



UMAC-Terrapin Masters Terrapin Cup

July 10 – 12, 2015

Hosted by UMAC-Terrapin Masters at the University of Maryland – College Park

Sanctioned by United States Masters Swimming
Through Potomac Valley Masters Swimming
Sanction #105-S005

Meet Director: Carrie Tupper
ctupper@umd.edu
301-226-5383

Meet Location: University of Maryland
Eppley Recreation Center
1115 Eppley Recreation Center
College Park, MD 20742
301-226-4400

Schedule: Session 1 – Friday, 10 July 2015
Warm up 4:00p – 5:45p, Competition 6:00p

Session 2 – Saturday, 11 July 2015
Warm up 6:30a – 8:15a, Competition 8:30a

Session 3 – Sunday, 12 July 2015
Warm up 6:30a – 8:15a, Competition 8:30a

*continuous warm up/cool down will take place in the 10 lane, 25 yard adjacent pool

Eligibility: Participants must be [registered Masters Swimmers](#) and at least 18 years of age as of July 10, 2015. Swimmers turning 18 after the meet entry deadline and by July 10, 2015, must enter the meet by the meet entry deadline and register for USMS at the venue on July 10. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swimming Committee (LMSC). If there are questions about affiliation, the swimmer will be entered with the affiliation "UC." International entries must include a copy of the swimmer's Masters Swimming registration card and fees in U.S. dollars.

Age Groups: Age for the meet is determined as of Dec. 31, 2015, except for 18-year-olds, who must be 18 by July 10, 2015. Age groups for individual events: 18–24, 25–29, 30–34, 35–39 ... (five year increments as high as necessary). Relay events: 72–99, 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359, 360–399 ... (40-year increments as high as necessary). The aggregate age of the four relay team members determines the age group.

- Warm up Procedures:** Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pools only. Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.13.3). Pull buoys, kickboards, fins, hand paddles, and snorkels are not allowed in the competition or warm-up pools.
- Entries:** Paper entries will be accepted until June 19, 2015. Online entries are available via Club Assistant and must be completed by July 1, 2015. **NO DECK ENTRIES.** Clubs and individuals submitting by mail may submit entries to Carrie Tupper c/o UMAC Terrapin Masters Terrapin Cup, 1115 Eppley Recreation Center, College Park, MD 20742.
- Fees:** Fees are \$4 per individual event or \$10 per relay plus a \$30 meet entry fee per swimmer. Fees must accompany the entry form/ file and must be paid in U.S. dollars by check or money order. Do not mail cash. The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars will be required before the entrant is allowed to swim. No refunds will be given for events not swum. The surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers must submit entry form/file with payment by the entry deadline. All fees should be payable to "**University of Maryland.**" Relays may be paid on day of event via cash or check **ONLY.**
- Entry Deadlines:** **No later than 5p, Friday, June 19 2015 (paper)**
No later than 5p, Wednesday, July 1 2015 (online)
No later than 11:59p, Monday, July 6 2015 (relay only)
- Awards:** Ribbons will be awarded to swimmers for places 1st through 3rd. Results cards will be provided for all swimmers.
- Seeding:** Swimmers will be seeded slowest to fastest, regardless of age or gender. The 1500 free will be swum women and men combined, seeded by time.
- Positive Check-in:** All events **400 meters** or longer will **require positive check in.** Positive check in closes for events 400 meters or above at the conclusion of warm ups each day. Heat sheets will be posted at the start and turn ends of the competition pool once positive check-in closes.
- Other:** Heats may be combined based on space and time requirements at the discretion of meet officials.
- Top 10 & Record times:** 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, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

Event #	Entry Time Women	Event	Event #	Entry Time Men
Friday 10 July Warm up 4:00p – 5:45p Start at 6p				
1		Mixed 1500 Freestyle	2	
Saturday 11 July 2015 Warm up 6:30a – 8:15a Start at 8:30a				
10		400 Medley Relay	11	
12		200 Freestyle	13	
14		100 Backstroke	15	
16		100 Breaststroke	17	
18		200 Butterfly	19	
		15 Minute Break		
20		50 Freestyle	21	
22		400 Individual Medley	23	
24		50 Breaststroke	25	
26		400 Freestyle Relay	27	
Sunday 12 July 2015 Warm up 6:30a – 8:15a Start at 8:30a				
30		800 Freestyle Relay	31	
32		Mixed 800 Freestyle Relay		
34		50 Butterfly	35	
36		200 Backstroke	37	
38		100 Freestyle	39	
40		200 Breaststroke	41	
42		Mixed 400 Medley Relay		
44		Mixed 400 Freestyle Relay		
46		50 Backstroke	47	
48		400 Freestyle	49	
50		100 Butterfly	51	
52		200 Individual Medley	53	

All events Long Course Meters. Please indicate seed time in Long Course Meters.
1500 Free will be swum men and women combined, seeded by time.
800 Free relay – heats of Men's and Women's and/or Mixed will be combined if entries permit