

# 3rd ANNUAL SUNFISH MASTERS “CRAWL BRAWL”

&

## “THE PLUNGE”

Saturday, November 30, 2013

Warm-Ups: 9:00 AM - Meet Starts: 10:00 AM

Sanctioned by LMSC for Virginia, Inc., for USMS, Inc.: Sanction # 123-S008

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

**FACILITY:** The Freedom Aquatic & Fitness Center facility is one of the finest facilities in the area. The pool will be set in a 25 Yard 8 lane configuration with non-turbulent lane markers. A new automatic scoreboard has just been installed. A separate area will be available for continuous warm-up/cool-down throughout the meet. The pool has been measured and certified for USMS records and Top Ten.

**ENTRY INFORMATION:** On-line entries must be received by Monday, November 25, 2013. Mailed entries must be postmarked Thursday, November 21, 2013. The meet is open to all Masters Swimmers holding a valid 2013 or 2014 USMS registration card. You must be a registered USMS swimmer to complete an online entry. Complete On-line entries at: [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1605&smid=5001](https://www.ClubAssistant.com/club/meet_information.cfm?c=1605&smid=5001) (payment by credit card only). Mailing information is on the entry form. If you are not currently registered, you may include your registration form and a separate check (to LMSC for VA) with your entry, register online at [www.usms.org](http://www.usms.org). Registration is \$44.00 which is from November 1, 2013 through December 31, 2014. **You will not be allowed to swim without being registered.** A participant may swim a maximum of individual events. **There is a \$20 pool and equipment surcharge and a fee of \$5 per individual event.**

**RULES:** 2013 USMS rules and regulations apply. Age is determined by the swimmers age on November 30, 2013. The 500 and 1,000 distances will be limited to 48 swimmers each with priority given to those competing in the Distance Division Championship (see Awards, below). Events will be seeded slowest to fastest, men and women separate.

**WARMUPS:** Warm-Up safety rules will be strictly enforced. Swimmers must enter feet first in a cautious manner. No diving is permitted in the general warm-up lanes. Diving will only be allowed in designated lanes reserved for one-way swimming approved by the Safety Officer. Instructions from the designated safety marshal must be obeyed at all times. The use of equipment such as kick boards, pull bouys, snorkels, etc. during warm-up is not permitted.

**HOSPITALITY:** Bagels, fruit and water will be available free for all competitors during the meet.

**AWARDS:** Ribbons will be awarded for first through sixth places for each age group, men and women. Plaques will be awarded for the Sprint Division (25 yd, 50 yd, 100 yd) and Distance Division (200 yd, 500 yd, and 1,000 yd) for men and women 49 and below and 50 and above. Places will be determined by the fastest combined total for the sprint events and distance events. Please pick up your awards at the meet as they will not be mailed.

**HOTELS:** Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797; Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966; Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 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.

## “The PLUNGE ”

The Plunge is a non-conforming event, thus it is an unofficial race. Each participating swimmer will be given one opportunity to “Plunge” from the block and go as far as possible without kicking or taking a breath. The person going further than others will be declared the champion. Plunge awards will be presented to the male and female Champions.

**QUESTIONS:** Meet Director: Ginger Cyganiewicz (571) 643-6619 or e-mail [sunfishmasters@gmail.com](mailto:sunfishmasters@gmail.com)

Complete On-line entries at: [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1605&smid=5001](https://www.ClubAssistant.com/club/meet_information.cfm?c=1605&smid=5001) or mail entries using this form.

You **MUST ENCLOSE** a copy of your 2013 or 2014 USMS Card. Please complete the right side of the form below in case there is a problem with your entry.

Copy of 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: \_\_\_\_\_

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

Event #	Seed Time <u>WOMEN</u>	Event Name	Seed Time <u>MEN</u>	Event #
1	_____	500 yd. Freestyle	_____	2
3	_____	50 yd. Freestyle	_____	4
5	_____	200 yd. Freestyle	_____	6
7	_____	50 yd. Butterfly	_____	8
9	_____	*25 yd. Freestyle	_____	10
11	_____	200 yd. Individual Medley	_____	12
13	_____	1,000 yd. Freestyle	_____	14
15	_____	50 yd. Breaststroke	_____	16
17	_____	100 yd. Freestyle	_____	18
19	_____	50 yd. Backstroke	_____	20

**\* 25yd Free is a non-conforming event and thus the times are considered unofficial but will be counted in the Sprint Division Championship.**

THE PLUNGE COMPETITION WILL BEGIN IMMEDIATELY AFTER THE COMPLETION OF THE MEET.

**MAIL TO:** Ginger Cyganiewicz, 1104 SPAIN DRIVE, STAFFORD, VA 22554

**SURCHARGE for pool & equipment:** \$20.00 **INDIVIDUAL EVENT FEE:** \$5.00 per event

**DECK ENTRIES:** \$25.00 surcharge, \$7.50 per individual event if lanes are open.

**MAKE CHECK PAYABLE TO:** SUNFISH MASTERS

**ON-LINE ENTRIES DUE:** Monday, NOVEMBER 25, 2013

**MAILED ENTRIES MUST BE POSTMARKED BY:** Thursday, NOVEMBER 21, 2013