



2000 United States Masters Swimming National Long Course Championships

University of Maryland, Baltimore County
August 17-20, 2000



The University of Maryland, Baltimore County
Site of the 2000 USMS National Long Course Championships

MEET INFORMATION

Maryland Masters is proud to host the 2000 USMS Long Course National Championships. Please read this information carefully and refer to the checklist on the entry form to avoid misunderstandings or problems regarding the conduct of the meet. All times listed are Eastern Daylight Time.

Location

University of Maryland, Baltimore County
1000 Hilltop Circle, Baltimore, MD 21250
From I-95, take exit 47 - Rt 195/166. From I-695, take exit 12 west.

Facilities

The competition pool is an outdoor facility with temporary bleacher seating for 1000. The pool is 50 meters long with eight lanes, each lane nine feet wide, and a water depth of 6 to 6-1/2 feet. The facility also includes an indoor 25 yard 8 lane pool and diving pool for warm-up throughout the meet.

Hotels

BWI (Baltimore Washington International) Airport is located 5 miles from the pool. All hotels are 1 to 2 miles from the airport. All are 6 to 7 miles (10 min.) from the pool.
**Please Note: all hotels listed with an asterisk (*) are on the pool shuttle route.*

Comfort Inn

6921 Baltimore Annapolis Blvd
Baltimore, MD 21225
410-789-9100
\$99 - Release date 7/27/2000

*Comfort Suites

815 Elkridge Landing Rd
Linthicum, MD 21090
410-691-1000
\$79 - Release date 8/2/2000

*Hampton Inn BWI Airport

829 Elkridge Landing Rd
Linthicum, MD
410-850-0600
\$85 - Release date 8/2/2000

Holiday Inn - BWI

890 Elkridge Landing Rd
Linthicum, MD 21090
410-859-8400
\$109 - Release date 7/20/2000

*Red Roof Inn

827 Elkridge Landing Rd
Linthicum, MD 21090
1-800-843-7663
Block # B149000295
\$69 to \$79 - Release date 7/16/2000

Sleep Inn

6931 Baltimore Annapolis Blvd
Baltimore, MD 21225
410-789-9100
\$79 - Release date 7/27/2000

*Susse Chalet BWI

1734 W Nursery Rd
Linthicum, MD 21090
410-859-2333

Emergency Phone Number:
(410) 455-2670

Group ID: 0816MAST

\$80.70 - Release date 8/6/2000

Travel/Airlines

The official travel company for the meet is Carlson-Wagonlit Travel by Travel Discounters. Special fares and rental car rates are available. Call 1-800-355-1065.

Website & E-mail

Meet information, including a complete list of hotels and the on-line entry system can be accessed via www.usms.org. Questions: Barb Protzman - swimbarb@hotmail.com

Meet Shuttle Service

Shuttle service will be provided from selected hotels. A schedule for the service will be available at registration and at the shuttle hotels. There are no hotels within walking distance of the pool.

Parking

Ample parking will be available within walking distance of the pool. There may be a nominal fee for parking.

Ground Transportation

Transportation is available between BWI airport and the hotels by taxi, airport shuttle, and/or hotel shuttle.

Meet Management

Meet Director: Barb Protzman.
USMS Championship Liaison: Jim Miller.
Meet Referee: Joe Whelan.
Officials provided by the Maryland Officials Club and Maryland Swimming, Inc.

MEET INFORMATION

General Meeting

All swimmers, coaches, and officials should be represented at the general meeting at the pool on Wednesday, August 16 at 7:00 pm. Matters pertinent to the operation and conduct of the meet will be discussed.

MACA Coaches School / Meeting

A MACA coaches school will be held August 16 from 1pm to 5 pm. For details, contact Brian Stack, phone (510) 235-6842, email: stackb@aol.com. A MACA Meeting will be held on Thursday at 6:30pm, at the conclusion of the distance events.

Registration

All participants **must** register prior to competing to sign an emergency card, safety information statement, and liability release and receive a meet program and other meet information. Registration will be by the indoor pool on Wednesday, August 16 from 12:00 - 7:00 pm and on Thursday through Sunday from 6:30 am until the end of each day's events. Check-in for distance events and relays will be available in the same area.

Distance Events

Check-in is required for 400 IM, 400 free, 800 free, and 1500 free - no exceptions - and may be done in person at the registration area. Coaches or teammates may check in for those swimmers whose travel plans do not permit check-in by the deadlines. **There will be no telephone or internet check-in on any day either preceding or during the meet.** Failure to check in will result in the swimmer being scratched from the event.

Check-In Deadlines

The following times are the check-in deadlines for each deck-seeded event.

800 Free W:	Thurs., 8/17,	6:30 am
800 Free M:	Thurs., 8/17,	8:00 am
1500 Free W:	Thurs., 8/17,	9:00 am
1500 Free M:	Thurs., 8/17,	11:00 am
400 I.M. W:	Fri, 8/18,	6:30 am
400 IM M:	Fri., 8/18,	7:30 am
400 Free M:	Sat., 8/19,	6:30 am
400 Free W:	Sun., 8/20,	6:30 am

Eligibility

The National Championship is open to any swimmer at least 19 years of age as of July 13, 2000. If a swimmer wishes to affiliate with a masters club, the club and the swimmer must both be registered with the same Local Masters Swim Committee (LMSC). If there are questions about affiliation, the swimmer shall be entered "unattached". Foreign entries must include a copy of the swimmer's International Travel Permit and fees in U.S. dollars.

Age Groups

Individual events: 19-24, 25-29, 30-34, 35-39, ...100-104. Relay events: 76-99, 100-119, 120-159, 160-199.... (40-year incre-

ments calculated as the aggregate age of the relay members as high as necessary). Age for the meet is determined as of 12/31/2000.

Scoring

Individual Events: 11-9-8-7-6-5-4-3-2-1.

Relay Events: 22-18-16-14-12-10-8-6-4-2.

Team Scoring

Team scoring will be divided into three divisions: Large, Medium, and Small. Each division contains three categories - men, women, and combined. Mixed relays score points only in the combined category. The USMS Championship Committee will determine the team divisions after the entry deadline based on the number of entrants from each club.

Awards

Medals will be awarded for first through tenth places in each age group. A USMS Championship patch will be given to each individual and relay team members for the first event won. Swimmers winning more than one event may purchase additional patches. Unclaimed awards will not be mailed unless arrangements are made at the meet. Awards will be presented to the top three teams in each category of each division.

Final Results

Final results may be ordered for \$10.00. Individual swimmer's final results with splits will be available at the meet for \$5.00 each. Results will be posted on the USMS website.

Seeding

Individual events 200 meters or less will be pre-seeded and swum slowest to fastest within each age group, oldest to youngest. Partial heats may be combined. Women's heats will precede men's heats for all events. The 400 Free shall be deck seeded by age group, with the oldest age group first, slowest heats seeded first within each age group. The 400 IM will be deck-seeded by a) entry time only, slowest to fastest, b) by age group, the oldest age group first, slowest heats seeded first within each age group, then by time, or c) by combination of (a) and (b). The 800 Free and 1500 Free will be deck-seeded slowest to fastest by time for each sex regardless of age. If two-per-lane seeding is used for the 800 and/or 1500 Free, two per lane swimmers will swim before single lane swimmers.

Warm-up Times

On Wed, August 16, the competition pool will be available for warm-up from 12:00 noon until 7:00 pm. On competition days, only the competition pool will be open at 6:30 am for warm-up prior to competition. Competition will start at 7:30 am each day. The indoor pools will be open 15 minutes prior to competition. There will be a 30-

minute warm-up period in the competition pool following the 400 IM (Fri.), the men's 400 free (Sat.), and the women's 400 free (Sun.). The competition pool will re-open after each day's final event for 30 minutes.

Warm-up Procedures

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

ANY SWIMMER ACTING IN AN UNSPORTSMANLIKE OR UNSAFE MANNER WITHIN THE SWIMMING VENUE WILL BE SUBJECT TO APPROPRIATE DISCIPLINARY ACTION AT THE DISCRETION OF THE MEET REFEREE (Rule 102.15.2).

Pull-buoys, kick boards, fins, and hand paddles are not allowed in the competition pool or warm-up pools.

Scratches

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

Official Verification Card

For an OVC (USA Swimmers only), contact the following official prior to the meet: Joe Whelan, 249 Meadowvale Rd, Lutherville, MD 21093 (410) 321-0750.

Social Event

A traditional Maryland crab feast will be held on Saturday night. A complete buffet will be available in addition to steamed crabs, beer, and sodas. A live band will perform. Tickets must be purchased in advance for \$30. Details at www.usms.org.

Concessions, Vendors, Souvenir Items

A snack bar will be open each day of the competition. Exhibitors will offer merchandise in the tented areas around the pool. Meet T-shirts and other merchandise will be available.

Coaches Hospitality

Coaches hospitality is available to all MACA/ASCA members. For information about joining MACA, contact Emmett Hines (emmett@csi.com).

Temperature and Climate

Daytime temperatures range from the mid-70s to the mid-90s with averages in the mid-80s. Overnight lows should be in the upper 60s. Shade is provided over the bleachers.

Entry Procedures

Use official entry form or photocopy of the entire form. Read all instructions and fill out form completely. **Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected. A legible copy of the swimmer's International Travel Permit (foreign swimmers) must**

WOMEN'S QUALIFYING TIMES

	Women 19-24	Women 25-29	Women 30-34	Women 35-39	Women 40-44	Women 45-49	Women 50-54	Women 55-59	Women 60-64	Women 65-69	Women 70-74	Women 75-79	Women 80-84	Women 85-89
50 FREE	34.20	33.03	33.08	33.18	34.17	34.87	38.25	41.98	42.53	45.48	48.60	53.28	1:08.22	No Time
100 FREE	1:17.76	1:14.32	1:12.72	1:12.50	1:14.77	1:16.25	1:27.03	1:32.74	1:38.63	1:47.56	1:55.41	2:05.94	2:36.48	No Time
200 FREE	2:50.16	2:44.45	2:43.70	2:39.59	2:45.16	2:55.75	3:10.23	3:32.26	3:40.31	3:55.70	4:09.80	4:49.76	6:11.32	No Time
400 FREE	6:14.98	5:44.64	5:43.50	5:34.91	5:46.38	6:11.91	6:56.08	7:30.20	7:56.81	8:33.17	9:20.50	10:03.46	18:52.41	No Time
800 FREE	14:33.54	12:13.89	12:00.58	11:39.83	12:18.77	12:58.05	14:21.47	16:57.25	16:55.93	19:19.96	26:16.12	30:02.00	No Time	No Time
1500 FREE	25:51.03	24:38.17	23:46.39	22:28.67	24:12.85	27:24.71	27:40.44	34:11.96	31:30.92	37:44.71	40:28.91	No Time	No Time	No Time
50 BACK	40.57	38.74	42.33	41.22	40.10	41.54	47.00	51.65	55.11	1:05.46	1:01.39	1:03.32	1:26.27	No Time
100 BACK	1:27.86	1:34.44	1:33.11	1:29.55	1:29.21	1:31.65	1:44.72	2:00.14	2:01.80	2:13.01	2:15.50	2:31.23	3:20.01	No Time
200 BACK	3:22.61	3:02.75	3:21.20	3:04.66	3:11.99	3:26.15	3:45.60	4:00.31	4:32.65	4:54.50	4:52.29	5:40.49	7:09.45	No Time
50 BREAST	46.15	46.96	45.48	43.65	45.28	47.11	50.29	54.27	56.35	1:02.49	1:11.37	1:14.29	1:47.26	No Time
100 BREAST	1:41.33	1:44.87	1:40.73	1:37.86	1:42.05	1:44.04	1:52.08	2:02.74	2:05.72	2:16.85	2:38.60	2:54.06	5:40.03	No Time
200 BREAST	3:49.00	3:46.84	3:39.60	3:36.61	3:40.60	3:56.45	4:10.38	4:39.60	4:42.92	5:30.48	5:44.16	6:21.05	No Time	No Time
50 FLY	37.41	36.41	36.04	35.74	37.10	37.62	44.64	44.77	56.74	1:07.88	1:10.07	1:17.98	No Time	No Time
100 FLY	1:28.46	1:28.08	1:22.68	1:23.20	1:26.43	1:32.06	1:44.13	2:08.09	2:19.73	3:05.39	2:53.60	No Time	No Time	No Time
200 FLY	No Time	No Time	3:32.45	3:18.52	3:36.08	4:08.09	4:44.00	No Time	5:00.94	No Time	No Time	No Time	No Time	No Time
200 I.M.	3:08.24	3:09.26	3:08.72	3:03.22	3:08.94	3:22.40	3:45.19	4:19.75	4:25.09	5:04.78	5:32.66	5:38.73	No Time	No Time
400 I.M.	7:26.72	8:37.07	6:40.05	6:46.93	6:59.36	7:43.57	8:28.38	No Time	9:47.07	No Time	11:36.24	No Time	No Time	No Time

MEN'S QUALIFYING TIMES

	Men 19-24	Men 25-29	Men 30-34	Men 35-39	Men 40-44	Men 45-49	Men 50-54	Men 55-59	Men 60-64	Men 65-69	Men 70-74	Men 75-79	Men 80-84	Men 85-89
50 FREE	29.00	28.31	28.91	28.52	28.62	29.52	30.46	32.16	33.87	35.62	40.42	41.39	44.90	1:41.97
100 FREE	1:04.42	1:03.00	1:03.94	1:04.25	1:04.83	1:05.35	1:08.49	1:11.78	1:20.16	1:20.95	1:37.20	1:42.17	1:55.01	2:38.21
200 FREE	2:30.02	2:22.36	2:23.58	2:25.99	2:23.41	2:27.36	2:34.99	2:55.61	3:02.97	3:06.67	3:40.07	4:01.09	4:24.27	6:47.84
400 FREE	5:40.90	5:10.98	5:09.65	5:15.27	5:04.58	5:19.68	5:39.56	6:16.35	6:40.08	6:50.65	8:04.44	9:07.59	9:58.07	No Time
800 FREE	13:16.86	12:59.64	11:38.58	11:05.67	10:57.04	11:11.58	11:47.38	12:57.40	14:05.92	14:21.41	16:32.37	20:05.46	No Time	No Time
1500 FREE	No Time	23:58.66	25:02.19	22:21.30	21:01.05	21:53.61	23:48.03	25:32.53	28:41.20	27:12.83	31:51.13	41:21.04	No Time	No Time
50 BACK	37.66	35.83	35.62	35.30	34.67	35.96	39.14	40.71	45.52	44.75	50.16	53.86	1:10.86	1:56.80
100 BACK	1:20.63	1:14.35	1:17.76	1:19.50	1:17.17	1:19.40	1:25.06	1:32.51	1:43.56	1:47.40	1:55.14	2:01.79	No Time	4:42.59
200 BACK	3:03.68	2:45.34	3:00.88	3:01.97	2:50.90	2:53.33	3:13.53	3:18.32	3:45.19	3:55.87	4:15.86	4:53.79	No Time	No Time
50 BREAST	38.68	36.77	37.67	37.30	38.57	39.06	40.87	42.03	44.56	46.82	51.80	57.87	1:05.75	No Time
100 BREAST	1:26.50	1:25.10	1:25.51	1:25.04	1:26.14	1:29.07	1:30.24	1:34.30	1:41.86	1:54.71	1:56.93	2:18.25	4:34.26	No Time
200 BREAST	No Time	3:10.54	3:12.72	3:10.93	3:10.08	3:20.42	3:23.84	3:35.86	3:48.38	4:09.92	4:23.92	5:07.17	No Time	No Time
50 FLY	32.44	30.85	30.43	30.88	31.68	32.09	33.76	36.07	37.70	43.92	50.79	1:03.61	No Time	No Time
100 FLY	1:13.73	1:11.02	1:09.74	1:09.17	1:11.85	1:14.12	1:23.29	1:45.58	1:51.96	1:54.94	2:02.85	3:24.90	No Time	No Time
200 FLY	No Time	No Time	2:58.86	2:54.80	2:57.63	2:59.62	4:02.10	4:16.37	4:41.12	4:48.42	5:18.31	No Time	No Time	No Time
200 I.M.	2:56.03	2:40.31	2:46.35	2:48.11	2:49.50	2:54.64	3:04.05	3:18.41	3:31.48	3:57.37	4:05.99	5:25.38	7:07.09	No Time
400 I.M.	No Time	7:30.03	6:37.53	6:07.44	6:04.33	6:17.04	6:51.15	7:46.95	8:16.68	8:53.22	9:52.58	No Time	No Time	No Time

NQTs are 10 percent higher than the 10th time in the previous year's Top Ten listing for that age group and event.

MEET INFORMATION

accompany the entry form. Failure to include an International Travel Permit may result in the swimmer being charged a fee before being allowed to compete. A USMS swimmer changing club affiliation prior to Nationals must send either a USMS registration card or a letter from the local registrar with new club affiliation and effective date.

National Qualifying Times (NQT)

Competitors may enter a maximum of three (3) individual events without meeting the National Qualifying Times (NQT) established for those events. Competitors may enter up to three additional events in which they have swum a time equal to or better than the NQTs in the past 2 years. The NQTs for all events are listed above. Designate the events in which NQTs have been met with a "T" in the designated column. There are no NQTs for the 90 and over age groups.

Entry Times

All entered events must include an entry time. "NT" entries will be rejected.

Number of Events

If the swimmer qualifies, they may swim up to three events per day with a maximum of 6 events during the meet. A swimmer may enter either the 800 or 1500 freestyle, but not both.

Sixth Event Rule

If, in the opinion of the USMS Championship Committee, the meet is deemed too large to be run in an efficient manner, all swimmers' sixth event will be dropped. If six events are entered, indicate with the number "6" your least desired event in the column designated with the number "6". If not indicated, your last event on the entry form will be dropped. No changes of the designated 6th events will be allowed after July 13, 2000. No refunds for dropped events.

Relay Events

Relays may be entered at any time until 6:00 pm the day before that relay is scheduled to swim. After that time, only the swimmers on the relay may be changed. The relay entry fee is \$12.00 per relay. Forms will be mailed to USMS clubs and are available on the USMS website (www.usms.org).

Entry Fees

\$4 per individual event plus \$30 surcharge per swimmer. Fees must accompany the entry form and must be paid in U.S. dollars by check or money order. DO NOT SEND CASH. Entry is not complete until check has cleared the bank. If the entrant's check is questionable, full cash payment will be required before the entrant is allowed to

swim. Refund requests must be received in writing before July 13, 2000. No refunds for events not swum. Relay only swimmers must submit an entry form, mail in the \$30 surcharge, and be received before July 13, 2000. All fees should be payable to: "Maryland Masters LC2000"

Mail Entry and Fees to:

Barbara Protzman, Meet Director
7919 Main Falls Circle
Catonsville, MD 21228

(410) 788-2964 - home

(410) 992-3760 x3320 - work

Phone calls returned collect.

Entry Deadline

All U.S. entries must be postmarked with an official U.S. postmark (no business meters) by July 6, 2000 OR received by July 13, 2000. Online entries will be accepted until midnight EDT on July 13. See www.usms.org for instructions. Entries received after this date will be returned to sender. MAIL EARLY. Include a SASE (Self-Addressed Stamped Envelope) for proof of receipt. Allow sufficient time for mail delivery. Photocopy entry forms and personal checks for your records and verification.

Mail entry and fees to:
USMS LC2000
Barbara Protzman
7919 Main Falls Circle
Catonsville, MD 21228

2000 USMS National Long Course Championships Official Entry Form

University of Maryland, Baltimore County (UMBC)
Baltimore, Maryland August 17-20, 2000
Sanctioned by the Maryland LMSC for USMS, Inc. - Sanction number 090-006



Name* _____			USMS Reg. # _____		
Last	First	Middle Initial	(Foreign entries include Masters registration card)		
Address _____			_____		
Street	City	State	ZIP	Country	
E-Mail _____		Day Phone _____		Eve. Phone _____	
A/C		A/C			
Emergency _____			Age _____		Sex _____
Name			Phone No.		(on 12/31/00) (Month/Day/Year) M/F
Club Name or Unattached _____			Club Abbreviation _____		

*Print name as it appears on USMS registration card.

BEFORE COMPLETING, READ MEET INFORMATION ON PREVIOUS PAGES.

Entries must be U.S. postmarked by July 6, 2000 or received by July 13, 2000

Event No.	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6
Warm-Up 6:30 THURSDAY, AUGUST 17, 2000 Start 7:30 a.m.								
1				800 FREESTYLE**	2			
3				1500 FREESTYLE**	4			
Warm-Up 6:30 FRIDAY, AUGUST 18, 2000 Start 7:30 a.m.								
5				400 INDIVIDUAL MEDLEY**	6			
7				50 BACKSTROKE	8			
9				200 FREESTYLE	10			
11				100 BREASTSTROKE	12			
13				200 BUTTERFLY	14			
15	SEE RELAY FORM			200 MEDLEY RELAY	16	SEE RELAY FORM		
17	SEE RELAY FORM			200 FREE RELAY	18	SEE RELAY FORM		
Warm-Up 6:30 SATURDAY, AUGUST 19, 2000 Start 7:30 a.m.								
****	WOMEN'S 400 SUN	***	***	400 FREESTYLE (MEN)**	20			
21				50 BUTTERFLY	22			
23				200 BREASTSTROKE	24			
25				100 BACKSTROKE	26			
27				50 FREESTYLE	28			
29				200 INDIVIDUAL MEDLEY	30			
31/32	SEE RELAY FORM			200 MIXED MEDLEY RELAY	31/32	SEE RELAY FORM		
Warm-Up 6:30 SUNDAY, AUGUST 20, 2000 Start 7:30 a.m.								
33				400 FREESTYLE (WOMEN)**	****	MEN'S 400 SAT.	***	***
35				100 BUTTERFLY	36			
37				50 BREASTSTROKE	38			
39				200 BACKSTROKE	40			
41				100 FREESTYLE	42			
43/44	SEE RELAY FORM			200 MIXED FREERELAY	43/44	SEE RELAY FORM		

**Check-in required: See Meet Information. You may enter either the 800 Free or the 1500 Free, not both.
Check only if you would like to swim two per lane: 800 free _____ 1500 free _____

Entry Checklist

- ☐ Entry form filled out completely?
 - ☐ "T" and "6" events clearly marked? ("T" is for NQT's that have been met. Mark "6" only if entering 6 events.)
 - ☐ Seed times in proper columns?
 - ☐ No more than three events per day entered?
 - ☐ Liability release signed and dated?
 - ☐ Fees payable to "Maryland Masters LC2000" enclosed?
 - ☐ International permit attached?
 - ☐ SASE enclosed? (Indicate purpose on envelope.)
 - ☐ Entry postmarked by July 6, 2000, or received by July 13, 2000, deadline?
- QUESTIONS? Call (410) 788-2964 before 10 p.m. EST**

Internet Entries will be accepted starting 4/01/00. Please see www.usms.org for additional information.

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 _____

FEES:

Meet Surcharge (required)	\$30
Number of Individual Events _____ x \$4	_____
Final Results _____ x \$10	_____
T-Shirt size _____ x \$15	_____
Social _____ x \$30	_____
TOTAL FEES ENCLOSED	_____
Check or money order payable to "Maryland Masters LC2000"	