



2022 VMST David Gregg III Memorial Meet

NOVA of Virginia Aquatic Center
Regency Square Mall Pool
1420 N. Parham Road, Henrico, VA 23229
(804) 754-3401

Sunday February 6, 2022

This is a one-day meet (Sunday only). Distance events are the 400 IM, 500 Free, and 1650 Free. The 1000 split (based on the timing system record of the touch at the 1000) of each 1650 will be uploaded to the USMS results database. No split request for the 1000 will be necessary. For fun, there will also be a 100 Mixed Free Relay☺ at this meet. We are looking forward to seeing you all at the meet!!

Sponsored By: Virginia Masters Swim Team **Sanctioned By:** LMSC for Va. for USMS, Inc. **Meet Referee:** Bob Rustin

Meet Directors: Heather and Chris Stevenson (hnsrva@gmail.com or chrisstevenson@gmail.com)

Location: NOVA of Virginia Aquatic Center (address above). This is a multi-lane, 50-meter indoor pool with two 10-lane 25-yard courses (the meet will be held in one of the 25-yard courses) with a fully electronic timing system. The length of the competition course without a bulkhead is in compliance and will be on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered with U.S. Masters Swimming and must include a copy of their USMS card with paper entries or register online. One event USMS registrations will be permitted.

Entries: \$6.00 per individual event plus a \$8.00 surcharge to help defray the administrative costs of the meet. **THERE ARE NO DECK ENTRIES THIS YEAR FOR INDIVIDUAL EVENTS.** A swimmer may enter a maximum of 6 events, plus relays. The 1650 is limited to a total of two heats (men and women combined). Positive check-in no later than 8:45AM is required for 1650 participants.

Relays: Relays will be deck-entered and deck-seeded at no cost. **Entries for all relays are due no later than the start of Event 9 (the Women's 200 Back). Please send only one person to the administrative desk with relay entries to limit congregating.**

Entry Deadline: **On-line entries are required this year:** www.clubassistant.com – meets are listed on the Club Assistant home page by date. The deadline for on-line entries is **Sunday January 30, 2022** (one week before the meet).

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily. The 100 Mixed Free Relay☺ is a non-conforming event and times for this event are not eligible for USMS records or Top Ten.

Warm-up/Warm-down Procedures: Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. There will be continuous warm-up/warm-down lanes available during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times. Swimmers are limited to 5 swimmers per lane during warm-ups to meet COVID-19 Protocols.

COVID Protocols: We request that participants be vaccinated. Masks are required for all (vaccinated and unvaccinated) when not swimming. See attached COVID-19 Protocols for the meet.

Awards and Results: Ribbons will be given for first, second, and third place in each individual event. No ribbons for relays or time trials. Results will be posted at www.vaswim.org and will be uploaded to the USMS results database.

Special awards will be given to the **male** and **female** overall winners in two award categories: **Best Sprinters** (lowest cumulative time in all four 50s); and **Best Distance Swimmers** (lowest cumulative time in the 400 IM, 500 Free, and 1650 Free).

On-line entries required!
On-line entries close *Sunday January 30th!*
Enter online at: www.ClubAssistant.com
(search for the meet by date on the Club Assistant home page)

Sunday, February 6, 2022

Warmups: 8:00-9:00 AM; Meet Starts: 9:00 AM

Questions? Contact Heather or Chris Stevenson
 (804) 310-3069 or (804) 332-4339

hnsrva@gmail.com or chrilstevenson@gmail.com

Women	Event	Men
1	400 IM	2
3	200 Breast	4
5	100 Free	6
7	50 Fly	8
9	200 Back	10
11	100 Breast	12
13	50 Free	14
15	100 IM	16
17	500 Free	18
BREAK – 5 Minutes		
19	100 Mixed Free Relay☺	
21	200 Fly	22
23	200 IM	24
25	100 Back	26
27	50 Breast	28
29	100 Fly	30
31	50 Back	32
33	200 Free	34
200 YARD RELAYS		
35	200 Medley Relay	36
37	200 Free Relay	38
39	200 Mixed Medley Relay	--
--	200 Mixed Free Relay	40
41	1650 Free	42

COVID-19 Protocols:

- We request that participants be vaccinated.
- Masks are required for all (vaccinated and unvaccinated) unless swimming.
- Hand sanitizer dispensers will be available in the facility.
- All participants must self-assess their physical health before entering the pool facility according to the mandatory screening questions post on the facility front door. Individuals may not enter the pool building if they are feeling sick or have COVID symptoms.
- Social distancing is strongly recommended where possible.
- Spectators will not be permitted in the pool area.
- We will follow safety measures recommended by the CDC and local health officials. In addition, everyone must abide by the NOVA COVID-19 Policy & Operating Procedures.

☺The 100 Mixed Free Relay is a non-conforming event.
 Times for this event will not count for USMS records or Top Ten.



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 acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
5. 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.
6. 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