

# Colonies Zone Short Course Yards Championship

## April 21 – 23, 2006

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

Sanctioned by Potomac Valley LMSC for USMS, INC. # 106-001

Welcome to the 2006 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 Monday April 10, 2006.* Competitors may enter up to 5 individual events per day, plus relays. The meet is open to all Masters Swimmers holding a valid 2006 USMS registration card. A copy of this card must accompany your entry! Age is determined by a swimmer's age on April 23, 2006. (2006 USMS rules and regulations will apply).
- SEEDING:** Events will be seeded slowest to fastest, men and women separate. The 1000 and 1650 free will be seeded fastest to slowest men and women combined. All relays will be deck seeded.
- RELAYS:** Relay Deck Entries will be accepted **BEFORE 9am** 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 6:00 in the shallow end and the fastest heat of 1650 will start at 6:00 in the deep end. Please remember to ask a friend to count for you in the distance freestyle races.
- 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) 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:** Fairfax Marriott at Fair Oaks – 703-352-2525 (3 miles from the pool)  
Courtyard Fairfax Fair Oaks – 703-273-6161 (2 miles from the pool)  
Hyatt Fair Lakes – 703-818-1234 (4 miles from the pool)  
Comfort Inn University Center – 1-800-230-0853 (2 miles from the pool)  
Best Western Fairfax – 703-591-5500 (2 miles from the pool)
- QUESTIONS:** Meet Director: Cheryl Ward (703) 359-5366 e-mail [cherylaward@yahoo.com](mailto:cherylaward@yahoo.com)

<b>Place Copy of USMS Card Here (Trimmed and Stapled)</b>			Please supply the following information also:
USMS Number	Team		Daytime Phone Number:
Name (as it appears on USMS Card):			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** \_\_\_\_\_

<u>WOMEN</u>			<u>MEN</u>	
Event #	<u>Seed Time</u>	<u>Event Name</u>	<u>Seed Time</u>	<u>Event #</u>
<b><i>Friday April 21, 2006 (Warm-up at 5 pm – Meet Start at 6 pm)</i></b>				
1	_____	1000 Free	_____	1
3	_____	1650 Free	_____	3
<b><i>Saturday April 22, 2006 (Warm-up at 9:00 am – Meet Start at 10:00 am)</i></b>				
5	(use relay form)	400 Mixed Free Relay	(use relay form)	5
7	(use relay form)	200 Mixed Medley Relay	(use relay form)	7
9	_____	100 Free	_____	10
11	_____	200 Back	_____	12
13	_____	50 Fly	_____	14
15	_____	200 IM	_____	16
17	_____	500 Free	_____	18
19	_____	100 Breast	_____	20
21	_____	200 Fly	_____	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><i>Sunday April 23, 2006 (Warm-up at 9:00 am – Meet Start at 10:00 am)</i></b>				
31	(use relay form)	800 Mixed Free Relay	(use relay form)	31
33	(use relay form)	400 Mixed Medley Relay	(use relay form)	33
35	(use relay form)	200 Mixed Free Relay	(use relay form)	35
37	_____	200 Free	_____	38
39	_____	100 IM	_____	40
41	_____	200 Breast	_____	42
43	_____	100 Fly	_____	44
45	_____	400 IM	_____	46
47	_____	100 Back	_____	48
49	_____	50 Breast	_____	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>15.00</u> <b>Events @ \$5 each</b> \$ _____ <b>Results Mailed @ \$5</b> \$ _____  <b>TOTAL FEE ENCLOSED</b> \$ _____	<b>Entries Postmarked: Monday April 10, 2006</b>  <b>Mail to:</b> Cheryl Ward, Entries Chair 4207 University Dr. Fairfax, VA 22030 <b>Check Payable to: George Mason University</b>
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