

# Colonies Zone Short Course Yards Championship

## April 3 – 5, 2020

Hosted by: George Mason University Swimming & Diving

George Mason University Aquatic and Fitness Center

4520 Patriot Circle, Fairfax, Virginia

Sanctioned by Potomac Valley LMSC for USMS, INC. #

Welcome to the 2020 Colonies Zone Short Course Yards Championship meet. The swimming facility will be configured as two separate 8-lane competition courses, women in one course and men in the other, with both courses displayed on the scoreboard. The all deep-water lanes, overflow gutters and non-turbulent lane lines should allow for some very *fast* swimming! A separate 6-lane 25-yard pool will be available for continuous warm-up/cool-down throughout the meet.

- ENTRIES:** Online entries will close Friday March 27. Competitors may enter up to 5 individual events per day, plus relays. The meet is open to all Masters Swimmers holding a valid 2020 USMS registration card. Age is determined by a swimmer's age on April 5, 2020. 2020 USMS rules and regulations apply.
- SEEDING:** Saturday and Sunday events will be seeded slowest to fastest. Women will swim in the shallow end on Saturday and the deep end on Sunday. Men will swim in the deep end on Saturday and the shallow end on Sunday. Friday night events will be seeded fastest to slowest, men and women combined.
- RELAYS:** Relay Deck Entries will be accepted **BEFORE 10am** Saturday and Sunday, or Friday night, or they may be mailed in with your meet entry. Relay Entry Forms are available at [www.patriotmasters.org](http://www.patriotmasters.org).
- DISTANCE EVENTS:** You must check in Friday **BEFORE 3:30pm** for the 1000/1650 or you will be scratched. *Choose either the 1000 free or the 1650, not both.* The 1000 is limited to the first 112 entries received and will be swum in the shallow end. The 1650 is limited to the first 72 entries received and will be swum in the deep end. Please ask a friend to count for you in the distance freestyle races. Swimmers entering the 1000 free and 1650 free must enter using a provable time. It can be done in practice and signed off by a coach or come from the USMS meet results database.
- PSYCH SHEETS:** Psych sheets and rosters will be available on our website [www.patriotmasters.org](http://www.patriotmasters.org) before the meet.
- AWARDS:** Medals will be awarded for first place in each age group, and to each member of a winning relay. Special Championship awards to the highest scoring team in three divisions: Large, Medium and Small Team. Individual events are scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2.
- RESULTS:** Available on-line at [www.patriotmasters.org](http://www.patriotmasters.org) and [www.colonieszone.org](http://www.colonieszone.org). The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. In the deep end, 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.
- DIRECTIONS:**
- **From the West:** Take I66 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 I95 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 I95 south to the Capitol Beltway (495), 495 west to Braddock Rd (exit 54), Braddock Rd west 5 miles to Sideburn, right on Sideburn, park in Lot C.
- HOTELS:** Courtyard Fairfax Fair Oaks - 703-273-6161 (3 miles from the pool)  
Holiday Inn Express - 703-359-2888 (2 miles from the pool)  
Fairfax Marriott at Fair Oaks - 703-352-2525 (4 miles from the pool)  
Springhill Suites Fairfax Fair Oaks - 703-691-7880 (3 miles from the pool)
- QUESTIONS:** Meet Director: Cheryl Ward (571) 214-5394 e-mail [cherylaward@yahoo.com](mailto:cherylaward@yahoo.com)

<b>Place Copy of USMS Card Here (Trimmed and Taped)</b>		Please supply the following information also:
USMS Number	Team	Daytime Phone Number:
Email:		Evening Phone Number:

**WOMEN**

**MEN**

<u>Event #</u>	<u>Seed Time</u>	<u>Event Name</u>	<u>Seed Time</u>	<u>Event #</u>
<b><i>Friday April 3, 2020 (Warm-up at 3 pm – Meet Start at 4 pm)</i></b>				
1	_____	1000 Free	_____	1
3	_____	1650 Free	_____	3
<b><i>Saturday April 4, 2020 (Warm-up at 9 am – Meet Start at 10 am)</i></b>				
5	_____	100 Free	_____	6
7	_____	200 Back	_____	8
9	(use relay form)	400 Mixed Free Relay	(use relay form)	9
11	(use relay form)	200 Mixed Medley Relay	(use relay form)	11
13	_____	50 Fly	_____	14
15	_____	200 IM	_____	16
17	_____	500 Free	_____	18
19	_____	100 Breast	_____	20
21	_____	200 Fly	_____	22
23	_____	50 Back	_____	24
25	(use relay form)	800 Free Relay	(use relay form)	26
27	(use relay form)	400 Medley Relay	(use relay form)	28
29	(use relay form)	200 Free Relay	(use relay form)	30
<b><i>Sunday April 5, 2020 (Warm-up at 9 am – Meet Start at 10 am)</i></b>				
31	_____	200 Free	_____	32
33	_____	100 IM	_____	34
35	(use relay form)	800 Mixed Free Relay	(use relay form)	35
37	(use relay form)	400 Mixed Medley Relay	(use relay form)	37
39	(use relay form)	200 Mixed Free Relay	(use relay form)	39
41	_____	50 Breast	_____	42
43	_____	100 Fly	_____	44
45	_____	400 IM	_____	46
47	_____	50 Free	_____	48
49	_____	200 Breast	_____	50
51	_____	100 Back	_____	52
53	(use relay form)	400 Free Relay	(use relay form)	54
55	(use relay form)	200 Medley Relay	(use relay form)	56

<b>SURCHARGE (required)</b> \$ <u>25.00</u>	<b>MAIL TO:</b> Cheryl Ward, Entries Chair
<u>    </u> Events @ \$5 each: \$ _____	4123 Virginia St
<b>TOTAL FEE ENCLOSED:</b> \$ _____	Fairfax, VA 22032
<b>CHECK PAYABLE TO:</b> PATRIOT MASTERS	<b>ENTRIES DUE:</b> March 27, 2020



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M    F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	