

13th ANNUAL MAD DOG MASTERS MEET

Roanoke, Virginia - March 15, 2008

Warm-up@ 11:00AM - Meet begins @ 12NOON

For information call: Howard Butts 540-992-1736 or lvswimn@comcast.net

Sponsored by Virginia Amateur Sports

Recognized by LMSC for Virginia for USMS, Inc.

Meet Director: Howard Butts

Meet Referee: Steve Woolfolk

Facility: Gator Aquatic Center: Pool is 25 yards with 8 lanes for events. Non-turbulent lane lines, daktronic timing system and ample parking

Directions: From I81– Take Exit 143 (I-581 towards Roanoke). Stay on I-581 to the Colonial Avenue Exit. Take Colonial Ave. Exit, stay in left lane as you get off and turn left at the stoplight onto Colonial Ave. Immediately get in the right lane on Colonial Ave. Stay on Colonial Ave. to second stoplight. Turn right at the light onto Overland. Almost immediately turn left onto the road leading to the Gator Center. The Gator Center is straight ahead with a school on either side.

Rules: Meet open to United States Masters Swimming (USMS) or Non-Masters Swimmers. Each swimmer will be limited to five (5) individual events, plus relays. The standard masters age groups will be used (19-24, 25-29, 30-34, etc.). If you are a masters swimmer, a photocopy of your 2007 registration must be attached. Age as of March 15, 2008

This meet is a recognized masters short course meet. Times earned at the meet by masters swimmers can be used for top ten times.

Warm-up/down:

1. Swimmers must enter the pool feet first in a cautious manner.
2. Diving shall be permitted only from the blocks in the designated sprint lanes during wam-up.
3. There will be continuous warm-up/down areas.
4. ABSOLUTELY NO DIVING will be permitted in the warm/down area.
5. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Fee: Entry fees are \$5.00 for each individual event and \$8.00 for each relay. There will also be a \$4.00 surcharge for computer results. There will be NO deck entries. Fees must accompany entries and are non-refundable. Make checks to : Virginia Amateur Sports

Deadline: Entry deadline is March 7, 2008. Events and heats will be mixed gender and seeded by time only.

Awards: 1st place medals through 3rd place in each age group.



ENTRY FORM

Name: _____ Team: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Sex: _____ USMS Reg. No.: _____ Age as of March 15, 2008: _____

	WOMEN Time	EVENT		MEN Time
1.	_____	1000 Freestyle	2.	_____
3.	_____	200 Medley Relay	4.	_____
5.	_____	200 Freestyle	6.	_____
7.	_____	100 Backstroke	8.	_____
9.	_____	50 Breaststroke	10.	_____
11.	_____	100 IM	12.	_____
13.	_____	100 Butterfly	14.	_____
15.	_____	50 Freestyle	16.	_____
		15 Minute Break		
17.	_____	200 Choice (No Freestyle)	18.	_____
19.	_____	100 Freestyle	20.	_____
21.	_____	50 Backstroke	22.	_____
23.	_____	200 IM	24.	_____
25.	_____	50 Butterfly	26.	_____
27.	_____	100 Breaststroke	28.	_____
29.	_____	200 Freestyle Relay	30.	_____
31.	_____	500 Freestyle	32.	_____

Number of events ____ X \$5.00 = \$_____ + \$4.00 (surcharge) = \$_____ (Please add an additional \$8 for each relay)

Make Checks Payable to: Virginia Amateur Sports

Mail to: Virginia Amateur Sports, 711-C 5th Street, NE, Roanoke, VA 24016 (540) 343-0987

A COPY OF YOUR USMS REGISTRATION CARD AND THE SIGNED WAIVER MUST BE ENCLOSED WITH YOUR ENTRY.

RELEASE/WAIVER

The following release must be dated, signed and in the possession of the Meet Director before the swimmer may compete.

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 rules of USMS.

I am aware that during my participation and attendance at the Masters Swim Meet, Virginia Amateur Sports and its agents, employees and associated ("Sponsor"), will be providing the facility and various arrangements for the event, and that certain risks and dangers may arise, including but not limited to hazards inherent in the sport in which I will be training preparing, or competing; negligent or other careless acts and omissions by other participants, spectators and the Sponsor; and hazardous or dangerous conditions of the facilities and grounds used as part of the Meet.

In consideration of the acceptance of my entry by the Sponsor and the right granted to me to participate in and attend the Meet, I do hereby assume all of the above risks, and agree that, in the event of any injury to me as a result of an accident which occurs during my involvement and participation in the Meet, my recovery against the Sponsor, shall be limited to a claim for medical expenses incurred as a result of the injury, and only to the extent that such medical expenses are not otherwise covered or paid by my insurance coverage, medical, or otherwise. Furthermore, for this consideration, I agree to present any claim for personal injury to the Sponsor within six (6) months from the date of injury; if I fail to do so, I agree that I will have waived any and all right I have to recover against the Sponsor for said injury.

Additionally, in consideration and acceptance of my entry by the Sponsor and the right to participate in and attend the Meet, I consent to receive any and all emergency medical treatment as may be deemed appropriate under the existing circumstances as then determined by the Sponsor or its agents.

Date: _____ Signature: _____