



The Georgia Masters Newsletter

Swimming in Georgia

May 2017

Don't Miss These Events

- March 25-26 St Patrick's Day SCY
- June 17 Bulldog LC @ UGA
- July Georgia Games Open Water
- September 10 SSS Pentathlon (tentative)

Bulldog LC at UGA – June 17

It's getting time for LC season! Our annual Bulldog LC Invitational at UGA will be held this year on Saturday afternoon, June 17. Warmups are at noon, with a meet start of 1:00pm. The meet info and entry forms are included in this newsletter, and are also available on the Georgia Masters website (www.georgiamasters.org). Swimmers can either do online or paper registration. Mailed entries must be **received** by June 9; entries received after that are considered deck entries (deck entries permitted only in open lanes). Online entry is open until Tuesday, June 13 at 11:59pm.

When entering the meet, GAJA swimmers should be sure to list the name of your local chapter or club name, rather than GAJA. If mailing your entry, be sure to **include a copy of your USMS card** with your entry (required!). All relays will be deck seeded at the meet. Swimmers can swim up to 5 individual events.

This meet is sponsored by the Athens Bulldogs (ABSC). Meet director is **Craig Page** (see this month's Swimmer Profile to learn all about Craig!). For questions about the meet, contact Craig at craigwpage@gmail.com or 706/461-8288. Come enjoy swimming in this fantastic swim facility! This meet is part of the 2017 Georgia Grand Prix.

2017 Grand Prix Series

The following events have been chosen for the 2017 Georgia Grand Prix Series:

Meet Recaps

ART Spring Splash – April 23

There was a strong turnout for the annual ART Spring Splash, sponsored by the **Atlanta Rainbow Trout**. The meet was held on Sunday, April 23 at the Herb McAuley Natatorium at Georgia Tech. Swimmers from throughout the Dixie Zone were in attendance. Georgia clubs represented included: Athens Bulldog Swim Club (ABSC), host team Atlanta Rainbow Trout (ART), FYNS (FYNS), Andrew & Walter Young YMCA (AWYY), Dynamo Masters (DYNA), Georgia Killer Whales (GMKW), Golden Tigers Aquatic Club (GTAC), Gwinnett Masters Aquatic Club (GMAC), Marietta Stingrays (RAY), Swim Atlanta Masters (SAMS), Southside Seals (SSS), Windy Hill Aquatics (WHA), and Northwest Y Grayfins (YGF).

Highest among the notable swims at the meet was the new American record set by **Penny Noyes** (W60-64) in the 50yd free. Penny swam a 26.26, beating the existing record of 26.46. Way to go, Penny! (see picture below)

Thanks to all the Trout volunteers for their efforts in producing such a great, smooth running meet. And a special note of thanks to longtime meet director **Sean Fitzgerald**, who will be moving shortly to Vancouver. Sean was presented with a special Service Award at the meet for his many



Penny Noyes – American record setter in the 50 yrd free

years of volunteer service to our Georgia LMSC- as Vice Chair, organizer of the Georgia Grand Prix Series, and meet director for both the St Nick and Spring Splash meets over the years. These will definitely be big shoes to fill!



Lisa Watson presenting Special Service Award to Sean Fitzgerald

Team Results

1 Swim Atlanta Masters	1,725
2 Atlanta Rainbow Trout	1,383
3 Georgia Masters Killer Whales	1,229
4 Auburn Master Swimmers	670
5 Athens Bulldog Swim Club	576
6 Northwest YMCA Grayfins	474
7 Windy Hill Athletic Club Masters	389
8 Uc45	366
9 Fyns	230
10 Atlanta Water Jocks	120

High Point

- 18-24 Women - Nicole Powell
- 18-24 Men - Bennett Paradis/Amos Chan
- 25-29 Women - Emile Sumner
- 25-29 Men - Alan Seifert
- 30-34 Women - Patricia Campbell
- 30-34 Men - Mark Mooney
- 30-34 Women - Marcela Chavez
- 35-39 Men - Hank Longmire
- 40-44 Women - Sylvia Gerbovaz/Nicole Arnold
- 40-44 Men - Dan McCarthy
- 45-49 Women - Serena Lau
- 45-49 Men - Michael Kucharski
- 50-54 Women - Pam McClure
- 50-54 Men - Mark Rogers
- 55-59 Women - Muriel Cochran
- 55-59 Men - David Berry
- 60-64 Women - Ginger Penn
- 60-64 Men - Pat Eddy
- 65-69 Women - Leslie Landey/Rebecca Hamilton
- 65-69 Men - Joe Hutto
- 70-74 Women - Dodi Thomas
- 70-74 Men - John Zeigler
- 75-79 Women - Sally Newell
- 75-79 Men - Craig Ray
- 80-84 Men - Wang Lau

***USMS Spring Nationals Recap:
April 27-30***

Spring Nationals were out on the West Coast this year in Riverside, California. We had two Georgia swimmers who competed among the over 2000 swimmers entered at the meet: **David Hildebrant**

(GAJA), and **Andy Dyer** (AWJ). They both did well among stiff competition. David (M60-64): 11th in 100 free & 50 breast; 7th in 100 IM; 6th in 50 & 100 fly; 5th in 50 back and Andy (M55-59): 13th in 50 free; 9th in 100 free; 7th in 100 breast & 100 IM; 6th in 200 breast.

Summer (LC) Nationals this year will be held in Minneapolis on August 2-6.



Guillermo Vargas will be the new meet director for the Spring Splash and St Nick's meets.

Other News

Swimmer Profile – Craig Page

By Elaine Krugman



Craig is no stranger around swimming pools. As the son of a former Junior Olympics qualifier, he grew up in the family's backyard swimming pool while his mom taught swimming lessons. As Craig recalled,

“Some of my earliest memories were hanging on to my mom’s neck when she was giving lessons to all of the neighborhood kids.”

This Athens Bulldog Swim Club (ABSC) member, 35, started competing in summer league at the age of 9 or 10 and also swam on the high school swim team. “I never swam all year around in large part because my mom was a competitive swimmer growing up, and she wanted me to have a life with other extra-curricular activities, and time with my friends. In some ways, it’s a bit of a shame, because I thrive in a more structured situation than she did, and I really enjoy swimming,” Craig explained.

Even so, after graduating high school, Craig didn’t swim again until he turned thirty. What got him back into the pool was being invited by a good friend who was looking for a fifth person to join her group on a trek in Nepal. Craig thought it would be a great 30th birthday present to himself; however, he was anxious with the fact he weighed forty pounds more than he currently weighs. “I was concerned I would be the anchor weighing down the group as we were trekking the Himalayas; so, in February 2011, I started looking for forms of exercise.” Returning to doing what he knew and did best, the former swimmer returned to the pool and ultimately joined the Masters Swimming program with Athens Bulldog Swim Club.

“I forgot how much I thrive in a team environment. I like being accountable to a group and a coach,” Craig said. After having a wonderful trek through Nepal, he returned to the pool with the Bulldogs and kept up with his swimming. In the process, he developed a great friendship with fellow Bulldog Masters swimmer, **Jonathan Dunn**, who is in the same age group and has the same competitive spirit as Craig. Jonathan encouraged Craig to compete in his first Masters swim meet in December 2012, at the St. Nick’s meet, which was his first competition since high school.

After his initial struggle readjusting to swimming, the transition back to competition was easy for

Craig, because of his previous background. It helped having a mom who was instrumental in laying a solid foundation by providing stroke and competition tips over the years he was growing up.

In addition, Craig has been careful over the years with his nutrition and living a healthy lifestyle. He hasn't eaten fast food since he was eighteen and avoids sugary carbonated beverages. Weight gain accumulated, though, due to his sedentary professional career. By incorporating swimming into his routine before the Nepal trek, Craig was able to lose the forty pounds of extra weight. "Swimming acted as the catalyst to put everything together and reactivate those dormant abilities," he explained, and it is an integral and important part of his healthy lifestyle.

Although Craig first started swimming with Jonathon Dunn and the Bulldog Masters group, he has transitioned over the past five years to mostly training with age-groupers and becoming the primary coach for the ABSC Masters team.

Currently, this competitive swimmer trains five times per week with two different age groups. One consists of high school students, and the other is a group of very good middle schoolers. In all, he puts in anywhere from 3500 – 4500 yards per day.

When it's time to join his peers for competition, Craig loves the splash-and-dash events. This sprinter ranks the 50 yrd Backstroke as his favorite event, followed by the 50 Free, 50 Fly, 100 IM, 100 Back, and 50 Breast.

Although Craig loves to compete, it is mostly against himself. Rather than shoot for Top Ten rankings or other peer-oriented goals, he aims to beat his best times. The only exception is his friendly rivalry with Jonathan Dunn. "Jonathan is a better swimmer than me, so Jonathan sets the bar, and I try to make it. That's a separate goal from the two to four pages of other goals that I have."

That's a heck of a list of goals, but having concrete goals for his swimming has helped Craig tremendously.

Although he considers himself a "Type B" personality in many ways, this motivated competitor describes himself as "Type A" when it comes to his swimming and goal-setting. His goals include specifics on improving stroke flaws for each stroke, race times to achieve for each event, and more. After the St. Pat's meet, Craig went home and typed up a one-page list of improvements he wanted to make, and he gave it to his coaches. His list included such things as better flip turns and underwaters in his 100 yrd Freestyle race.

Craig is quite emphatic about goal-setting, and he encourages other swimmers to set goals and share them with their coach, if they have one. "It's important to develop goals and have very specific goals (for practices and meets," he emphasized.

Creating a baseline from his first meet in 2012 gave Craig race times to improve in his next meet. Since then, he has worked hard to continue conquering his personal best times. Ultimately, what this goal-oriented swimmer always aims to achieve is beating himself.

Where the "Type B" aspect of Craig's personality comes in is when he doesn't quite achieve his goals. "I'm very kind with myself and can be very flexible and laid back about everything. At the end of the day, it's all about having fun!"

Craig currently has his sights set on having fun in Indianapolis, the site of the 2018 Nationwide US Master's Swimming Spring National Championship.

As for favorite meets Craig competes in on a regular basis, his favorites are the Auburn Masters Invitational, Spring Splash, and St. Nick's meet.

It was the Auburn meet in February of 2013 that brings back the best U.S. Masters Swimming memories for Craig. "It was my first overnight

away meet where we were at a hotel. We took a large group of us the first time I went to that meet. The feeling of camaraderie and closeness...all wrapped up in the package of a swim meet.”

I remember noticing how much fun those Bull Dogs were having, especially when they got together for this group shot (Craig Page on right, Jonathan Dunn in center):



The memories of that meet were just as much about team spirit and friendship as they were about racing and achieving goals; and, that is what Craig enjoyed so much.

Craig is also enjoying the balance in his life of the different activities he pursues, and the role swimming plays. “Right now, my life is divided into work, which is my professional/ intellectual outlet, swimming which is my social and physical outlet; and, I also have a small baking business that is my creative outlet. That is how I think about what role the different things in my life play. Swimming is the one time when I’m not at my computer, I’m not attached to my phone; and, I’m extremely present for the people around me and in front of me while I’m swimming. My favorite part of every day is my first 50 in the water. You feel all the stress and anxiety from the day slip away; diving in and just communing with the water.”

Measuring Pee in Pools

By Erin Blakesmore, Smithsonian, May 3, 2017

How much pee is in your pool? It’s a question that’s long concerned scientists and swimmers alike.

To read the entire article go to:

http://www.smithsonianmag.com/smart-news/scientists-found-sweet-way-measure-pee-pools-180963124/?utm_source=smithsoniandaily&utm_medium=email&utm_campaign=20170503-daily-responsive&spMailingID=28905635&spUserID=NzQwNDU4MzgwMTcS1&spJobID=1040442474&spReportId=MTA0MDQ0MjQ3NAS2

Adolph Kiefer Dies at 98

May 5, 2017

Many of us remember Adolph Kiefer, but our younger swimmers may not. This is a very interesting article about a gold medal backstroker in the 1936 Olympics. He passed on May 5, 2017.

<https://www.kiefer.com/blog/adolph-kiefer-life>



Kiefer swimming in his home pool in 2014.

Upcoming Events

June 2017			
1*	Georgia LMSC Conference Call @ 7:15pm; contact Lisa if you'd like to join the call – lisa.watson@ung.edu	3	1-3m Open Water Championships – Chattanooga, TN
4	9+m Open Water Championships – Chattanooga, TN	5-10	National Senior Games – Birmingham, AL (not a USMS recognized event)
17*	Bulldog LC Invitational at UGA (entry enclosed)	30-2	Dixie Zone LC Championships – Greenville, SC
July 2017			
	Georgia LMSC Conference Call @ 7:15pm	1-2	Dixie Zone LC Championships – Greenville, SC
8*	Georgia Games Open Water at Lake Acworth www.georgiagames.org		
August 2017			
	Georgia LMSC Conference Call @ 7:15pm	2-6	USMS Summer LC Nationals – Minneapolis, MN
September 2017			
9*	Southside Seals Pentathlon – Steve Lunquist Aquatic Center	9*	Georgia LMSC Annual Meeting
13-17	USMS Convention – Dallas, TX	23*	Swim Across America Open Water – Lake Lanier

Information on these and other Dixie Zone events can be found on the Dixie Zone website at www.dixiezone.org/Meets.htm.

*Dates in red are Georgia LMSC events.

Who Y'All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copland@comcast.net
Donna Hooe	Coaches Chair	(912) 884-6456	rdhooe1@juno.com
Sean Fitzgerald	Vice-Chair	(404) 496-4422	seanfit@gmail.com
Bob Kohmescher	Newsletter Editor	(770) 722-2192	bobk340@comcast.net
Ian King	Member At Large	(678) 471-8483	ianeking_rosswell@hotmail.com
Elaine Krugman	Contributing Editor	(678) 603-1543	ekrugman@aol.com
Bill Lotz	Member At Large	(404) 261-1906	blotz@mindspring.com
David Morrill	Safety	(770) 862-2533	latycar@latycar.org
Britta O'Leary	Member At Large	(636) 295-3222	b.boesing@gmail.com
Andy Rettig	LMSC Registrar	(678) 417-6411	arettig@gmail.com
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	swimsalt@bellsouth.net
Jeff Tacca	Member At Large	(404) 256-0733	jtacca@comcast.net
Lisa Watson	LMSC Chair	(770) 497-1901 (678)717-3646	lisa.watson@ung.edu
Karol Welling	Secretary	(770) 631-9195	krw83@mindspring.com
John Zeigler	Fitness	(770) 972-7981	jvzeigler@bellsouth.net

Swim Websites

Name	Website
Athens Bulldog Swim Club	http://www.athensbulldogs.com
Atlanta Rainbow Trout	www.atlantarainbowtrout.com/
Atlanta Water Jocks	www.atlantawaterjocks.com
Chastain Park Athletic Club	www.ChastainParkAthleticClub.org
Concourse Athletic Club Masters	https://www.wellbridge.com/concourse-athletic-club/sandy-springs
DeKalb Aquatics Masters	http://daqswim.com
Dixie Zone	www.dixiezone.org
Dynamo Masters	www.dynamomasters.com/index.html
Frances Meadows Aquatic Center	http://www.gainesville.org
Fyns	http://www.fynsmasters.com
Georgia Masters Swimming	www.georgiamasters.org
Golden Isles Swimming	www.goldenislesswimteam.org
John P. Thayer YMCA Masters Swim	www.Columbusymca.com
Nautical Milers Special Needs Swim Team	http://www.facebook.com/NauticalMilersSwimTeam
Northwest Georgia Aquatics	www.teamunify.com/ganga
Richmond Hill Swim Club	http://richmondhillswimclub.com
Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	www.stingraysswimming.com
Swim Atlanta Masters	www.swimatlantamasters.com/
Swim Macon Masters	www.swimmacon.com
Tiftarea Tidal Wave	www.tiftareatidalwave.com
Warner Robins Aquanauts	http://wraswim.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill

Georgia Teams & Clubs

Georgia Clubs			
Name	Abbr	Contact	Email
Andrew & Walter Young YMCA	AWYY	Iilonga Thandiwe	linz.t@mindspring.com
Atlanta Rainbow Trout	ART	Sean Fitzgerald	seanfit@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Brad Akins YMCA Barracudas	BAYB	Meredith Carroll	meredith@gapiedmontymca.org
Chastain Park Athletic Club	CPAC	Jim King	jimkingusa@gmail.com
Concourse Athletic Club Masters	CM	Nancy Overheim	cacmasteratl@gmail.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Frances Meadows Aquatic Cnter	FMAC	Meghan Modisette	mmodisette@gainesville.org
Georgia Masters	GAJA	Lisa L Watson	Lisa.Watson@ung.edu
Golden Tiger Aquatic Club	GTAC	Nate Rhoads	nrhoads@brenau.edu
Gwinnett County Masters Club	GMAC	Destry Dispain	Destry.Dispain@gwinnettcounty.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Life Time Swim Georgia	LTMS	Ryan Bell	ryanbell@msn.com

Nautical Milers Special Needs Swim Team	NAUT	Patrick Thoreson	patrick_thoreson@yahoo.com
Northwest Georgia Aquatics	NWGA	Karney McNear	nwgaquatics@gmail.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com
Richmond Hill Swim Club	RHSC	Anne Cutchin	rhscswimcoach@gmail.com
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Summit Family YMCA	SY	Mike Steele	mikes@ymcaatlanta.org
Tiftarea Tidal Wave	TTW	Dustin Bengston	tiftareatidalwave@gmail.com
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
<i>Georgia Superteam (GAJA)</i>			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	DAWG	Craig Page	craigwpage@gmail.com
Dynamo Swim Masters	DYNA	Coach Maria Thrash	mariat0202@aol.com
Fyns	FYNS	Raquel Terroba	Fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@ung.edu
Golden Isles Swimming	GIST	Betty Veater	betty@stmarkstowers.com
Lake & Mountain Hilltoppers	LMH	Bill Pave	wpave@windstream.net
Life Time Swim Alpharetta	ALPL	Ryan Moss	
Life Time Swim Johns Creek	JCL	Merrie Copeland	
Life Time Swim Woodstock	WSKL	Elizabeth Gibson	
Life Time Swim Atlanta	ATLL	Lauren Lamb	
Life Time Swim Sugarloaf	SUGL	Jonathan Sims	
Savannah Masters	SAVM	Donna Hooe	rdhope1@juno.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scott Davis	scot@swimatlanta.com
Swim Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Warner Robins Aquanauts	WRAM	Daniel Murray	coach@wraswim.com



Ed Saltzman giving instructions to volunteer timers at the ART Spring Splash

Nicole Arnold and Karen Doty at Spring Splash – their first meet





2016 Grand Prix Winners



So long Sean – You'll be missed by all of us!

ENTRY FORM
2017 WOLLER ABSC / GEORGIA MASTERS LONG-COURSE MEET
2017 GEORGIA LONG COURSE METERS STATE CHAMPIONSHIP
GABRIELSEN NATATORIUM AT THE UNIVERSITY OF GEORGIA

June 17, 2017

USMS SANCTION: **457-L001**

Date and Time: June 17, 2016: Warm-ups in the competition pool will be available from 12:00noon-12:50pm. The diving well will be available for warm-up from 12:00noon until 30 minutes after the end of the meet or 5:00pm. The meet begins at 1:00pm.

Location: Gabrielsen Natatorium, University of Georgia, 330 River Road, Athens, GA 30602, 706-542-5060

Meet Director: Craig Page craigwpage@gmail.com 706-461-8288

Facility: The Gabrielsen Natatorium is a state-of-the-art indoor facility with three pools, which was dedicated in 1996. The natatorium has three separate pools: a 50-meter competition pool with two movable bulkheads, ranging in depth from 8 ft to 9ft; a diving pool; and an instructional and recreational pool. All lanes feature nonturbulent lane lines and starting blocks. One 50 meter 8-lane course will be used for this competition. At least 4 lanes for continuous warm-down will be available in the diving well. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1. Total seating is 2,000.

Eligibility: Participants must be registered Masters swimmers and at least 18 years of age as of June 17, 2017. Swimmers turning 18 after the meet entry deadline and by June 17, 2017 must enter the meet by the meet entry deadline and register for USMS either before or June 4. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swimming Committee. If there are questions about affiliation, the swimmer will be entered with the affiliation "UC."

Age Groups: Age for the meet is determined as of December 31, 2017, except for 18-year-olds, who must be 18 by June 17, 2017. Age groups for individual events: 18–24, 25–29, 30–34, 35–39 ... (five-year increments as high as necessary). Relay events are based on the cumulative ages of all the swimmers on the relay: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+.

Seeding: One course will be used for all the events. All swimmers will be seeded in mixed heats for each event, slowest to fastest by entry time, regardless of age or gender.

Meet Roster: A meet roster, including name, age, gender, and club, will be available at the meet and emailed to all participants who provided an email address prior to the meet.

Warm-up Procedure: Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes will be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pool only. Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.13.3). Pull buoys, kickboards, fins, hand paddles, and snorkels are not allowed in the competition or warm-up pools.

Scratches: Any swimmer failing to report to the proper lane in the correct heat of an event will be scratched from that event and will not be permitted to swim that event at another time.

Entry Forms: Read all instructions and fill out the form completely. Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected (except for 18-year-olds who turn 18 after the meet entry deadline, but before the first day of the meet, who must enter the meet by the meet entry deadline, but may register for USMS either before or on June 17). A swimmer whose club affiliation differs from what is listed on his or her USMS registration card must send either a new USMS registration card or a letter from the local registrar with the new club affiliation and effective date. Online registration is available here: https://www.clubassistant.com/club/meet_information.cfm?c=2404&smid=9161

Fees: Fees are \$40 per individual for a maximum number of five (5) individual events per swimmer. Fees must accompany the entry form and must be paid in U.S. dollars by check or money order. Do not mail cash. The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars will be required before the entrant is allowed to swim. No refunds will be given for events not swum. Relay-only swimmers must submit an entry form with payment by the entry deadline. All fees should be made payable to "Craig Page".

Entry Deadline / Mail Entry / Deck Entries: Online entry will remain open until Tuesday, June 13th at 11:59PM with no late fee. There is no late fee for online entry. Completed mailed entries (Entry form, signed waiver, copy of USMS card, and fee) must be received by June 9, 2017 to be seeded appropriately at the meet. Entries received after June 9, 2017 and before June 17, 2017 will be processed as a deck entry. Deck entries will be accepted the day of the meet during until 12:30pm. Deck entries will only be permitted in open lanes.

No telephone entries will be accepted. Mail paper entries early. Do not send certified or overnight mail requiring a signature. Photocopy completed entry forms and personal checks for your records and verification.

Mail paper entries to: Craig Page, 310 Rumson Road, Athens, GA 30605

Number of Events: Competitors may enter up to five individual events and three relays.

Relay Information: Relays will be entered on the day of the meet by the deadline time announced. Relay-only swimmers (i.e., not entered in an individual event) must have entered the meet and paid the fee by the meet entry deadline or as a deck entry. Each competitor is allowed to swim a maximum of three relays. Relay entries will be submitted to the meet director. Each of the four members of any relay team must be registered with the same Masters club.

Scoring/Awards: Individual Events: 9-7-6-5-4-3-2-1. Relays: 18-14-12-10-8-6-4-2.

Team scoring will be tabulated by workout group for Georgia teams and by club for all out of state teams.

Ribbons will be available for pickup for first through third places in each age group with result labels. Unclaimed awards will not be mailed.

ENTRY FORM
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 2017 GEORGIA LONG COURSE METERS STATE CHAMPIONSHIP
 GABRIELSEN NATATORIUM AT THE UNIVERSITY OF GEORGIA

June 17, 2017

USMS SANCTION: **457-L001**

NAME _____ SEX _____
 AGE on 12/31/17 _____ BIRTH DATE _____
 ADDRESS _____ CITY _____
 STATE _____ ZIP _____ PHONE _____
 USMS# _____ (Include a copy of your card) EMAIL _____
 TEAM NAME _____ TEAM ABBREVIATION _____
 (UC## = Unattached: GAJA: Use local chapter or club name)

Enter your events and seedtimes on this form.

Saturday, June 17, 2017 Warm ups: 12:00PM Meet: 1:00PM

EVENT	SEED TIME	EVENT	SEED TIME
1 400 m Freestyle	_____	10 200 m Indiv. Medley	_____
2 200 m Butterfly	_____	11 100 m Breaststroke	_____
3 400 m Free Relay	XXXXXXXXXX	12 50 m Backstroke	_____
4 100 m Backstroke	_____	13 100 m Butterfly	_____
5 50 m Freestyle	_____	14 200 m Free Relay	XXXXXXXXXX
6 200 m Breaststroke	_____	15 200 m Freestyle	_____
7 200 m Medley Relay	XXXXXXXXXX	16 50 m Breaststroke	_____
8 50 m Butterfly	_____	17 200 m Backstroke	_____
9 100 m Freestyle	_____	18 400 m Medley Relay	XXXXXXXXXX

Swimming Fees: \$40.00 for up to 5 individual events
 (Relays will be deck entered at the meet)
 Mail a copy of your USMS card with this entry form

Entry Deadline: June 9, 2017 for mailed entries.
 Online entry will remain open until Tuesday, June 13th at 11:59PM with no late fee.
 Online entry available at:
https://www.clubassistant.com/club/meet_information.cfm?c=2404&smid=9161

Meet Director: Craig Page (craigwpage@gmail.com)
 Make checks payable to: Craig Page
 Mail to: Craig Page, 310 Rumson Road, Athens, GA 30605

Must sign USMS Liability Release on Back of Entry

PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	