



## 2006 Colonies Zone Long Course Championships

Sanctioned by Potomac Valley LMSC for USMS, Inc. #106-10

**August 26 & 27, 2006**

**George Mason University McKay Natatorium • Fairfax, Virginia**

Saturday Warmups: 1:00 pm • Meet: 2:00 pm

Sunday Warmups: 8:00 am • Meet: 9:00 am

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Meet Director: Eric Nordlund (ericswims@yahoo.com, 301-474-8382, before 8:30pm)

Entries: Jeff Roddin (jroddin@pvmasters.org, 240-464-3982)

### Facilities

George Mason University McKay Natatorium 50-meter competition pool using automatic timing. 8-lanes will be used for competition. A separate 6-lane 25-yard pool will be available for continuous warm-up/cool-down throughout the meet.

### Meet Rules

Current US Masters Swimming rules apply. All swimmers must be registered with USMS. All swimmers must include a copy of their USMS registration card with their entry. Lap counter cards will be provided for the distance events, however, swimmers must provide their own counter to operate them.

### Entries & Fees

Entries must be received by Wednesday, August 16. No deck entries will be accepted. Competitors may enter up to 5 individual events per day, plus relays. Send entries to:

Jeff Roddin, Entries  
13548 Coachlamp Ln  
Silver Spring, MD 20906-5835  
240-464-3982

### Relays

Relay Deck Entries will be accepted at the meet **before 1:00 pm for Saturday** and **before 8:00 am for Sunday**. They can also be mailed in with the entry form. Relays are \$10 each. Relay entry forms are available at [www.pvmasters.org](http://www.pvmasters.org).

### Awards

Medals will be awarded for first through third place in each event for each age group. Special Championship awards to the high-point team in Large, Medium, and Small team categories. Individual events are scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2.

### Records

If a National or World Record is possible, please notify meet officials so that sufficient back-up timers can be provided.

### Seeding

Except for the 800, events will be seeded slowest to fastest, men and women combined. No Time entries will be seeded in the slowest heat. The 800 Free will be limited to the first 32 swimmers entering the event with the fastest heat of swimmers swimming first.

### The 800 Free

You must check in **Saturday before 3 pm** or you will be scratched.

### Tee Shirts

Ray Novitske (USMS award winning artist) will design custom meet tee shirts. They may be pre-ordered for \$15.

### Results

Results will be posted on the Potomac Valley Masters website ([www.pvmasters.org](http://www.pvmasters.org)) or by mail per request for \$5. Results will be submitted for USMS top-ten recognition.

### Directions

From I-495 (Capital Beltway) take Exit 54, Braddock Road, west. Go about 5 miles to George Mason University. Before the stop light turn right onto Nottaway and park in Parking Lot C on the right. For Internet directions, the address is 4400 University Dr., Fairfax, VA 22030.

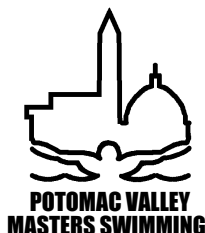
### Hotels

Best Western, 3535 Chain Bridge Rd., Fairfax 703-591-5500; 2 miles  
Comfort Inn, 11180 Main St., Fairfax 703-591-5900; 3 miles  
Courtyard by Marriott Fairfax/Fair Oaks 703-273-6161; 2 miles  
Hampton Inn, 10860 Lee Hwy, Fairfax 703-385-2600; 4 miles  
Hyatt Fair Lakes 703-818-3181; 4 miles

### Questions

Meet Director: Eric Nordlund, [ericswims@yahoo.com](mailto:ericswims@yahoo.com)  
(301) 474-8382 (before 8:30pm please)

Entries: Jeff Roddin, [jroddin@pvmasters.org](mailto:jroddin@pvmasters.org), 240-464-3982



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USMS # \_\_\_\_\_ Birthday \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Club \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
(as of 12/31/06)

*Attach a copy of your USMS card here*

### Saturday August 26, 2006

**Warmups: 1:00 pm • Meet: 2:00 pm**

Event	Seed Time (LC Meters)
1) 400 Mixed Free Relay	Use Relay Form
2) 200 Mixed Medley Relay	Use Relay Form
3) 200 Free	_____ : _____ . _____
4) 50 Back	_____ : _____ . _____
5) 200 Breaststroke	_____ : _____ . _____
6) 400 IM	_____ : _____ . _____
7) 100 Fly	_____ : _____ . _____
8) 50 Free	_____ : _____ . _____
9) 200 Backstroke	_____ : _____ . _____
10) 50 Breaststroke	_____ : _____ . _____
11/12) 400 Medley Relay	Use Relay Form
13/14) 200 Free Relay	Use Relay Form
15) 800 Free	_____ : _____ . _____

### Sunday August 27, 2006

**Warmups: 8:00 am • Meet: 9:00 am**

Event	Seed Time (LC Meters)
16) 400 Mixed Medley Relay	Use Relay Form
17) 200 Mixed Free Relay	Use Relay Form
18) 800 Mixed Free Relay	Use Relay Form
19) 100 Free	_____ : _____ . _____
20) 200 Fly	_____ : _____ . _____
21) 100 Breast	_____ : _____ . _____
22) 200 IM	_____ : _____ . _____
23) 100 Back	_____ : _____ . _____
24) 400 Free	_____ : _____ . _____
25) 50 Fly	_____ : _____ . _____
26/27) 400 Free Relay	Use Relay Form
28/29) 200 Medley Relay	Use Relay Form
30/31) 800 Free Relay	Use Relay Form

Surcharge \$ 25.00

Tee-Shirt (\$15) Please circle: S M L XL \_\_\_\_\_

Events @ \$5 each \_\_\_\_\_

Relays @ \$10 each \_\_\_\_\_

Results Mailed @ \$5 each \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

Results will be posted online at: [pvmasters.org](http://pvmasters.org).

Check payable to: Potomac Valley LMSC.

Send entry to:

Jeff Roddin, Entries  
13548 Coachlamp Ln  
Silver Spring, MD 20906-5835  
240-464-3982

RELEASE BY PARTICIPANT FROM LIABILITY: "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."

Signature \_\_\_\_\_ Date \_\_\_\_\_ Phone \_\_\_\_\_ Email: \_\_\_\_\_