**1st Annual Solstice SCM Swim Meet**

**Saturday, December 7, 2013**

Sanctioned by the Potomac Valley LMSC

#103-XXX (TDB)

**Germantown Masters Swim Team**

**Swim Meet Registration**

**[Insert team logo above] [Insert USMS logo above]**

**Registration Schedule**

**Open Close**

**Individual Registration Fri, October 18, 2013 12:00 AM ET Sat, November 30, 2013 11:59 PM ET**

**Relay-Only Registration Fri, October 18, 2013 12:00 AM ET Thu, December 5, 2013 5:00 PM ET**

**Saturday, December 7, 2013**

**Germantown Indoor Swim Center**

[18000 Central Park Circle, Boyds](http://maps.google.com/maps?saddr=start&daddr=18000%20Central%20Park%20Circle,%20Boyds) MD

**WARM-UPS: 2:00-2:45 P.M MEET: 3:00-7:45 P.M.**

**Hosted by the Germantown Maryland Masters**

**Sanctioned by Potomac Valley LMSC for USMS, Inc. # [TBD]**

On Saturday afternoon, December 7, 2013, Germantown Masters will host the 1st Annual Solstice Swim Meet. Join us as we take one last shot at fast times for the year! The meet will be held in the Germantown Indoor Swim Center, a pool that has hosted a number of championship meets including the 2013 Washington Metro High School Swim & Dive Championships, and is the site where multiple national records were set. The pool will be configured as a 25-meter course. The water depth varies from 7 to 17 feet making it a very fast pool.

**ENTRIES:** Entries are limited to the first 200 individuals. If we reach 200 swimmers prior to the entry deadline, the online entry system will shut down for individual swimmers, but not for relay-only swimmers. NO DECK ENTRIES for individual events. Due to time constraints, **swimmers are limited to five events** exclusive of relays. We are limiting the 400 m freestyle to 4 heats. Please remember that your age is as of 12/31/13 for this meet per USMS rules.

**RULES:** Current USMS rules apply. All swimmers must be registered with USMS. If you are not registered with USMS you may register online at [www.usms.org/reg/](http://www.usms.org/reg/)

**SEEDING:** Events will be seeded slow to fast, with men and women combined. *Please enter with a seed time in SHORT COURSE METERS, even if it is an estimate. “No time” entries will be seeded at the discretion of the meet director.*

**RELAYS:** Although relays can be deck-entered, we encourage large teams to submit relays before the day of the meet online using Club Assistant [need link]. The deadline for deck entry for the Mixed/Men/Women 200 m medley and free relays will be **3pm** and the deadline for deck entry for the Mixed/Men/Women 800 m relay and the 1st Annual Crescendo Relay will be **4pm**. The unofficial Crescendo Relay is a mixed relay of 4 people (2 male and 2 female), each swimming a leg of distance 200, 150, 100 and 50 meters, in that order. Relays with a total age greater than 160 will be handicapped to make the competition more even. Each team is limited to one crescendo relay.

**FEES:** $5 per event plus a $10 meet surcharge. Relays are $8 per relay.

**AWARDS AND RESULTS:** Awards for first through third places; trophies and bragging rights will be awarded to the winning team in the Crescendo Relay. A high point award to the club to score the most points will be presented after the meet. Results will be posted on [www.pvmasters.org](http://www.pvmasters.org). All results will be submitted to USMS for Top Ten and other records consideration.

**FACILITY:** The Germantown Indoor Swim Center is an indoor 25 METER 8-lane pool with non-turbulent lane lines. The pool has full electronic timing. Two lanes in a separate pool will be available for warm-up/warm down during the meet. **Concessions are not sold on the premises so please plan accordingly.**

**LODGING:** Fairfield Inn & Suites, located at 20025 Century Blvd Germantown, MD 20874, is less than 4 miles from the pool and is offering a special rate for those participating in this meet. Call 301-916-0750 to book rooms, or visit <http://www.marriott.com/hotels/travel/wasge-fairfield-inn-and-suites-germantown-gaithersburg/> for more information.

**DIRECTIONS:** Germantown Indoor Swim Center is 30 miles from Washington, 50 miles from Baltimore, 133 miles from Richmond, 150 miles from Philadelphia, and 95 miles from Harrisburg. The pool is about 4 miles west of I-270.

From I-270 take exit 15B onto MD-118 S/Germantown Rd for about 2.5 miles. Turn right on Richter Farm Rd. Go about 0.6 mi to Schaeffer Rd, and turn left. Continue on Schaeffer Rd to the traffic circle. At the traffic circle, take the first exit onto Central Park Cir. Turn left to stay on Central Park Cir, and the swim center will be on the right.

**PARKING:** Free parking is available at the pool, with sufficient space for all competitors and spectators.

**EVENT SCHEDULE:**

Warm-ups start at 2:00 p.m.

Meet starts at 3:00 p.m.

1. Mixed 200 Freestyle
2. Mixed 100 Breaststroke
3. Mixed 200 Butterfly
4. Mixed 50 Backstroke
5. Mixed 100 IM
6. Mixed 100 Freestyle
7. Mixed 50 Butterfly
8. Mixed 50 Breaststroke
9. Mixed 100 Backstroke
10. Mixed 400 Freestyle

\*\* 10-minute break

1. Mixed 200 Freestyle relay
2. Women 200 Freestyle relay
3. Men 200 Freestyle relay
4. Mixed 200 Medley relay
5. Women 200 Medley relay
6. Men 200 Medley relay
7. Mixed Crescendo relay (unofficial event)

\*\* 10-minute break

1. Mixed 200 IM
2. Mixed 50 Freestyle
3. Mixed 200 Backstroke
4. Mixed 100 Butterfly
5. Mixed 200 Breaststroke
6. Mixed or Women or Men 800 Freestyle relay (limited to 8 total relays (1 heat)

**QUESTIONS:** Meet director Tim Brockway (brockway12545@verizon.net)

Entries chairs: [dnoznesky@yahoo.com](mailto:dnoznesky@yahoo.com), [jllappin@comcast.net](mailto:jllappin@comcast.net)

WAIVER

“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.”