



**Virginia Masters 24th Annual Fall Invitational
November 20-21, 2004**

Fort Eustis Aquatic Center, Newport News, VA

**Sanctioned by United States Masters Swimming through the Virginia LMSC
Sanction Number 124-0007**



The Virginia Masters Fall Invitational meet will be held in conjunction with the Southeastern Virginia Aquatics Senior Circuit Meet, sanctioned by USA-Swimming.

- Saturday session follows a morning USA-Swimming session. All events 500 yards and below are offered. Timeline will last approximately 3 hours.
- Sunday distance session follows the USA-Swimming session. 1000 Free and 1650 Free offered with an additional opportunity to swim the 400 IM or 500 Free.

State-of-the-Art Competition Pool

- 11-lane, 25-yard Indoor Pool. 8 lanes will be used for the meet, unless additional lanes are needed to run the meet efficiently.
- Continuous warm-up lanes will be open throughout the meet.
- Overflow gutters, non-turbulent lane markers, and minimum 7-foot water depth.
- Daktronics timing system with individual lane readouts.
- Course certified for USMS records and Top Ten.
- Locker rooms and ample spectator seating available.

Current USMS Rules and Regulations Apply

- Age is determined as of November 21, 2004.
- Men and women will swim in combined events with separate results.
- Distance events (400 yards and longer) will be deck seeded with positive check-in required.
- All other events will be pre-seeded with heats swum slow-to-fast. Events may be re-seeded if necessary.
- Swimmers are limited to 5 events per day.

Open to all 2004 registered USMS Swimmers

- Contact Dee DeLong (703-368-0309 or ddelong@comcast.net) for Virginia registration.
- New registrations within 2 weeks of the meet may sent directly to the Meet Director with a separate check payable to the LMSC for Virginia.
- Deck registration will be accepted.

Custom Virginia Masters Swim Team medals for 1st through 3rd place in each event for each age group.

***For Additional Information, Contact:
Charles Cockrell, 757-865-6250,
cockrells@usms.org***

Meet Host Hotel – Comfort Inn, Patrick Henry Mall Area, Newport News, 757-249-0200 (Exit 255A)
Other Hotels – Victory Blvd. (Exit 256) - Hampton Inn, 757-989-8977 - Courtyard By Marriott, 757-874-9000

Directions to the Aquatic Center

From I-64 East or West, take exit 250A – Fort Eustis Blvd. (Route 105) West. Proceed through Fort Eustis main gate – inform the guards at the gate that you are attending the swim meet at the Aquatic Center. After entering main gate, proceed through the traffic circle and take the next right on Tyler Ave. The Aquatic Center is on the left. Additional parking is available by continuing straight on Tyler Ave. Please note that national security considerations could necessitate additional security measures.

Additional Notes for Swimmers

- Warm-Up safety rules will be strictly enforced. No diving is permitted in the general warm-up lanes. Swimmers must enter feet first in a cautious manner. Diving or backstroke starts will be permitted only in designated sprint lanes only, which are reserved for one-way swimming. Instructions from the designated safety marshal must be obeyed at all times. The use of equipment during warm-up is not permitted.
- The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is permitted only in the lobby or spectator seating area. Sports drinks and water must be in closed plastic containers.
- Personal deck chairs or coolers are not permitted on deck.
- All participants are expected to obey facility rules and lifeguard instructions at all times.

***Virginia Masters Swimming – www.vaswim.org
Registration Forms, Meet Entry Forms, Results and Places to Swim***

Virginia Masters 24th Fall Invitational Meet – Official Entry Form

Swimmers must attach a copy of their USMS Card

USMS No. _____
 Club Name _____ Age on 11/21/04 _____
 Name _____ Daytime Phone No. _____
 Address _____ Evening Phone No. _____

 Birth Date _____ Gender _____ E-Mail* _____
 *Entry Confirmation will be sent via e-mail.

Event #	Event	Time	Event #	Event	Time
Saturday, November 20, 2004. Warm-Ups at 12:00 Noon. Meet Starts at 12:45 p.m. Deck entries accepted until 12:00 Noon if space is available. Positive check-in for Saturday 500 Free and 400 IM required by 1:00 p.m.			* 500 Free and 400 IM will be offered on Saturday and Sunday. Swimmers may select only one slot for each event. Both events may not be entered on the same day.		
1	200 Y Butterfly		9	200 Y Backstroke	
2	100 Y Breaststroke		10	100 Y Butterfly	
3	200 Y Freestyle		11	50 Y Breaststroke	
4	100 Y Backstroke		12	100 Y Freestyle	
5	200 Y Indiv. Medley		13	50 Y Backstroke	
6	50 Y Butterfly		14	100 Y Indiv. Medley	
7	200 Y Breaststroke		15	500 Y Freestyle *	
8	50 Y Freestyle		16	400 Y Indiv. Medley *	
Sunday, November 21, 2004. Warm-ups at 2:30 p.m. Meet starts at 3:00 p.m. Deck entries accepted until 2:30 p.m. if space is available. Positive check-in for all events required by 2:30 p.m.			** Swimmers may enter either the 1000 Free or 1650 Free, but not both.		
15	500 Y Freestyle *		17	1000 Y Freestyle **	
16	400 Y Indiv. Medley *		18	1650 Y Freestyle **	

Checklist:

- ✓ Event numbers clearly marked and seed times entered in short course yards (SCY).
- ✓ Check made payable to VMST.
- ✓ Liability release signed and dated.
- ✓ Swimmers attach copy of USMS card.
- ✓ Photocopy completed entry form for your records.

Summary of Entry Fees

Swimmer Surcharge		\$8.00	\$8.00
# of Individual Events Entered		\$4.00 Each	
Total Amount			

Mail all entries and fees to the Meet Director:

Charles Cockrell
 107 Lilburne Way
 Yorktown, VA 23693

Deadline for Pre-entries is November 12, 2004
Checks payable to Virginia Masters Swim Team.

Liability Release: 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 disability and 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 _____