

Colonies Zone Short Course Yards Championship

April 2 – 4, 2004

Sponsored by Patriot Masters & George Mason University Aquatic and Fitness Center
Fairfax, Virginia

Sanctioned by Potomac Valley LMSC for USMS, INC. # 104-001

Welcome to the 2004 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 Saturday March 20, 2004.* Competitors may enter up to 5 individual events per day, plus relays. You must enter a time, NT entries will not be accepted. The meet is open to all Masters Swimmers holding a valid 2004 USMS registration card. A copy of this card must accompany your entry! Age is determined by a swimmer's age on April 4, 2004. (2004 USMS rules and regulations will apply).

SEEDING: Events will be seeded slowest to fastest, men and women separate. All relays will be deck seeded.

RELAYS: Relay Deck Entries will be accepted prior to 8:05am each day or they may be mailed in with your meet entry. Relay Entry Forms are available at www.patriotmasters.org.

DISTANCE EVENTS: You do not need to check-in prior to swimming the distance events however please e-mail the Entries Chair before the meet starts if you do not plan on swimming any of the events you're entered in. *Choose either the 1000 free or the 1650, not both.*

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.

T-SHIRTS: A new long-sleeve T-shirt has been custom designed for this meet. Please order it in advance with your meet entry, as we will not have extras for sale at the meet.

RESULTS: Available on-line at www.patriotmasters.org or by mail upon request. Results will be submitted for top-ten recognition.

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: Courtyard by Marriott Fairfax/Fair Oaks 1-800-321-2211
Ask for the George Mason rate if reserving a room at the following 4 hotels:
Comfort Inn University Center - 703-591-5900
Holiday Inn Fair Oaks - 703-352-2525
Best Western - 703-591-5500
Hyatt Fair Lakes - 703-818-3181

QUESTIONS: Meet Director: Peter Ward (703) 993-3930 e-mail pward2@gmu.edu
Entries Chair: Cheryl Ward (703) 359-5366 e-mail cherylaward@yahoo.com

Place Copy of USMS Card Here (Trimmed and Stapled)			Please supply the following information also:
USMS Number	Team		Daytime Phone Number:
Name (as it appears on USMS Card):			
Birth Date:	Age:	Sex:	Evening Phone Number:
			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** _____

<u>WOMEN</u>		<u>MEN</u>	
Event #	<u>Seed Time</u>	<u>Event Name</u>	<u>Seed Time</u>
Friday April 2, 2004 (Warm-up at 5:30 pm – Meet Start at 6:30 pm)			
1	_____	400 IM	_____
3	_____	1000 Free	_____
5	_____	1650 Free	_____
Saturday April 3, 2004 (Warm-up at 8:00 am – Meet Start at 9:00 am)			
7	(use relay form)	800 Mixed Free Relay	(use relay form)
9	(use relay form)	400 Mixed Medley Relay	(use relay form)
11	(use relay form)	200 Mixed Free Relay	(use relay form)
13	_____	200 Breast	_____
15	_____	50 Free	_____
17	_____	200 Back	_____
19	_____	100 IM	_____
21	_____	100 Fly	_____
23	_____	50 Breast	_____
25	_____	200 Free	_____
27	_____	50 Back	_____
29	(use relay form)	400 Free Relay	(use relay form)
31	(use relay form)	200 Medley Relay	(use relay form)
Sunday April 4, 2004 (Warm-up at 8:00 am – Meet Start at 9:00 am)			
33	_____	500 Free	_____
35	(use relay form)	400 Mixed Free Relay	(use relay form)
37	(use relay form)	200 Mixed Medley Relay	(use relay form)
39	_____	200 Fly	_____
41	_____	100 Breast	_____
43	_____	100 Free	_____
45	_____	200 IM	_____
47	_____	100 Back	_____
49	_____	50 Fly	_____
51	(use relay form)	400 Medley Relay	(use relay form)
53	(use relay form)	200 Free Relay	(use relay form)
55	(use relay form)	800 Free Relay	(use relay form)

Surcharge (required) \$15.00 _____ Events @ \$5 each \$ _____ Results Mailed @ \$5 \$ _____ Long sleeve T-shirt @ \$15 each \$ _____ (circle) : Med - Large - XL TOTAL FEE ENCLOSED \$ _____	Entries Due: Saturday March 20, 2004 Mail to: Cheryl Ward, Entries Chair 4207 University Dr. Fairfax, VA 22030 Check Payable to: George Mason University
--	---