

33rd Anniversary

Maryland Masters Winter Meet 2010

University of Maryland, Baltimore County (UMBC) Catonsville, MD

Saturday March 6th and Sunday March 7th 2010

Sanctioned by Maryland LMSC for USMS, Inc. – Sanction number 090-007



PLEASE NOTE Maryland Masters Winter Meet Online Registration open Nov. 1, 2009:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1357&smid=1899

Location

The University of Maryland, Baltimore County (UMBC) is located off Rt. 95 in Catonsville, MD. It has a modern 8-lane 25-yard pool with a 13x13 diving well. A fully electronic timing system will be used.

Warm-up Times

The pool will be open for warm-ups from 9:00am to 9:50am on Sat. and 8:00am to 8:50am on Sun. The meet will start promptly after warm-ups. The diving well will be available for warm up and warm down throughout the meet.

Rules

USMS rules will apply. The meet is open to any swimmer at least 18 years of age.

Age groups are: 18-24, 25-29, 30-34, 35-39, ...100-104. Age for the meet is determined as of 3/1/2010.

Number of Events

A maximum of five (5) individual events per day may be entered.

NO DECK ENTRIES ALLOWED

Seeding

Ages and sexes will be combined. Slower heats will be swum first, with the exception of the 400 IM, 500, 1000, and 1650 free. "NT" entries will be seeded in the slowest heat.

Relay Events

Relays will be deck entered. The relay entry fee is \$10.00 per relay. The names and ages of all swimmers must be on the card in the proper order. Relay age groups: 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+ (Relay age determined by the youngest swimmer).

Scoring

Individual Events: 7-5-4-3-2-1.

Relay Events: 14-10-8.

Final Results

Results will be posted on the Maryland LMSC website and Maryland Masters website.

Awards

Individual events: Medals will be presented to first, second, and third place finishers in each age group. Ribbons for fourth, fifth, sixth place.

Relays: Ribbons will be awarded to each swimmer on the first, second, and third place relays.

Team: Team scores will be tabulated. Unclaimed awards will not be mailed.

Special Features

The 1000 Free and 1650 Free will be included again this year. We are limiting the entries to 4 heats for each event. Entries will be accepted on a first come first serve basis.

Positive check-in required for distance events. The diving well will be available for warm up and warm down throughout the meet.

Warm-up Procedures

Swimmers must enter the pool feet first in a cautious manner. No diving is allowed at any time in either pool. Racing dives, including backstroke starts, are allowed only in the designated sprint lanes during the pre-meet warm-up sessions.

Concessions, Souvenir Items and Vendors

- Limited concessions will be available free of charge. Donations are appreciated.
- New custom meet Towels \$18 (\$20 on deck) and **moisture wicking 100% polyester** T-shirts \$15 may be ordered in advance with your meet entry.
- Massage therapist will be available.

Entry Procedures

Official entry form or Online Registration. A legible copy of current USMS registration card must accompany entry form.

***Remember to update USMS registration for 2010 before the meet. Register online at <http://www.usms.org/reg/>**

Entry Fees

\$5 per individual event.

\$8 meet surcharge. Fees must accompany the entry form and must be paid by check or money order. **Refund requests must be received in writing before February 20.**

Mail Entry and Fees to:

Karen Tucker
10038 Davis Avenue
Woodstock, MD 21163
(410) 203-2890 ktloves2swim@msn.com
(Long distance phone calls returned collect.)

Entry Deadline

All entries must be received by February 20, 2010. Early deadline necessary for program compilation. **Entries received after this date will be returned to sender. MAIL EARLY.** Include a SASE (Self-Addressed Stamped Envelope) or an email address for proof of receipt. Allow sufficient time for delivery.

Hotels

Comfort Suites: 410-691-1000
Hampton Inn BWI: 410-850-0600
Courtyard by Marriott: 410-859-8855

Directions

From Rt. 95: Take the Catonsville exit (Rt. 166/195). Follow the exit over the bridge and bear right onto the campus. The pool is directly ahead of you as you enter campus. Bear right. Turn left on Administration Drive. Park in the two-level garage.

From Rt. 695: Take exit 12, Wilkens Ave. west. Turn left at the end of the exit ramp. Turn left into the entrance by the police station. Turn right at the stop sign. Proceed through a traffic light. Turn left at the second stop sign on Administration Drive.

Psych Sheets and Results

available at

<http://www.marylandmasters.com>



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PRINT NAME as it appears on USMS Registrations card. A copy of your current USMS card is REQUIRED WITH ENTRY.

NAME: _____ SEX: **M OR F**

LAST FIRST M. I.

ADDRESS: _____
STREET CITY STATE ZIP

EMAIL: _____ AGE: _____ BIRTHDATE: _____
MONTH/DAY/YEAR

PHONE: () _____ () _____ USMS REG. #: _____
HOME WORK

CLUB NAME: _____ CLUB ABBREVIATION: _____

EVENT NAME	EVENT NO.	ENTRY TIME
SATURDAY, March 6th		
400 INDIVIDUAL MEDLEY	1	
200 MEDLEY RELAY	2	DECK ENTERED
200 FREESTYLE	3	
100 BREASTSTROKE	4	
50 BACKSTROKE	5	
200 BUTTERFLY	6	
100 FREESTYLE	7	
200 BACKSTROKE	8	
50 BUTTERFLY	9	
200 MIXED FREE RELAY	10	DECK ENTERED
1000 FREESTYLE	11	
SUNDAY, March 7th		
500 FREESTYLE	12	
200 FREESTYLE RELAY	13	DECK ENTERED
50 BREASTSTROKE	14	
200 INDIVIDUAL MEDLEY	15	
100 BACKSTROKE	16	
50 FREESTYLE	17	
100 BUTTERFLY	18	
200 BREASTSTROKE	19	
100 INDIVIDUAL MEDLEY	20	
200 MIXED MEDLEY RELAY	21	DECK ENTERED
1650 FREESTYLE	22	

Meet Surcharge (required).....\$ 8 ____

Number of Individual Eventsx \$ 5 = ____

Towel..... **WITH REGISTRATION** x \$18 = ____

Towel.....**ON-DECK** x \$20

T-Shirts(moisture wicking 100% polyester).....x \$15 = ____

Women's Size(s)..... S ____ M ____ L ____

Men's Size(s)..... M ____ L ____ XL ____

TOTAL FEE ENCLOSED = _____

Payable to: **Maryland Masters Swim Team**

- Entry form filled out completely
- No more than 5 events per day entered
- Liability release signed and dated
- Fees payable to "Maryland Masters Swim Team" enclosed
- Copy of USMS card attached

Entry will be received by February 20th deadline
MAIL ENTRY AND FEES TO:
Karen Tucker
10038 Davis Avenue
Woodstock, Maryland 21163

LIABILITY RELEASE:
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 the rules of USMS. Signature: _____ Date: _____

Questions Call (410) 203-2890
or email: ktloves2swim@msn.com.

FEES