The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
May 15, 2017

USMS One Hour Swim National Postal Championship

By Betsy Durrant

Thirty-one swimmers from our LMSC participated in the One Hour Swim. Thirty-one is number that I found by visually scanning the results. More than likely I missed some, so please let me know for the next newsletter.

Three swimmers, all from VMST, finished in first place. Jeanne Meredith, in the 85-89 age group, Terry Sokolik, in the 90-94 age group, and Shirley Loftus-Charley, in the 65-69 age group.

Four other swimmers finished in the top ten in their age group. They are:
Kendra Hogg, VMST, 30-34, 3rd
Kate Stephensen, VMST, 25-29, 2nd
Christopher Hepp, SHYM, 25-29, 7th
Denise Landers, UC12, 55-59, 7th

In my opinion, completing the swim is a noteworthy feat. It's not easy, but there is a wonderful feeling of accomplishment when you finish.

In addition to the seven swimmers mentioned above, the following swimmers completed the hour of swimming.
Tidewater Masters Swimming (TMAS):
Jorge Cortina, Matt Bickley, Robin Elder, Monica Brogan
South Hampton Roads Y Masters (SHYM):
Barbara Raab, Jenny Shumer,
Rockingham County Aquatics (RCA):
Susan Harrison, Sascha Goluboff, Melinda Sulewski
Unattached (UC12):
Laura Evans, Ellen Hart, Susan Newman, Gloria Cargill
Virginia Masters Swim Team (VMST);
Cheryl Ptak, Molly Broderson, Kathy Kauffman, Nancy O'Shaughnessy, Nancy Speer, Carl Russ, John O'Shaughnessy, William Throne, Dan Sheehan, Craig Bauer, Frank Miller

Congratulations to all!

Colonies Zone Championship

(From article by Chris Stevenson at vaswim.org)

VMST was the winner of the zone trophy in the large team division. 1693 was fourth in the large team division. Other teams competing were POWM, TIDE, and SUWC.



Colonies Zone Championship Award and VMST t-shirt.

Many LMSC records fell: 32 new marks were set. **Shirley Loftus-Charley**, as is so often the case, set the pace with five new standards, while a trio of Tribe swimmers — **Marina Falcone**, **Kristen Harris**, and **Kevin Gallagher** — each set three new LMSC records. LMSC swimmers set a number of new zone championship records as well; check out the meet results for more details on those.

But most impressively, two Club Tribe Relays set new **national records**! The relay of **Alexandra Czaplicki**, **Kristen Harris**, **Marina Falcone**, and **Katie Grier** set a new USMS record in the Women's 25+ 400 Medley Relay, while Marina, Katie, **Luke Robbins**, and **Kevin Gallagher** combined to set a new national record in the Mixed 25+ 800 Free Relay.

Complete results can be found at www.patriotmasters.org.

See page 5 for more photos.



If you need an entry and do not have access to* email, call me and I will send you an entry. *Betsy

May 27-28: Clinic, 1 mi, 2 mi. lake swims in Reston

June 17: LC meet in Virginia Beach Princess Anne YMCA pool, hosted by TIDE swim team. Entry is in this newsletter.

June 18: One mile Ocean Swim, Va Bch, First in a series from Life Guards (no USMS sanction)

July 8:John Shrum Lake Swim, Charlottesville. Entry in this newsletter

July 9 (tentative): DCRP LC meet at Wilson Aquatic Center, DC

August 2-6: University of Minnesota **USMS LC National Championship,** Minneapolis, MN

Newsletter Editor

Betsy Durrant
3100 Shore Drive #950
Virginia Beach, VA 23451
757-615-1661
durrant6@gmail.com

Graphics from www.swimgraphics.com

Remember the LC meet in Virginia Beach on June 17.

Entry is in this issue.



LMSC for Virginia Website:
www.vaswim.org

***USMS Website**: www.usms.org*

Nearby LMSCs
North Carolina: www.ncmasters.org
Maryland: www.maryland@usms.org
Potomac Valley: www.PVMasters.org

***Colonies Zone:** www.ColoniesZone.org*
***Dixie Zone:** www.DixieZone.org*

ONLINE Meet Registrations:
www.clubassistant.com

LMSC Officers

Chair: Kirk Clear
kirkclear@gmail.com

Vice Chair: **Denise Letendre**
dml2jd@virginia.edu

Secretary: Alice Phillips
alicephillips@trinityes.org

Treasurer: Becca Latimer
rethomason@gmail.com

Registrar: Shirley Loftus-Charley
VARegistrar@usms.org

Sanctions: Steve Hennessy
Coachsteve2423@gmail.com

Records and Top Ten: Chris Stevenson
chrislstevenson@usms.org, 804-282-0124



Virginia LMSC Swimmers at SC Nationals

Listed below are teams and swimmers who swam in the National Championship. Events where swimmers placed in the top 10 are listed also.

BAM1 Burkwood Aquatics Masters:
Leigh, Rachel E F23, 100 Fly 9th,
100 IM 10th 100 Back 4th,
200 Free 5th, 50 Breast 4th

1693 Club Tribe
Greene, Shannon E F31
1650 Free 4th, 500 Free 5th
100 Fly 11th, 200 Fly 2nd
200 Free 9th

Grier, Katie F38, 50 Fly 3rd
1**00 Free, 1st**, 100 Fly 2nd
50 Back 3rd 50 Free 3rd
200 Free 2nd

Lovett, Michael M39
50 Fly 9th, 100 IM 10th
50 Free 10th

Williams, Rich M41

100 Breast 10th, 50 Back 8th
50 Breast 7th

Mixed 200 Free Relay 7th
Williams, Rich M41, Lovett, Michael M39
Grier, Kat F38, Greene, Shannon E F31

Mixed 200 Medley Relay 8th
Grier, Katie, Williams, Rich,
Lovett, Michael, Greene, Shannon

Burton, Brad M33
100 Breast 9th, 400 IM 4th

Chudoba, John A M30
200 Back 8th

Farrell, Jonathan R M32
50 Breast 10th

Fowler, Joshua M32
200 Back 2nd, 50 Fly 9th
100 Fly 6th , 50 Back 4th
50 Free 6th, 100 Back 3rd

Galasso, Mike A M30

Hicks, Jeff M34
200 Back 3rd, 50 Back 7th
100 Back 7th, 200 Free 6th

Kaminsky, Joseph M36

Martin, Thomas C M30
50 Back 10th

Medhurst, Chris M30

Meyer, Geoffrey A M34
100 Free 2nd, 100 Fly 9th
100 IM 4th, 50 Free 4th
200 Free 2nd

Nester, Aaron A M35
100 Breast 7th , 50 Breast 2nd

Prem, Adam J M40

Pudloski, Justin M40
200 IM 3rd, 100 Fly 7th
100 IM 8th

Men 200 Free Relay 4th
Hicks, Jeff M34. Martin, Thomas C M30
Fowler, Joshua M32, Meyer, Geoffrey M34

Men 200 Free Relay 7th
Pudloski,Justin M40, Kaminsky,Joseph M36
Depew, Mark M35, Prem, Adam J M40

Men 200 Medley Relay 5th
Hicks, Jeff M34. Nester, Aaron M35 Fowler,
Joshua M32, Meyer, Geoffrey M34

PKBM Parkersburg Masters Swim Team
DiCola, Katlin R F24
200 Back 6th, 500 Free 8th
100 Back 6th

POWM Peluso Open Water Masters
Kitt, Michelle A F42

TIDE Tide Swimming
Cabebe, Melvin M33

UC12 Uc12
Arroyo, Sito A M23
100 Breast 6th, 200 IM 5th
200 Breast 4th, 400 IM 4th
50 Breast 9th

Bowman, Christina A F44

Burns, Suzi M F70
100 Breast 3rd, 200 Breast 3rd
50 Back 8th, 50 Free 9th
50 Breast 3rd

Lovell, Brianna F26
1650 Free 2nd, 400 IM 7

VMST Virginia Masters Swim Team
Harris, Gregory M53
200 IM 8th, 100 Free 9th
100 IM 7th, 400 IM 6th
50 Free 10th, 50 Breast 4th

Miller, Jim W M66
1000 Free 6th

Miller, Patricia M F56
1650 Free 5th, 100 Breast 4th
200 Breast 2nd

Novell, Ken M74
100 Back 9th

Sheahan, Dan M59

Throne, William C M60
200 Back 7th, 400 IM 6th

Wise, Randolph E M75
50 Fly 2nd, 100 IM 2nd

SwimSwam

SwimSwam.com is a very interesting website that you may be interested in. You can subscribe to a newsletter. The following article came from this website. I have edited out a few things that do not apply to Masters.

10 Things Non-Swimmers Will Never Understand About Swimming

Olivier Poirier-Leroy is a former national level swimmer based out of Victoria, BC. In feeding his passion for swimming, he has developed YourSwimBook, a powerful log book and goal setting guide made specifically for swimmers. Sign up for the YourSwimBook newsletter (free) and get weekly motivational tips by going to YourSwimLog.com/newsletter.

Although we spend most of our waking time either in the pool, going to or from the pool, or thinking about the pool, we also interact frequently with people who aren't swimming up and down that black line with us, or yelling at us to swim faster up and down that black line.

Here are ten things that our civilian friends will never understand about swimming:

1. How we can train more times than there are days in a week.
For those of your friends who have a hard time with arithmetic, this one will particularly jar their noggin. Ten workouts (plus dryland sessions), in only seven days? Mind. Blown.

2. How we go to a 3-4 day competition to swim a combined 7 minutes of races.
It must be nice to go a game, play for most of it, and be in and out of the facility in the course of 2-3 hours. If a session at a swim meet lasts 3 hours something feels off. Here are ten things that our civilian friends will never understand about swimming:

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3. What the gibberish on the whiteboards mean.
Swimming has its own language, and the workouts that coach scribbles up on the board exemplifies this superbly. Each coach takes this a step further, with an individualized dialect of shorthand and codes that only makes sense to him or her, and some of the more attention-paying swimmers. When a non-swimmer asks what you did for practice, all you can do is sigh, and knowing that it would take far longer than it is worthwhile to explain, simply say, "Laps and stuff."

4. How our season is never ending.

5. We would rather swim in cold water than hot water.

My ears and head would always perk up every time a non-swimmer would complain to the nearest lifeguard about the water temperature at the pool: "It's *soooo* cold!" I would stare at the lifeguard, and with all of the telepathic energy available to me, would zap him with a – "Don't you even *think* about turning the pool temperature up." Have you ever tried doing wind sprints in a sauna? Yeah, that's what we are dealing with here.

6. Dryland.

The easiest way to explain to your jock friends that you do in fact do things outside of the pool, that you sometimes lift weights, sometimes throw a medicine ball around, or do crunches bare-back on the pool deck, or stretch, is to throw all of these activities under one tent and rather drolly name it "dryland."

7. Taper.

To be fair, tapering mystifies many swimmers still. It is baffling how we can go from feeling six feet deep in the dumps to swimming at supersonic speed in a matter of days. The sudden explosion of energy renders us equally neurotic, joyous and psychotic, and while coaches refer to the application of a taper as an art and a science, for swimmers it is the best of times, and the worst of times.

8. Your idea of sleeping in is a wee bit different.

Those early mornings come, well, *early*. We've all known that one poor son-of-a-gun on the team whose family lived way out in the sticks and had to get up 3:45am to make it to 6am workout. While we don't all have it that bad, when our non-swimmers tell us about how they slept in until the PM part of the day last weekend a wave of envy invariably washes across our faces.

9. The qualifying process for the Olympics.

The moment a non-swimmer realizes that you are mildly serious about the sport the next question is, "Do you swim in the Olympics?" It doesn't matter that you are 12 years old, the question is still gonna come in hot. Explaining the pyramid of meets that you have to qualify, and that you have to place top two in the country and also under the FINA A standard, but that you can sometimes also place on the team if you swim under that time prior to Trials, can leave your non-swimmer friend wishing they had never asked. But guess what, ya did!

10. We can complain about the sport. But somebody gonna get hurt real bad if a non-swimmer talks smack about the sport.

That while we can complain about the long sets, the lost weekends, or the sheer fatigue we endure to improve even a fraction of a second, the non-swimmers among us better not whisper a bad word about our favorite sport.

Photos From Colonies Zone Meet



VMST Men's 65-74 Relay (Soon To Be 75+)
Ed Gaulrapp, Harry Sober, Ken Novell, Warner Brundage



Louis Tudor and Kurt Sprenger

TIDE 1st ANNUAL MASTERS MEET
SATURDAY, JUNE 17, 2017
Long Course Meters

Location: Princess Anne YMCA, 2121 Landstown Road, Virginia Beach, VA 23456.
***Facility*:** Outdoor, 9-lane Myrtha 50-meter pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. **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 I-64E to 264E, take exit 17A towards Independence Rd, follow until Princess Anne Road. Left on Princess Anne, then a right onto Dam Neck Rd. Turn left onto Landstown Rd**.**
Meet Directors: Carri Lamoureux, meetdirector@tideswimming.com, Dana MacCorquodale, coachdana@tideswimming.com.
Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction #
Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **For meets held in metric pools, your age is your age on December 31, 2017. All swimmers must be registered with USMS.**
Tips for new swimmers: Forms are available at www.vaswim.org and will also be available at the pool.
ORDER OF EVENTS. Warm-up starts at 08:00 am. First heat of 1500 begins at 08:45 am.
There will be another 30 min warm-up at 11:00 or at the completion of the 1500s. Event 3 will start no earlier than 11:30.

#	Event		#	Event
1-2	1500 M Freestyle		19-20	50 M Freestyle
3-4	200 M Medley Relay*		21-22	400 M Freestyle
5-6	200 M Butterfly		23-24	200 M Backstroke
7-8	100 M Breaststroke		25-26	100 M Butterfly
9-10	200 M Freestyle		27-28	50 M Breaststroke
11-12	100 M Backstroke		29-30	100 M Freestyle
13-14	200 M Individual Medley		31-32	50 M Backstroke
15-16	50 M Butterfly		33-34	400 M Individual Medley
17-18	200 M Breaststroke		35-36	200 M Freestyle Relay*

*** There will be one heat of each relay. No charge for relays.**
Entries: $6.00 per event for pre-entries. $10.00 surcharge for pool and equipment. **Late entries and deck entries will be accepted to fill heats at $7 per event plus surcharge.** Swimmers may enter a total of 5 individual events and 2 relays.
***Entry Deadline*:** To be seeded, paper-entries must be received by **Monday, June 12.** The easiest way to enter is online at https://www.ClubAssistant.com. On the left side of the home page is a list of meets by dates. Online entries close on **Wednesday, June 14.**
Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. Swimmers will be seeded according to times; heats will run slowest to fastest.
Warm-up/Warm down procedures: Swimmers must enter the pool feet-first in a cautious manner. Diving and backstroke starts will be permitted only from the blocks in the designated sprint lanes during warm-up. Instructions given by the designated Safety Marshall shall be obeyed at all times.
Psych Sheets, Meet Results and Heat Sheets: Psych Sheets/Meet Results will be posted at www.vaswim.org and will be sent to by email to meet registrants. Heat sheets will be posted at multiple locations on the pool deck.
Awards: Medals will be awards for 1st through 3rd, ribbons for 4th through 8th.
Social: More information will be in the VMA April newsletter, posted at www.vaswim.org, and available at check-In.
Important Notes: On Sunday, as part of the 2017 Virginia Beach Ocean Swim Series, the Virginia Beach Lifeguard Services is hosting a 1-mile open water swim at Virginia Beach. More information can be found at www.vblavbva.wixsite.com/vbla
Hotel Information: Holiday Inn Virginia Beach- Norfok, 5655 Greenwich Road, Virginia Beach, VA, 23462

NOTE: THERE ARE 2 PAGES THAT MUST BE SUBMITTED WITH PAPER ENTRY.

******Paper entries are due to June 12. Online entries close June 14 and are strongly encouraged*******

Enter Online at www.clubassistant.com

(Search for meet by date on the left of the Club Assistant home page)

Attach a copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but be sure to sign waiver on next page. If you are not registered with USMS, you may include your registration form and separate check with your entry, or you may register at the meet. You must be registered to participate.

Please provide the following information:

Name:	Sex	USMS Reg. No:
Address:		
City:	State:	Zip Code:
Email Address:		
Age as of 12/31/17	Birthdate (mm/dd/yyyy):	
LMSC:	Club:	Phone:

Circle the events you wish to swim

#	Event	Seed Time		#	Event	Seed Time
1-2	1500 M Freestyle			19-20	50 M Freestyle	
3-4	200 M Medley Relay*	Deck Entered		21-22	400 M Freestyle	
5-6	200 M Butterfly			23-24	200 M Backstroke	
7-8	100 M Breaststroke			25-26	100 M Butterfly	
9-10	200 M Freestyle			27-28	50 M Breaststroke	
11-12	100 M Backstroke			29-30	100 M Freestyle	
13-14	200 M Individual Medley			31-32	50 M Backstroke	
15-16	50 M Butterfly			33-34	400 M Individual Medley	
17-18	200 M Breaststroke			35-36	200 M Freestyle Relay*	Deck Entered

# of Events Entered	Cost	
	x $5	
Surcharge	$10	$10
Total Amount Enclosed		

Make check payable to: TIDE Swimming. Attached a copy of your registration card. Be sure to sign the waiver
Mail to: TIDE Swimming, PO Box 4224, Virginia Beach, VA 23454-0224. For questions about entries, email Dan at ddemers3@cox.net or phone Dan at 757-434-3342. For other questions, please contact Dana MacCorquodale at CoachDana@TIDESwimming.com

DO NOT FORGET TO SIGN AND SUBMIT THE WAIVER ON THE NEXT PAGE

PARTICPANT WAIVER AND RELEASE OF LIABLITY, 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**

Revised 07/01/2014

John Shrum Memorial Cable Swim
Charlottesville, Virginia
Saturday, July 8, 2017

Sponsored by: Virginia Masters Swim Team and Albemarle County Parks and Recreation
Sanctioned by: LMSC of Virginia Inc. for USMS Inc.
SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at www.cableswim.org
Your credit card will be charged to "ClubAssistant.com Event Billing"

Event: There will be two races: a 2-mile cable swim at 8:30 am and a 1-mile cable swim beginning at 10:30 am. The 2-mile swim will consist of 4 laps in a clockwise direction around a ¼-mile straightaway cable, with start and finish in the water. The 1-mile race will consist of 2 laps around the ¼-mile cable in a counter-clockwise direction. Both the 1- and 2-mile distances are certified and qualify for national records. No splits or premature finishes will be eligible for records. **The lake opens at 7am and warm-up on the cable course will be available from 7:15-8:15am.**
• Anticipated water temp: 78° to 82°
• NO WETSUITS ALLOWED

Check-in Closes at:
2-Mile: 8:15 AM 1-Mile: 10:15 AM

Eligibility: Open to all swimmers 18 years & older as of July 8, 2017. **Paper entries must include a copy of your 2017 USMS card. Online entries will be verified automatically. "One Event" is available through online registration for an additional fee of $31.50.** To renew or join USMS online, visit www.usms.org/reg

Rules: Current 2017 USMS rules will govern both races.

Entries: **All snail mail entries must be postmarked by June 30, 2017. Online entries will close at 11:59pm Eastern Time on July 5, 2017.** Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. Entry fee is $39/ $49.

Safety: For safety reasons, swimmers who cannot complete 1 mile in 1 hour or 2 miles in 2 hours should NOT enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The Charlottesville-Albemarle rescue/dive team will be on site with boats, scuba divers, and a rescue squad.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 30-second intervals. "No Time" entries will be seeded in the final wave. Seeding changes will not be allowed on race day.

Age Groups: 18-24, 25-29, etc. in 5-year increments, for both men/women. **Your age as of 12/31/17 will be used.**

Awards/ Social: For both races, custom awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the 1-mile race. Drinks and snacks will be provided.

Directions: (mapquest "Chris Greene Lake Park")

from Washington, D.C:
(Distance: 115 miles, Drive Time: ~ 2 to 2.5 hours)
Take Rt. 29 toward Charlottesville, VA. In Earlysville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. At roundabout, bear right onto 606. Go 1.2 miles and turn left onto Chris Greene Lake Rd. Proceed past guardhouse and follow the road downhill and around the lake to the parking lot at the end of the road.

from Richmond, VA:
(Distance: 75 miles, Drive Time: ~ 90 minutes)
Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 250 West), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

from Waynesboro, VA:
(Distance: 34 miles, Drive Time: ~ 45 minutes)
Take I-64 East to exit 118B, Charlottesville/Culpeper, (U.S. 29 North Bypass), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

Race Director Contact:
Kate Stephensen (530) 574-4498
Email: kands606@gmail.com

VIRGINIA MASTERS SWIM TEAM
V M S T

2017 John Shrum Memorial Cable Swim ENTRY FORM

Avoid this form, avoid errors by registering online at www.cableswim.org

PLEASE INSERT SEED TIME FOR EVENT(S) YOU ARE ENTERING

2- MILE 8:30 am	**Clockwise**	**1650 yd time:** ____ : ____
1- MILE 10:30 am	**Counter-Clockwise**	**1650 yd time:** ____ : ____

[redacted] **PLEASE STAPLE A LEGIBLE COPY OF YOUR 2017 CARD HERE. TRIM YOUR CARD AND COMPLETE THE FOLLOWING:**

Emergency Contact Name: _____

Emergency Contact Phone: _____

Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____

		☑	CHECKLIST
$_____	$ 39.00 1-Mile Cable Entry Fee	☐	Completed entry form
$_____	$ 49.00 2-Mile Cable Entry Fee	☐	Copy of USMS card
$_____	T-Shirt: included free with entry; $ 3.00 charge for XXL or XXXL	☐	Check or money order payable to VMST
$_____	Additional T-Shirt: $15.00 each S-XL, $18.00 for XXL or XXXL	☐	Signed Waiver (next page)
$_____	**Total Enclosed (Check or money order payable to VMST)**	☐	T-Shirt Size Below

T-Shirt Size: (please circle) S M L XL XXL XXXL

Additional T-Shirts: indicate quantity and size:_____

Please use the checklist above to ensure that your entry is complete!!
Mail this completed form with check or money order payable to VMST, postmarked by June 30, 2017 to:
Kate Stephensen, (address here)

Name:_____ Email address:_____

Phone Number: _____ Age as of **Dec. 31, 2017**: _____

YOU MUST READ AND SIGN THE WAIVER (NEXT PAGE). INCLUDE THIS PAGE AND THE NEXT WITH YOUR ENTRY.

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.

Release of Liability- Albemarle County Waiver

In signing below, I release Albemarle County and its officers, agents and employees.

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	

Revised 03/13/2014

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
3100 Shore Drive #950
Virginia Beach, VA 23451-7318

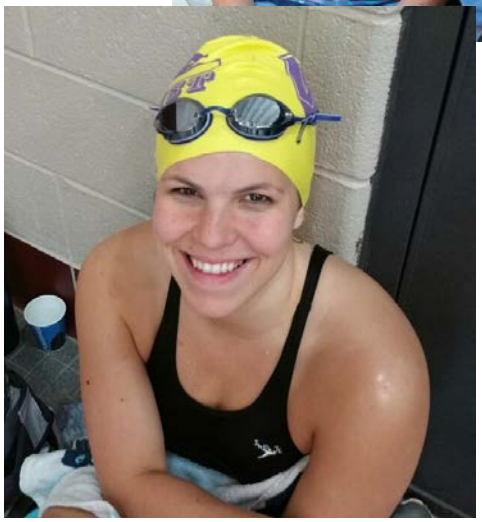
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Permit #3022

More photos from Zone Meet Thanks to Bud Swiger.

Devon Wallace



Gail Adams





Betsy Durrant, Bud Swiger, Keith Murray