriaMasters.com
Printed results will be available by mail for \$2 if requested

directions From Interstate 95/495 Capital Beltway: (additional directions & map are at www.AlexandriaMasters.com)
Take "Route 1 South Ft. Belvoir" exit in Alexandria
Go 4.5 miles, turn left onto Route 235 Mt. Vernon Highway
Go 0.5 mile, bear right at the fork in the road onto Route 623 Old Mt. Vernon Road
After 0.3 mile, turn right into the entrance drive across from the high school stadium

overnight Red Roof Inn, 5975 Richmond Highway (Route 1), Alexandria, 703-960-5200
Hampton Inn, 5821 Richmond Highway (Route 1), Alexandria, 703-329-1400
Holiday Inn Express, 6055 Richmond Highway, Alexandria, 571-257-9555

director Ray Novitske, meet@AlexandriaMasters.com 703-960-4598

ALEXANDRIA MASTERS SWIMMING
TROPICAL SPLASH

SHORT COURSE YARDS SWIM MEET

George Washington Rec Center, Alexandria, VA
Sunday February 3, 2013 • 7:45 am warm-ups • 8:30 am meet start
Potomac Valley LMSC sanction for US Masters Swimming, Inc. Sanction Number xxx-xx

Attach a legible copy of your 2013 USMS card **here**.
Do not use your expired 2012 card.
Obtain a copy of your 2013 card online:
www.clubassistant.com/club/usms_member_card_request.cfm

Provide phone and/or email address to the right
so we can contact you if needed.

provide information so we can contact you if needed:

name _____

email _____

phone _____

If you enter the 500 freestyle and it is already filled:
 Return my \$5 fee for the event.
 Enter me instead: _____ seed time
event seed time

Circle events you will swim and indicate seed time for short course yards. Events are listed in order of the meet.

event:	seed time:	event:	seed time:
1. 500-yd Freestyle*	_____	10. 200-yd Medley Relay	<i>deck entered</i>
2. 100-yd Individual medley	_____	11. 200-yd Freestyle	_____
3. 50-yd Backstroke	_____	12. 100-yd Backstroke	_____
4. 200-yd Butterfly	_____	13. 50-yd Breaststroke	_____
5. 100-yd Breaststroke	_____	14. 200-yd Individual Medley	_____
6. 200-yd Backstroke	_____	15. 100-yd Butterfly	_____
7. 100-yd Freestyle	_____	16. 200-yd Breaststroke	_____
8. 50-yd Butterfly	_____	17. 50-yd Freestyle	_____
9. 200-yd Freestyle Relay	<i>deck entered</i>	18. 400-yd Individual Medley	_____
-----break between events 9 & 10-----		19. 150-yd Coconut Relay	<i>deck entered</i>

*500 freestyle is limited to the first 28 entries received

_____ \$ 6.00 = Registration fee
 _____ = \$ 5.00 x _____ Number of individual events
 _____ = \$2.00 - Optional printed results by mail
 _____ = \$15.00 T-shirt - optional
 (short sleeve) (long sleeve)
 (S) (M) (L) (XL) (XXL)
 _____ (Yes) (No) = This is my first US Masters competition meet
 _____ = **Total enclosed**

Mail to: Alexandria Masters Swimming
 P.O. Box 4935
 Alexandria, VA 22303
 Mailed entries must be received by 1/29/13
 Checks payable to: Alexandria Masters Swimming

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.

signature _____

date _____