

# Colonies Zone Short Course Yards Championship

**April 23 – 25, 2010**

Hosted by: Patriot Masters - GMUP

George Mason University Aquatic and Fitness Center, Fairfax, Virginia

Sanctioned by Potomac Valley LMSC for USMS, INC. # 110-01

Welcome to the 2010 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:** Must be postmarked by Friday April 9, 2010. Competitors may enter up to 5 individual events per day, plus relays. The meet is open to all Masters Swimmers holding a valid 2010 USMS registration card. **A COPY OF THIS CARD MUST ACCOMPANY YOUR ENTRY!** Age is determined by a swimmer's age on April 25, 2010. 2010 USMS rules and regulations apply.

**SEEDING:** 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. The 1000 and 1650 free 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 night **BEFORE 5:30pm** for the distance events or you will be scratched. *Choose either the 1000 free or the 1650, not both.* The fastest heat of 1000 free will start at 6pm in the shallow end. The 1650 free is limited to the first 48 entries received and the fastest heat will start at 6pm in the deep end. Please ask a friend to count for you in the distance freestyle races.

**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 to the first three places 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). Results will be submitted for Top-Ten recognition. Swimmers who are registered with USA-Swimming and want their times entered into the USA-Swimming SWIMS database should contact the meet director before the meet

**DIRECTIONS:** To George Mason University Aquatic and Fitness Center:

- **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:** Candlewood Suites - 703-359-4490 (3 miles from the pool)  
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 (703) 425-1609 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:
Name:			Evening Phone Number:
Birth Date:	Age:	Sex:	E-mail:

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. (Rule Book Article 203.1)

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

<b>WOMEN</b>			<b>MEN</b>	
Event #	Seed Time	Event Name	Seed Time	Event #
<b>Friday April 23, 2010 (Warm-up at 5 pm – Meet Start at 6 pm)</b>				
1	_____	1000 Free	_____	1
3	_____	1650 Free	_____	3
<b>Saturday April 24, 2010 (Warm-up at 9 am – Meet Start at 10 am)</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 Breast	_____	14
15	_____	200 IM	_____	16
17	_____	500 Free	_____	18
19	_____	100 Fly	_____	20
21	_____	200 Breast	_____	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>Sunday April 25, 2010 (Warm-up at 9 am – Meet Start at 10 am)</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 Fly	_____	42
43	_____	100 Breast	_____	44
45	_____	400 IM	_____	46
47	_____	100 Back	_____	48
49	_____	200 Fly	_____	50
51	_____	50 Free	_____	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>20.00</u>	<b>MAIL TO:</b> Cheryl Ward, Entries Chair
<b>Events @ \$5 each:</b> \$ _____	9821 Laurel St.
<b>TOTAL FEE ENCLOSED:</b> \$ _____	Fairfax, VA 22032
<b>CHECK PAYABLE TO:</b> PATRIOT MASTERS	<b>ENTRIES POSTMARKED:</b> April 9, 2010