



The Georgia Masters Newsletter

Swimming in Georgia

August 2016

Don't Miss These Events

Southside Seals Pentathlon – September 10



Our next Georgia event is the Southside Seals SCY Pentathlon, taking place on Saturday, September 10 at the Steve Lundquist Aquatic Center in Jonesboro. Thanks to **Rob Copeland** and **Mike Slotnick** for all of their efforts in arranging for this meet.

Directions are listed on the meet information page. Warmups start at 11:30 AM, with the meet start scheduled for 12:15 PM. The **Southside Seals** are the meet hosts. This will be a 2016 Georgia Grand Prix event!

This annual event offers 3 separate pentathlons, to appeal to the sprinters, middle distance, and long distance swimmers alike. To compete in the pentathlon, swimmers will enter 5 events in one of the following 3 categories:

Sprint	50s of each stroke + 100yd IM
Middle	100s of each stroke + 200yd IM
Ironman	200s of each stroke + 400yd IM

Swimmers are not required to swim the pentathlon. You are welcome to come and swim up to 5 events of your choosing. The meet info and entry are posted on the Georgia website (www.georgiamasters.org) and also included in this newsletter.

Swimmers may enter online or by paper entries. Online entries close at 11:59 PM on September 7. Paper entries **must be received by September 6**. Deck entries will be accepted up until the start of the meet with a \$5 late fee.

Immediately following the meet, we will hold our annual **Georgia LMSC Annual Meeting** (for those not swimming in the meet, but coming to the meeting, anticipated start time is about 3 PM). This will be a social gathering with food & drinks provided while we conduct our yearly business. See below for more details.

Georgia LMSC Annual Meeting – September 10

The Georgia LMSC Annual Meeting will be held immediately following the **Southside Seals Pentathlon** on Saturday, September 10 at the Steve Lundquist Aquatic Center (same place as the meet). We will be in a room right by the pool deck. For anyone who plans to attend the meeting, but is not competing in the meet, the meeting should start about 3 PM. If you get there early, enjoy watching the meet!

This is a dinner meeting, so food and beverages will be provided at no charge for pentathlon entrants. There will be a nominal \$5 fee for those who are only attending the meeting.

We encourage everyone to attend this meeting to provide input to help us continue and improve our

organization. One of the agenda items discussed will be the upcoming USMS Convention on September 21 – 25, which will be held here in Atlanta at the **Hyatt Regency**.

We will also be setting up our 2017 calendar of events. We are always looking for new venues for meets, so if you're interested in hosting an event, please let us know.

For anyone coming from outside the metro Atlanta area, here a couple of recommended area hotels:

Savannah Suites
8240 Tara Blvd
Jonesboro
770/28-3400

Royal Inn
740 North Ave
Jonesboro
770/478-7759

Swim Across America – September 17



This annual open water event will be held on Saturday, September 17 at Lake Lanier Islands. Swim Across America supports cancer research and conducts events in major cities throughout the United States. This event is open to all interested swimmers and usually sees several hundred participants! There will be a 1 mile, 5K, and a 2 mile relay (4 swimmers completing ½ mile loops).

To register and for more information, go www.swimacrossamerica.org

USMS Convention – September 21-25

As announced, we are the hosts for this year's USMS Convention, which will take place at the Hyatt Regency in downtown Atlanta from Wednesday, Sept 21 until Sunday, Sept 25. As hosts, we are expected to man the hospitality room at the convention. **Karol Welling**, our Convention Coordinator, is organizing the volunteers, so please contact her at krw83@mindspring.com if you are interested in volunteering your time. The majority of the shifts will be Thursday, Friday, and Saturday. Georgia will be represented at the convention by Rob Copeland (past USMS President), Sean Fitzgerald (Dixie Zone at large director), Ed Saltzman (Georgia delegate), David Morrill (Georgia delegate), Lisa Watson (Georgia delegate), Bob Kohmescher (at large delegate), Jeffrey Tacca (at large delegate), and Ian King (at large delegate).

USMS Summer Nationals – August 17-21



This year's LC Nationals are in Gresham, Oregon at a beautiful outdoor LC pool at the foot of Mt Hood. Best of luck to **Donna Hooe and John Fields** who will attending this meet.

2016 Grand Prix Series

April 9-19	Dixie Zone SCY Championships
June 4	UGA meet LC
July 9	Georgia Games Open Water
September 10	SSS Pentathlon
TBA	St Nicholas Invitational SCM

Those swimmers who competed at Spring Nationals in Greensboro will get credit toward the 3 event required minimum for participation in the Grand Prix, but no additional points.

Meet Recaps

Georgia Games Open Water Recap – July 9



Over 100 swimmers of all ages participated in the Georgia Games Open Water event at Lake Acworth, including a number of our Georgia Masters swimmers. Following are the top finishers for the Masters age group categories in the 3 events (1k, 3k, and 5k).

1k Results

- 18-24 Libby Beem
Peter An
25-29 Amanda Reed
Sean Concepcion
30-34 Shannon Malutinok
Yesael Sumalave
35-39 Brianne Slover
40-44 Gigi Gill
Jason Edwards
45-49 Mari Fridenmaker
Phillip Barton
50-54 Elaine Krugman
Doug Larkin
55-59 Deb Kalish
Paul Harwart
60-64 Ginger Penn
Randy Kuykendall
70-74 Sue Ottosen
Russ Callen
75-79 Judith Haase
Craig Ray

3k Results

- 18-24 Kristy Zachonsky
James McCallum
25-29 Angie Walton
Jarrod Brinker
30-34 Nicole Taylor
35-39 Heather Gill
Tyler Burbridge
40-44 Staci Richards
Wendell Tucker
45-49 Anna Catanese
Brad Hodges
50-54 Sharon Larkin
David Williams
55-59 Priscilla Summers
Dwight Davis
60-64 Ginger Penn
James Logan
65-69 Geoffrey Burbridge
70-74 Dale Vaughn
75-79 George Sharp

5k Results

- 25-29 Madison Beckett
Jeff Wood
30-34 Mary Staples
Jonathon Hamilton
35-39 Laura Vanvuuren
Justin Fournier
40-44 Alison Lontz
George Darden
45-49 Andrew Klonzak
50-54 Jane Sutter
Allan Altera
55-59 William Jencius
60-64 Gene Foer
65-69 Kathryn Masterson
Ronald Nachman

For Masters swimmers, this event counted as one of the 2016 Georgia Grand Prix events.

Special kudos to Ginger Penn for winning both the 1k and 3k races!

Other News

‘Year Plus’ USMS Membership Offered In August

As a promotion to tie in with the upcoming Olympics, USMS is now offering the ‘year plus’ membership to new members a month early. This means that beginning August 1, new swimmers to USMS can register and get a membership through December 31, 2017 at a greatly reduced fee. In September and October the same service will be offered at a pro-rated fee.

If you know of any potential new members or former members thinking of getting back to Masters swimming, please alert them about this opportunity. You can contact our LMSC registrar **Cody Wehunt** for questions at registrar@galmsc.com

Swimmer Profile – Karol Welling
By Elaine Krugman



Beverly Segholi



Nautical Milers



Like many us, Georgia Masters Board of Directors Secretary, Karol Welling didn’t *intend* on getting as involved with Masters swimming as she has. “At first, I joined [Masters Swimming] to get back in shape. When I saw how fun it was to compete as a Masters swimmer—that you could make it as

serious or as laid back you wanted to (it's pretty much up to the individual)—that's when I thought this is terrific, and it just fits in perfect with my lifestyle. I can't swim every day, but I don't beat myself up about it. We're not professional athletes. For me, the social part of the Masters Swimming equation is the most fun—meeting new people, encouraging everybody. Every time I go to a swim meet, I try to make a point to meet someone new and introduce them to others. I try to draw them in. That's the part I enjoy the most.”

Karol joined U.S. Masters Swimming in 1997, a few years after she moved to Georgia—just one of many moves she made in her lifetime before finally settling down in Peachtree City. As a child of a U.S. Navy father, she didn't have much choice about the moves she made when she was younger, but viewed each as a new adventure.



Everywhere she lived, Karol's parents got her involved with swimming, starting with lessons at age 5. Their young daughter took to the water quite naturally, and at the age of six, she achieved the American Red Cross 50-Mile Swim Award and

began competing. She laughs about it now, but that was quite an accomplishment for such a young fish!

After several relocations, Karol's dad was stationed in Pearl Harbor, so the family moved to Oahu. This was when Karol became serious about her swimming, and she qualified for her team's elite squad as the youngest member. Twice, she got to travel with the squad to California, but the highlight was the first trip, competing with her team at Japan's age group national competition.

When Karol reached high school age, her Dad retired, and the family relocated once again, settling in a small Pennsylvania town where competitive swimming wasn't available at the time. Following her high school graduation, Karol attended the Air Force Academy and was in the fourth class of women to be accepted into the academy. As a freshman, the women's sports teams were still new, so Karol was able to join the swim team. She was cut at the end of the season though, so her sights were set on trying to make another team: rugby. As Karol recalled, "It was the only sport that you didn't need to have any experience with, and nobody had any experience... I'll never forget the first time I was tackled and got the wind knocked out of me. I was on my back and looked up at the sky and thought, 'OMG! What have I gotten myself into?'"

It wasn't until after moving to Georgia in 1994 that Karol returned to her first sport of swimming. Unfortunately, it would be three more years before she learned about USMS and Georgia Masters.

Karol started volunteering when a newly married Ken Sharpe recruited her to take over as the treasurer of the Southside Seals. When the Seals began to host their annual meet, Karol opened her home to host a post-meet social and the LMSC's annual meeting. Karol made the leap of joining the board of directors as the Georgia Masters secretary in 2010, and she has held the position ever since.

When Karol is not taking notes at the board meetings, she's in the pool swimming when time permits. As she explained, "I swim two -- three times a week is a big week! A typical workout is about 3,000 yards, and a good portion of the workout I try to slip in as many other stroke-focused sets as I can (other than freestyle). For a while, I had a neck injury, and backstroke was the only stroke that didn't hurt; so, I started swimming a lot of backstroke. I found that I was getting better and better, so in the meets now, I race a lot of backstroke, because the injury pushed me in that direction."

Asked if dryland was part of her workout, Karol replied, “No, other than doing a lot of walking on the beautiful golf cart paths we have in Peachtree City.” At this point, Karol just wants to make it to the pool more often rather than doing any more dryland. “My big focus is to try to get in the water more than twice a week, and see where it takes me; but, I really don’t have any specific goals.”

When it comes to competing at meets, university campuses are the biggest draw for Karol. “It’s less about the meet and more about the facilities that I enjoy swimming in. That would be any event at the Georgia Tech pool or UGA pool. I haven’t gone down to Auburn in quite a while, but I also enjoy swimming at the Auburn pool, too.”

There was another university pool Karol competed at for a once-in-a-lifetime (at least for her) experience: Stanford, for FINA Masters World Championships.

Karol’s most memorable Masters competition, though, was in Hawaii. “I left Hawaii when I was 14 years old, so going back in 2002 and swimming at the [Short Course] Nationals that were in Honolulu was certainly my most memorable meet in Masters.”

As for a favorite event to race in all those university pools, you will most likely see “Karol Welling” under the 100 Yard (or Meter) Individual Medley on the psych sheet. “The most fun for me is 100 IM. I can’t remember ever doing 100 IM when I was swimming AAU, so I’m glad we get to do that in Masters!”

It has been a great experience for Karol being involved with Masters as a swimmer and board member, as well as bringing new swimmers on board. “I would like to encourage other folks to also be as welcoming as possible to new people when they see them at a meet. Make them feel welcome, so they want to come back. If everybody reached out to just one new person, I think that the camaraderie alone would be enticing enough to grow the sport.”

This is what Karol enjoys most about USMS and Georgia Masters—the social aspects. “Meeting new people, and encouraging people to enjoy the experience of competing; and, taking away some of the intimidation that people feel about competing—I think that’s my favorite part. It’s as fun as you want it to be. I enjoy being able to get in the water; it makes me feel like being a kid again!”

A Few More Events...

Adult Learn to Swim Instructor Certification Course will be held on Wednesday, September 21. See flier at end of this newsletter.

Also, on September 21, USMS will be hosting a USMS Masters Coach Certification course. See flier at end of this newsletter.

2016 Georgia Golden Olympics will be held on September 21-24 in Warner Robins. You’ll need to participate in this meet to be eligible to swim at the National Senior Games to be held in Birmingham in June 2017. Deadline was August 1, but registrations will be accepted through August 10 with a late fee --

<http://www.georgiagoldenolympics.org/>



Craig Ray

Upcoming Events

August 2016			
17-21	USMS Summer LC Championships at Gresham, OR	*18	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu
September 2016			
*10	Southside Seals SCY Pentathlon at Steve Lunquist Aquatic Center	*10	Georgia LMSC Annual Meeting
*17	Swim Across America Open Water at Lake Lanier	*21	Learn to Swim Instructor Certification Class
*21	USMS Level 1 & 2 Coaches Certification	*21-25	USMS Convention at the Hyatt Regency in Atlanta
October 2016			
7-9	Rowdy Gaines Masters Classic VIII – Orlando, FL	*30	Collins Hill SCM Developmental Meet (tentative date)
November 2016			
	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu	19-20	Dixie Zone SCM Championships – Nashville, TN
December 2016			
	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu	TBA	St. Nicholas SCM Invitational at Georgia Tech

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_roswell@hotmail.com
Cody Wehunt	LMSC Registrar	(770) 402-9189	Registrar.galmsc@gmail.com
David Morrill	Safety	(770) 862-2533	latycar@latycar.org
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
Georgia Masters Killer Whales	www.gakillerwhales.com
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



Rebecca Hamilton



Elaine Krugman



Tracy Collett

Georgia Teams & Clubs

<i>Georgia Clubs</i>			
<i>Name</i>	<i>Abbr</i>	<i>Contact</i>	<i>Email</i>
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	GAGA	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



ALTS Instructor Certification Course Atlanta

U.S. Masters Swimming is hosting an
Adult Learn-to-Swim Instructor Certification Course

Wednesday
Sept. 21, 2016
Atlanta, Ga.

Classroom Instruction

Hilton Garden Inn Atlanta
Perimeter Center
[1501 Lake Hearn Drive](#)
[Atlanta, GA 30319](#)

Pool Instruction

Life Time Athletic -- Atlanta
[5580 Roswell Road](#)
[Sandy Springs, GA 30342](#)

ALTS Prerequisites: You must be a current USMS member to participate in the course and receive USMS ALTS instructor certification.

You must be able to perform the following five water competency skills:

- Step or jump into the water over your head.
- Return to the surface and float or tread water for one minute.
- Turn around in a full circle and find an exit.
- Swim 25 yards to the exit.
- Exit from the water. If in a pool, you must be able to exit without the use of a ladder.

Certification process: Upon successful completion of the classroom coursework and the in-water instruction, including all successfully completed tests, each person will be awarded USMS ALTS Certified Instructor status.

Who should attend? Anyone who teaches, or wants to teach, adult swim lessons. Anyone interested in supporting their community by helping to teach adults to swim.

Scholarships: Please contact your LMSC for scholarship availability.

Registration: Go to usms.org/alts/futurecourses.php

Maximum attendance per class is 25 instructors.

Contact: Holly Neumann – holly.neumann@usms.org



**U.S. MASTERS
SWIMMING**

USMS Masters Coach Certification Atlanta, GA

USMS is hosting a
USMS Masters Coach Certification
Levels 1 and 2 and Level 3

Wednesday, September 21, 2016

Hilton Garden Inn Atlanta
Perimeter Center
1501 Lake Hearn Drive
Atlanta, GA 30319

Who should attend?

- Current full-time, part-time or volunteer coaches who would like to explore the possibilities of coaching Masters swimmers as a profession.
- Anyone interested in supporting their existing team and coach.
- Anyone interested in starting a Masters Program.

What are the prerequisites?

- You must be a current USMS Member.
- You must have completed Levels 1&2 of the USMS Masters coach certification program to participate in the Level 3 course.

Certification Process: Upon successful completion of the classroom coursework, including all required applications and successfully completed tests, each person will be awarded USMS level 1 and 2 or level 3 Certified Masters Coach certification. USAT members will also receive continuing education credits.

Registration and information:

<http://www.usms.org/content/coachcertsched>

Contact: Marianne Groenings – mgroenings@usms.org



2016 Georgia Masters SouthSide Pentathlon Swim Meet

Saturday, September 10, 2016

Warm-ups 11:30 am Meet Starts 12:15 pm

Sanctioned by GA-LMSC for USMS, Inc.: Sanction # **456-S004**

Hosted by SouthSide Seals Swim Team and Smart Swimming

Meet Director – Rob Copeland

Meet Referee – Deb Skinner



- Facilities:** Steve Lundquist Aquatic Center 9045 Tara Boulevard , Jonesboro, GA 30236
Indoor ten lane – 25 yard (1-2 lanes will be kept open at all times for warm-up/warm-down). Automatic electronic timing and scoreboard will be used. Deck space for 200+ swimmers, and spectators.
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.
- Directions:** From Atlanta – Take I-75 South to Exit 235 (US 19/41 Tara Blvd). Follow Tara Blvd south past turnoff to US 54 (Fayetteville Rd and Quick Trip). Turn right at Justice Center Rd, just past Talmadge Pools (about 5.4 miles from I-75). The Harold Banke Justice Center is on the SW corner of Justice Center Rd and Tara Blvd. Follow the Aquatic Center signs then turn right into Aquatic Center parking area.
- Eligibility:** Open to all 2016 registered United States Masters Swimming (USMS) members 18 years or older as of September 10, 2016.
- Rules:** 2016 USMS rules apply.
- Entries:** Maximum of five individual events, plus two relays. You may enter any events you choose. However, to be eligible for one of the 3 pentathlons, you must enter as follows:
Sprint Pentathlon – 50 Fly, 50 Back, 50 Breast, 50 Free, plus 100 IM
Middle Distance Pentathlon – 100 Fly, 100 Back, 100 Breast, 100 Free, plus 200 IM
Iron Man Pentathlon – 200 Fly, 200 Back, 200 Breast, 200 Free, plus 400 IM
- Deadline:** On-line entries close 11:59PM September 7th. Paper entries must be received by September 6th. Mail your entry form, copy of your 2016 USMS card, and check for \$35.00 payable to Karol Welling to:
Deck Entries will be accepted up until the start of the meet, at a fee of \$40.00. Deck entrants will be seeded into open lanes of existing heats.
- Information:** Contact Rob Copeland – Phone: (404) 667-7902 E-Mail: rob_copeland@comcast.net
- Seeding:** All events are pre-seeded and timed finals. Heats are seeded and swum from slowest to fastest, with men and women seeded together.
- Awards:** Awards for 1st through 3rd places by age group and men and women for individual events. Men and Women Pentathlon winners (lowest cumulative time for the 5 events) in each age group and for each Pentathlon distance (Sprint, Middle Distance & Iron Man) receive trophies!
- Fees:** \$35.00 - Individual event fees must accompany entries and are non-refundable. Make checks payable to Karol Welling. Deck entrant fees are \$40.00.
- Warm-Up:** The pool will be available for warm-up from 11:30 to 12:10 pm. Warm-up/warm-down lane(s) will be available during the entire meet. Diving permitted ONLY in designated 1-way sprint lanes.
- Relays:** Relay swimmers must be entered in at least one individual event. Relays will be deck entered. Relay entry forms will be provided and must be submitted 45 minutes before the relay event.
- Social:** A social gathering and the Georgia LMSC Annual Meeting will follow the meet. The social is free to all meet entrants and \$5.00 for each non-entrant. Last year, everyone had a great time, so don't miss out. Details and maps will be available at the meet.

Rob Copeland
100 Grouse Point
Fayetteville, GA 30215

On-line Entry: https://www.clubassistant.com/club/meet_information.cfm?c=2278&smid=8105

2016 Georgia Masters – SouthSide Pentathlon Swim Meet
September 10, 2016

First Name _____ Last _____
 Gender _____
 Date of Birth _____
 USMS # _____
 Club/Chapter _____
 Address _____
 City/State/Zip _____
 Telephone _____
 E-Mail _____

Georgia Masters' membership will be verified against our registration files. All other Masters please attached a copy of your 2016 USMS Registration Card HERE.

REMEMBER:

- ___ Complete information above and attach USMS card (at right)
- or enter on-line at https://www.ClubAssistant.com/club/meet_information.cfm?c=2278&smid=6885
- ___ Sign and Date the Liability release (next page)
- ___ Include a check for \$35.00, payable to Karol Welling
- ___ Plus \$5.00 for each additional social attendee
- ___ Mail to Rob Copeland; 100 Grouse Point; Fayetteville, GA 30215

Event #	Distance	Stroke	Group	Seed Time (or NT)
1	400	Free	RELAY	Deck Entered
2	400	IM	Iron Man	_____
3	500	Free	Non-Pentathlon	_____
4	100	Fly	Middle Distance	_____
5	50	Back	Sprint	_____
6	200	Free	Iron Man	_____
7	200	IM	Middle Distance	_____
8	50	Fly	Sprint	_____
9	200	Breast	Iron Man	_____
10	100	Free	Middle Distance	_____
11	100	IM	Sprint	_____
12	200	Free	RELAY	Deck Entered
13	200	Medley	RELAY	Deck Entered
14	200	Back	Iron Man	_____
15	100	Breast	Middle Distance	_____
16	50	Free	Sprint	_____
17	200	Fly	Iron Man	_____
18	100	Back	Middle Distance	_____
19	50	Breast	Sprint	_____
20	400	Medley	RELAY	Deck Entered (time permitting)

- Circle the Event # and enter your yards seed time or NT for no time.
- Limit of five individual events.
- All Relays will be deck entered.
- Warm-up at 11:30 AM
- Meet starts at 12:15 PM
- Social and Georgia LMSC Annual Meeting immediately following the meet

**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	