



28th Annual Long Course Meet Sunday July 19, 2009

Registration and warm up: 7:45am

Meet start: 8:30am

Sanctioned by PVLMSC for USMS Inc #109-05

Meet Director: Leigh Ann Caldwell (202) 667-6642

meetdirector@swimdcrp.org

Eligibility: Open to all USMS swimmers with current registration. You MUST send a photocopy of your USMS card with the entry form. Swimmers with "pending" USMS membership must furnish proof of application from their Local Masters Swim Committee.

Facility: East Potomac Pool, Hains Pt. Washington, DC. The pool is 50 meters, eight lanes with non-turbulent lane ropes. The lane at the end of the pool will be available for warm-ups throughout the meet, six lanes will be used for competition.

Entries: Must be postmarked by FRIDAY July 10, 2009 With the exception of relays, THERE WILL BE NO DECK ENTRIES. Relays will be deck entered at least two events prior to the relay. Relays are free of charge, with no awards. All members of a relay team must be entered in the meet as individuals. **A maximum of five events may be swum, excluding relays.**

Fees: \$5.00 per event plus a \$5.00 meet surcharge.

Rules: Current USMS Rules apply. A rulebook will be on hand.

Results: Will be sent to the Top Ten Chairperson and posted at <http://www.swimdcrp.org>.

Records: If a national or world record is possible, please notify meet officials so that sufficient back-up timers can be provided.

Seeding: Events will be seeded slow to fast, men and women combined. "No time" entries will be seeded in the first heat. Relays will be deck seeded.

Awards: 1st, 2nd, and 3rd in each sex/age group. Points are awarded for 1st through 8th place as follows: 9 points, 7 points, 6, 5, 4, 3, 2, and 1. Swimmers may swim no more than five events.

Concessions: Snacks and beverages for sale during the meet.

Directions: East Potomac Pool is located off Ohio Drive in East Potomac Park (Hains Point), SW Washington. **From the north:** In Washington, take Rock Creek Parkway South past the Kennedy Center, bear left as you follow the sign to downtown (not Virginia). Continue onto Independence Ave going east and follow the road to right around the Tidal Basin. Just after the first traffic light (at Raoul Wallenberg Dr,) make a right into East Potomac Park. Make a quick left onto Ohio drive (go under Rte 395 overpass). Continue for almost a mile until you see a Mini Golf course on your right. Park on Ohio Dr. The pool is located beside the golf clubhouse. **From the south:** I395 north, to the 14th street bridge. Stay the right going over the bridge, and take the first exit for Potomac Park. Take a left (Buckeye Dr) at the stop sign and continue till the road ends at the shipping channel. Make a right onto Ohio Dr and continue until the Mini Golf course is on your right. See the directions above.



28th Annual Long Course Meet Sunday July 19, 2009

Registration and Warm ups: 7:45am Meet Start 8:30am
Sanctioned by PVMSC for USMS Inc. #109-05
Meet Director: Leigh Ann Caldwell (202) 667-6642

RELEASE BY PARTICIPANT FROM LIABILITY: 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.

**ATTACH A COPY OF YOUR USMS CARD
(Trimmed and Stapled Please)**

Signature (required) _____
Date _____ Age on 12/31/09 _____
Sex _____ Tel. No. _____
Name Printed (if awaiting card) _____
Address (if awaiting card) _____
USMS # _____ Club _____

EVENTS: Circle the events you wish to swim (up to five). Do not sign up for relays at this time. Indicate seedtime in meters.

- | | |
|---------------------------------------|--------------------------------------|
| 1. 400 Freestyle _____ | 10. 200 Butterfly _____ |
| 2. 100 Butterfly _____ | 11. 100 Breaststroke _____ |
| 3. 50 Backstroke _____ | 12. 50 Butterfly _____ |
| 4. 200 Breaststroke _____ | 13. 200 Freestyle _____ |
| 5. 200 IM _____ | 14. 50 Breaststroke _____ |
| 6. 100 Freestyle _____ | 15. 100 Backstroke _____ |
| 7. 200 Medley Relay <u>DECK ENTER</u> | 16. 400 IM _____ |
| 8. 50 Freestyle _____ | 17. 200 Free Relay <u>DECK ENTER</u> |
| 9. 200 Backstroke _____ | |

Number of events entered: _____ x \$5.00 + \$5.00 (meet surcharge) = \$ _____ TOTAL ENCLOSED

Make check out to: **Friends of DCRP Masters Swim Team** and send to:
DCRP Meet, c/o Max Kukoy, 218 Gallatin St. NW, Washington, DC 20011.
Questions regarding entries may be directed to Leigh Ann Caldwell (202) 667-6642 or Email: meetdirector@swimdcrp.org