

PATRIOT MASTERS

SPRINT CLASSIC

Sunday, October 24, 2010
Warm-Ups: 9:00 am Meet Start: 10:00 am

Welcome to the eleventh annual Patriot Masters Sprint Classic. Our first-class swimming facility has an 8-lane 50-meter pool with non-turbulent lane lines, overflow gutters and a color scoreboard. The 9-foot wide, all-deep-water lanes should allow for some very *fast* swimming! The pool will be configured in a 25-yard course. A separate area will be available for continuous warm-up/cool-down throughout the meet. Please note that meet registration/sign-in will begin at 8:15 am which is when we can first gain entry into the facility that morning.

ENTRIES: *Must be postmarked by Tuesday October 12.* Competitors may enter up to 5 individual events, plus as many 25's as you wish. 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 October 24, 2010. 2010 USMS rules and regulations apply.

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

PSYCH SHEETS: Psych sheets will be available on our website www.patriotmasters.org before the meet.

AWARDS: An award will be presented to the fastest man and fastest woman based on their overall placing in the 25's.

RESULTS: Available on-line at www.patriotmasters.org. Results for sanctioned events will be submitted for Top-Ten recognition.

DIRECTIONS: To George Mason University Aquatic and Fitness Center, Fairfax, VA:
From the West: Take I-66 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 I-95 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 I-95 south to the Capitol Beltway (495), 495 west to Braddock Rd (exit 54), Braddock Rd west 6 miles to Sideburn, right on Sideburn, park in Lot C.

HOTELS: Mason Inn - 703-865-5705 (on campus)
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

PATRIOT MASTERS SPRINT CLASSIC
Sunday October 24, 2010
George Mason University Aquatic & Fitness Center, Fairfax, VA
WARMUPS: 9:00AM MEET START: 10:00AM
Sanctioned by PVLMSC for USMS, INC. # 100-07

You **MUST ENCLOSE** a copy of your 2010 USMS Card.

Place Copy of USMS Card Here (Trimmed and Taped)			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:

RELEASE OF LIABILITY BY PARTICIPANT:

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: _____

CIRCLE EVENT NUMBERS YOU WISH TO SWIM AND INDICATE SEED TIMES IN YARDS:

<u>Event #</u>	<u>Seed Time</u>	<u>Event Name</u>	<u>Seed Time</u>	<u>Event #</u>
	<u>WOMEN</u>		<u>MEN</u>	
1	_____	100 Free	_____	2
3	_____	50 Back	_____	4
5	_____	100 Fly	_____	6
7	_____	50 Breast	_____	8
9	_____	200 Free	_____	10
11	_____	100 IM	_____	12
	BREAK			
13	_____	200 IM	_____	14
15	_____	50 Fly	_____	16
17	_____	100 Breast	_____	18
19	_____	50 Free	_____	20
21	_____	100 Back	_____	22
	BREAK			
	THE BATTLE OF THE TRUE DROP-DEAD SPRINTERS:			
23	_____	25 Back	_____	24
25	_____	25 Breast	_____	26
27	_____	25 Fly	_____	28
29	_____	25 Free	_____	30

(Events 23 through 30 are NOT USMS sanctioned; thus they are unofficial races)

FEE: \$25.00	MAIL TO: Cheryl Ward, Entries Chair
CHECK PAYABLE TO: George Mason University	9821 Laurel Street
ENTRIES POSTMARKED: Tuesday October 12, 2010	Fairfax, VA 22032