

TWO-FOR-ONE (LONG COURSE AND SHORT COURSE METERS) INVITATIONAL

LOCATION: PRINCE WILLIAM CAMPUS of George Mason University, 10900 University Boulevard, Manassas, Virginia 20110-2203; (703) 993-8444.

CO-SPONSORED BY: Sunfish Masters Swim Team and Warrenton Masters Swim Team

SANCTIONED BY: Virginia LMSC for USMS, INC. # 123-S004 & 123-S005

FACILITY: The Freedom Aquatic & Fitness Center facility is one of the finest facilities in the area with non-turbulent lane lines and movable bulkheads which allow us to offer short- and long-course meter events. On Saturday, August 3rd, the pool will be configured as an 8-lane 50-meter competition course. On Sunday, August 4th, the pool will be configured as an 8-lane 25-meter competition course. An area will be available for continuous warm-up/cool-down throughout the meet. The pool is certified for USMS records and Top Ten. The pool will also be measured each day to comply with USMS certification requirements.

ELIGIBILITY: The standard Masters age groups will be used (18-24, 25-29, 30-34, etc.) Age is determined as of December 31, 2013 for metric pools. All swimmers must be registered with USMS. You may register online at https://www.ClubAssistant.com/club/meet_information.cfm?c=1605&smid=4841

ENTRIES: \$20 surcharge for pool and equipment, \$5 per individual event, \$10 per relay. Competitors may enter up to 5 individual events per day, plus relays. The meet is open to all Master Swimmers holding a valid 2013 USMS registration card. Events will be seeded slowest to fastest, men and women separate. Online entries are preferred.

- **Long Course Meter (LCM)** times should be submitted for Saturday, August 3 events. **Short Course Meter (SCM)** times should be submitted for Sunday, August 4 events.
- **The online entry deadline is Friday July 26th.** Online entry will be charged to your credit card (Visa or MasterCard only).
- **Paper entries must be received by Wednesday, July 24th. A COPY OF YOUR 2013 USMS REGISTRATION CARD MUST ACCOMPANY YOUR MAILED ENTRY!**
- Late entries will be accepted until 2:30 p.m. on Saturday (for Saturday events) and 8:30 a.m. on Sunday (for Sunday events) at \$7.50 per event (check or cash; no credit card) *if lanes are available*.

WARM-UPS: Warm-up safety rules will be strictly enforced. No diving is permitted in the general warm-up lanes. Swimmers must enter feet first in a cautious manner. Diving or backstroke starts will be permitted only in designated lanes that are reserved for one-way swimming. Instructions from the designated safety marshal must be obeyed at all times. The use of equipment during warm-up is not permitted.

RELAYS: Relay entries will be deck entered at the meet. Saturday relays must be submitted by 2:30 p.m. and Sunday relays must be submitted by 8:30 a.m. Relay forms will be available at the meet.

PSYCH SHEETS: Psych sheets and rosters will be available on our website www.sunfishmasters@gmail.com before the meet.

AWARDS: Specially designed plaques will be awarded to the fastest male and female 49 and under and 50 and over for the fastest combined times for the 50, 100, and 200 for each stroke (freestyle, backstroke, breaststroke and butterfly) combined for the two day event. Ribbons will be awarded to the first three places in each age group, and to each member of a winning relay.

RESULTS: Available on-line at www.sunfishmasters. Results will be submitted for Top-Ten recognition.

DIRECTIONS: If you are using a GPS or MapQuest, 10900 University Boulevard, Manassas, Virginia 20110-2203 will get you to the correct parking lot.

HOTELS: Country Inn & Suites by Marriott (5.4 miles to pool) 703) 393-9797
Fairfield Inn by Marriott (5.5 miles to pool) 6950 NOVA Way (703) 393-9966
Hampton Inn (4.8 miles to pool) 7295 Williamson Blvd (703) 369-1100
The Courtyard, Manassas, VA (At I-66 exit # 47) 10701 Battleview Pkwy (703) 335-1300
Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966
Springhill Suites by Marriott, Centreville, VA (703) 815-7800.

QUESTIONS: Contact the meet director: Ginger Cyganiewicz (571) 643-6619; e-mail sunfishmasters@gmail.com

TWO FOR ONE (LONG COURSE AND SHORT COURSE METERS) INVITATIONAL

Saturday, August 3, 2013 Warm-ups: 2:00 PM - Meet Starts: 3:00 PM

Sunday, August 4, 2014 Warm-ups: 8:00 AM – Meet Starts: 9:00 AM

MAIL ENTRIES: USE THIS FORM. You **MUST ENCLOSE** a copy of your 2013 USMS Card with this entry form. Please complete the information below in case there is a problem with your entry.

Place a copy of your USMS card here (trimmed & taped)		Please supply the following information also:	
USMS #:	Team:	Daytime Phone #:	
Name (as it appears on USMS card):		Evening Phone #:	
Birth Date:	Age:	Sex:	Email:

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.

SIGNATURE: _____

DATE: _____

Saturday, August 3, 2013 (All events will be swum on a 50-meter course.)

Warm-ups will begin at 2:00 p.m. The meet will start promptly at 3:00 p.m.

Circle event numbers and *indicate seed times as long course meter times* beside the event you wish to swim (entry form continues on next page).

Women's Event #	Seed Time	Event Description	Seed Time	Men's Event #
1		200 m Free Relay (M,W, Mixed)		2
3		400 m Medley Relay (M, W, Mixed)		4
5		50 m Freestyle		6
7		200 m Butterfly		8
9		100 m Backstroke		10
11		200 m Breaststroke		12
13		50 m Butterfly		14
15		100 m Freestyle		16
17		200 m Individual Medley		18
19		100 m Butterfly		20
21		50 m Breaststroke		22
23		200 m Backstroke		24
25		100 m Breaststroke		26
27		200 m Freestyle		28
29		50 m Backstroke		30
31		200 m Medley Relay (M,W, Mixed)		32
33		400 m Freestyle Relay (M, W, Mixed)		34

Sunday, August 4, 2013 (All events will be swum on a 25-meter course.)

Warm-ups will be held from 8:00 – 8:45 a.m. The meet will start promptly at 9:00 a.m.

Circle event numbers and *indicate seed times as short course meter times* beside the event you wish to swim.

Women's Event #	Seed Time	Event Description	Seed Time	Men's Event #
35		200 m Free Relay (M,W, Mixed)		36
37		400 m Medley Relay (M, W, Mixed)		38
39		50 m Freestyle		40
41		200 m Butterfly		42
43		100 m Backstroke		44
45		200 m Breaststroke		46
47		50 m Butterfly		48
49		100 m Freestyle		50
51		200 m Individual Medley		52
53		100 m Butterfly		54
55		50 m Breaststroke		56
57		200 m Backstroke		58
59		100 m Breaststroke		60
61		200 m Freestyle		62
63		50 m Backstroke		64
65		200 m Medley Relay (M, W, Mixed)		66
67		400 m Freestyle Relay (M, W, Mixed)		68

ENTRY FEES	
Total on-time event entries (both days): _____ x \$5.00:	
Total late entries: _____ x \$7.50: (for day-of entries only, if lanes available)	
Surcharge:	\$20.00
TOTAL AMOUNT ENCLOSED:	

MAKE CHECK PAYABLE TO: SUNFISH MASTERS

MAIL TO: Ginger Cyganiewicz, 1104 Spain Drive, Stafford, VA 22554