

ALEXANDRIA MASTERS SWIMMING  
**TROPICAL SPLASH**

SHORT COURSE YARDS SWIM MEET

Sunday, January 26, 2014

Potomac Valley LMSC sanction for US Masters Swimming, Inc. Sanction #104-S003

*Welcome to the 10th annual Tropical Splash  
Enjoy our tropics in winter and  
welcome the swimmers new to Masters competition*

date & location Sunday, January 26, 2014  
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 page.

facilities 9 lane x 25-yard pool. 7 lanes used for competition.  
Automatic 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.  
The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.



rules Meet is open to all US Masters Swimmers with **valid 2014 registration**.  
Swimmers may enter up to 5 individual events.  
2014 United States Masters Swimming rules will apply.  
Event 19 will be an unofficial, 3-person 150-yard Coconut Relay consisting of anyone entered in 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](http://www.ClubAssistant.com)  
Mail-in entries will be accepted but must contain a copy of your 2014 USMS registration card  
Mailed entries must be **received by, Monday, January 20, 2014**.  
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/meet](http://www.AlexandriaMasters.com/meet).

fees \$9.00 entry & equipment 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](http://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](http://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](http://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, [rnovitske@usms.org](mailto:rnovitske@usms.org) 703-960-4598

ALEXANDRIA MASTERS SWIMMING  
**TROPICAL SPLASH**

SHORT COURSE YARDS SWIM MEET

George Washington Rec Center, Alexandria, VA

Sunday January 26, 2014 • 7:45 am warm-ups • 8:30 am meet start

Potomac Valley LMSC sanction for US Masters Swimming, Inc. Sanction Number 104-S003

**Attach** a legible copy of your 2014 USMS card **here**.

Do not use your expired 2013 card.

Obtain a copy of your 2014 card online:

<http://www.usms.org/reg/getcard.php>

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

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. 200-yd Individual medley	_____	11. 200-yd Butterfly	_____
3. 100-yd Backstroke	_____	12. 100-yd Individual Medley	_____
4. 50-yd Breaststroke	_____	13. 200-yd Freestyle	_____
5. 100-yd Freestyle	_____	14. 50-yd Backstroke	_____
6. 200-yd Backstroke	_____	15. 100-yd Butterfly	_____
7. 50-yd Butterfly	_____	16. 200-yd Breaststroke	_____
8. 100-yd Breaststroke	_____	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*

\_\_\_\_\_ \$ 9.00 = 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 1/20/14  
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 \_\_\_\_\_