



***5th Chinn Aquatics Swim Meet***

***SUNDAY, MARCH 05, 2006 – Sanction #: 126-0001***

***Location:*** Chinn Aquatics and Fitness Center, 13025 Chinn Park Dr, Woodbridge VA. (703-730-1051)

***Facility:*** Beautiful eight-lane, 25-yard pool, non-turbulent lane markers. All lanes will be used for competition; two adjacent 20-yard lanes will be available for continuous warm-up and cool down. Two of the 25 yard lanes will be used for starts for the last 10-minutes of warm-up. No dive starts will be permitted in the two 20-yard lanes. The pool has a bulkhead that will be measured both prior to and after the meet to ensure the pool was at least 25 yards.

***Important Notes:*** Lockers require a quarter (25 cents). No glass containers in the pool area.

***Directions:*** From I-95, exit 158B toward Manassas on the Prince William Parkway for approximately 4 to 5 miles. Just past Sheets Gasoline station a sign will announce Chinn Aquatics and Regional Library. Turn right onto Chinn Park Dr and go to the center, second building. Entry is through the front door and the pool is downstairs through the locker rooms. The exit off I-95 is approximately 25 miles southwest of Washington, DC and about 85 miles north of Richmond.

***Meet Director:*** Harry DeLong

***Eligibility:*** The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **All swimmers must be registered with USMS.** Include a copy of your registration card with your entry.

**ORDER OF EVENTS. Warm-up starts at 8:00 am. First heat begins at 9:00 am.**

- |  |                               |
|--|-------------------------------|
| (1) 500 yd Freestyle (4 heats max)         | (9) 200 yd Backstroke         |
| (2) 100 yd Butterfly                       | (10) 200 yd Breaststroke      |
| (3) 200 yd Freestyle                       | (11) 50 yd Butterfly          |
| (4) 100 yd Individual Medley               | (12) 100 yd Freestyle         |
| (5) 100 yd Backstroke                      | (13) 50 yd Backstroke         |
| (6) 50 yd Freestyle                        | (14) 200 yd Individual Medley |
| (7) 100 yd Breaststroke                    | (15) 50 yd Breaststroke       |
| (8) 400 yd Individual Medley (4 heats max) | (16) 200 yd Fly               |

***Entries:*** \$4.00 per event for pre-entries. \$8.00 surcharge for pool and equipment. **No deck entries will be accepted.**

***Entry Deadline:*** Pre-entries must be received by **Wednesday, March 1, 2006**

***Rules:*** Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded according to times; heats will run slowest to fastest. **Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving during warm-up except in designated lanes.**

***Awards:*** Ribbons will be awarded for the first 6 places.

***Refreshments:*** Everyone is invited for snacks just off the pool deck, near the lifeguard stand.

***Hotel Information:***

Fairfield Inn Potomac Mills  
2610 Prince William Parkway  
Woodbridge, VA 22192  
(703)-467-4000

Best Western Potomac Mills  
16419 Potomac Mills Road  
Woodbridge, VA 22192  
(703) 494-4433

\*\*\*\*\* **ENTRIES ARE DUE BY March 1 st!**\*\*\*\*\*

\*\*\*\*\* **Meet Entry Form**\*\*\*\*\*

Age: \_\_\_\_\_ Phone: \_\_\_\_\_

**Attach copy of your registration card here.** If your card is attached, it is not necessary to complete the following information, but **be sure to sign the waiver.**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

USMS #: \_\_\_\_\_ Team: \_\_\_\_\_ Sex: \_\_\_\_\_

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of 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.

<b>Swimmer's signature:</b> _____ <b>Date:</b> _____
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**Please enter seed times for yards**

<b>Evt #</b>	<b>Seed Time</b>	<b>Event</b>	<b>Evt#</b>	<b>Seed Time</b>	<b>Event</b>
(1)	_____	500 yd Free **	( 9)	_____	200 yd Back
(2)	_____	100 yd Fly	(10)	_____	200 yd Breast
(3)	_____	200 yd Free	(11)	_____	50 yd Fly
(4)	_____	100 yd IM	(12)	_____	100 yd Free
(5)	_____	100 yd Back	(13)	_____	50 yd Back
(6)	_____	50 yd Free	(14)	_____	200 yd IM
(7)	_____	100 yd Breast	(15)	_____	50 yd Breast
(8)	_____	400 yd IM **	(16)	_____	200 yd Fly

**\*\* 4 heats max**

Number of Events \_\_\_\_\_ x \$ **4.00** \_\_\_\_\_ = \$ \_\_\_\_\_

**\$8 Surcharge** \_\_\_\_\_ = \$ **8.00**

**Total Amount Enclosed** \_\_\_\_\_ = \$ \_\_\_\_\_

**Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: Harry DeLong, 6103 Eagles Nest Circle, Manassas, VA 20112. For questions, e-mail Harry DeLong at [hdelong@comcast.net](mailto:hdelong@comcast.net) or phone at 703-368-0309. No calls after 9:00 pm, please.**