



**POTOMAC VALLEY  
MASTERS SWIMMING**

Colonies Zone

Long Course Meters Championship  
Sanction by Potomac Valley LMSC for USMS, Inc. #105-08

**August 27 & 28, 2005**

**George Mason University McKay Natatorium • Fairfax, Virginia**

**Saturday Warmups: 1:00 pm • Meet Start: 2:00 pm**

**Sunday Warmups: 8:00 am • Meet Start: 9:00 am**

---

Meet Director: Eric Nordlund (301-474-8382, before 8:30pm)

Entries: Jeff Roddin ([jroddin@pvmasters.org](mailto:jroddin@pvmasters.org), 240-464-3982)

### *Facilities*

George Mason University McKay Natatorium 50-meter competition pool using automatic timing. 8-lanes will be used for competition. A separate 6-lane 25-yard pool will be available for continuous warm-up/cool-down throughout the meet.

### *Meet Rules*

Current US Masters Swimming rules apply. All swimmers must be registered with USMS. All swimmers must include a copy of their USMS registration card with their entry. Lap counter cards will be provided for the distance events, however, swimmers must provide their own counter to operate them.

### *Entries & Fees*

Entries must be received by Wednesday, August 17<sup>th</sup>. No deck entries will be accepted. Competitors may enter up to 5 individual events per day, plus relays. Send entries to:

Jeff Roddin, Entries  
13548 Coachlamp Ln  
Silver Spring, MD 20906-5835  
(240) 464-3982

### *Relays*

Relay Deck Entries will be accepted at the meet **before 1:00 pm for Saturday** and **before 8:00 am for Sunday**. They can also be mailed in with the entry form. Relays are \$10 each. Relay entry forms are available at [www.pvmasters.org](http://www.pvmasters.org).

### *Awards*

Medals will be awarded to the first place finisher in each event for each age group. Ribbons will be awarded for second and third place. Special Championship awards to the high-point team in Large, Medium, and Small team categories. Individual events are scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2.

### *Records*

If a National or World Record is possible, please notify meet officials so that sufficient back-up timers can be provided.

### *Seeding*

Except for the 800, events will be seeded slowest to fastest, men and women combined. No Time entries will be seeded in the slowest heat. The 800 Free will be limited to the first 32 swimmers entering the event with the fastest heat of swimmers swimming first.

### *The 800 Free*

You must check in **Saturday before 3 pm** or you will be scratched.

### *Tee Shirts*

Custom designed meet tee shirts may be pre-ordered for \$15.

### *Results*

Results will be posted on the Potomac Valley Masters website ([www.pvmasters.org](http://www.pvmasters.org)) or by mail per request for \$5. Results will be submitted for USMS top-ten recognition.

### *Directions*

From I-495 (Capital Beltway) take Exit 54, Braddock Road, west. Go about 5 miles to George Mason University. Before the stop light turn right onto Nottaway and park in Parking Lot C on the right. For Internet directions, the address is 4400 University Dr., Fairfax, VA 22030.

### *Hotels*

Best Western, 3535 Chain Bridge Rd., Fairfax 703-591-5500; 2 miles  
Comfort Inn, 11180 Main St, Fairfax 703-591-5900; 3 miles  
Courtyard by Marriott Fairfax/Fair Oaks 703-273-6161; 2 miles  
Hampton Inn, 10860 Lee Hwy, Fairfax 703-385-2600; 4 miles  
Hyatt Fair Lakes 703-818-3181; 4 miles

### *Questions*

Meet Director: Eric Nordlund, [ericswims@yahoo.com](mailto:ericswims@yahoo.com)  
(301) 474-8382 (before 8:30pm please)

Entries: Jeff Roddin, [jroddin@pvmasters.org](mailto:jroddin@pvmasters.org), 240-464-3982



Colonies Zone  
 Long Course Meters Championship  
*Sanction by Potomac Valley LMSC for USMS, Inc. #105-08*  
**August 27 & August 28, 2005**  
**George Mason University McKay Natatorium • Fairfax, Virginia**

USMS # \_\_\_\_\_ Birthday \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Club \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Phone \_\_\_\_\_

**Attach a copy of your USMS card here**

*Saturday August 27, 2005*

*(Warmups: 1:00 pm • Meet Start: 2:00 pm)*

<b>Event</b>	<b>Seed Time</b>
1-3) 400 Free Relay	(Use Relay Form)
4) 200 Free	_____ : _____ . _____
5) 50 Back	_____ : _____ . _____
6) 200 Breaststroke	_____ : _____ . _____
7) 400 IM	_____ : _____ . _____
8) 100 Fly	_____ : _____ . _____
9) 50 Free	_____ : _____ . _____
10) 200 Backstroke	_____ : _____ . _____
11) 50 Breaststroke	_____ : _____ . _____
12-14) 200 Medley Relay	(Use Relay Form)
15) 800 Free	_____ : _____ . _____

*Sunday August 28, 2005*

*(Warmups: 8:00 am • Meet Start: 9:00 am)*

<b>Event</b>	<b>Seed Time</b>
16-18) 400 Medley Relay	(Use Relay Form)
19) 100 Free	_____ : _____ . _____
20) 200 Fly	_____ : _____ . _____
21) 100 Breast	_____ : _____ . _____
22-24) 800 Free Relay	(Use Relay Form)
25) 200 IM	_____ : _____ . _____
26) 100 Back	_____ : _____ . _____
27) 400 Free	_____ : _____ . _____
28) 50 Fly	_____ : _____ . _____
29-31) 200 Free Relay	(Use Relay Form)

Surcharge \$ 25.00

Tee-Shirt (\$15) Please circle: S M L XL \_\_\_\_\_

Events @ \$5 each \_\_\_\_\_

Relays @ \$10 each \_\_\_\_\_

Results Mailed @ \$5 each \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

Results will be posted online at [www.pvmasters.org](http://www.pvmasters.org).

Check payable to: Potomac Valley LMSC.

Send entry to:

Jeff Roddin, Entries  
 13548 Coachlamp Ln  
 Silver Spring, MD 20906-5835  
 (240)464-3982

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."

Signature \_\_\_\_\_ Date \_\_\_\_\_ Email: \_\_\_\_\_