

Frostburg State University Cordts P.E Center, Frostburg, MD
WARMUPS: 11:30AM MEET START: 12:30PM
Sanctioned by MD LMSC for USMS, INC.

Welcome to the Second Annual Frostburg State University Masters Sprint Classic. Our first-class swimming facility has an 6-lane 25-meter pool with non-turbulent lane lines, overflow gutters and a daktronics scoreboard. The pool will be configured in a 25-meter course. A separate area will be available for continuous warm-up/cool-down throughout the meet.

ENTRIES: Online entries are preferred. Online entries close Thursday December 10 at 11:59pm. The meet is free to all MD LMSC Masters swimmers. Competitors may enter **up to 4 individual events** for a \$25 flat fee, **plus as many 25's as you wish**. The meet is open to all Masters Swimmers holding a valid 2015 USMS registration card. Age is determined by a swimmer's age on December 12, 2015. 2015 USMS rules and regulations apply.

SEEDING: Events will be seeded slowest to fastest, mixed gender.

PSYCH SHEETS: Psych sheets will be posted on swimphone and meetmobile Friday, December 11, 2015 by 6:00pm.

AWARDS: The fastest man and fastest woman based on their aggregate time in the 25's will have their names added to the Champions Trophy. **You must swim all four 25's to be eligible for this award.**

RESULTS: Available on swimphone and meetmobile. Results for sanctioned events will be submitted for Top-Ten recognition.

DIRECTIONS: The Frostburg State University Cordts P.E. Center will open at 8:15am. Please enter through the door under the stairway at the parking lot entrance. The pool has a "No deck chair" policy. If you are using a GPS or Mapquest, 101 Braddock Road, Frostburg, MD will get you to the correct parking lot.

From Baltimore, MD and East: Take I-70 west to I-68 west at Hancock, MD. Continue to the second exit for Frostburg, Exit 33 (Midlothian/ Braddock Road). Bear right on Braddock Road. Make the first left after University Drive into the upper parking lot next to Cordts PE Center.

From Morgantown, WV and West: Take I-68 east to Exit 33 (Midlothian/Braddock Road). Turn left onto Braddock Road. Make the first left after University Drive into the upper parking lot next to Cordts PE Center.

HOTELS: Hampton Inn Frostburg - (301) 689-1998 – 11200 New Georges Creek Rd SW, Frostburg, MD 21532 (2 miles from the pool)

Days Inn & Suites Frostburg - (301) 689-2050 – 11100 New Georges Creek Rd SW, Frostburg, MD 21532 (2 miles from the pool)

Falinger's Hotel Gunter - (301) 689-6511 – 11 W. Main St, Frostburg, MD 21532 (1 mile from the pool)

Comfort Inn & Suites - (301) 729-6400 – 1216 National Hwy, Lavale, MD 21502 (5 miles from the pool)

Best Western Plus Braddock Motor Inn - (301) 729-3300 – 1268 National Hwy, Lavale, MD 21502 (5 miles from the pool)

Fairfield Inn & Suites - (800) 627-7468 – 21 Wineow St., Cumberland, MD 21502 (8 miles from the pool)

QUESTIONS: Meet Director: Justin Anderson (301) 687-3135 e-mail jaanderson@frostburg.edu

Meet Entry Form

Place Copy of USMS Card Here (Trimmed and Stapled)			Please supply the following information also:
USMS Number	Team	Daytime Phone Number:	
Name (as it appears on USMS Card):			Evening Phone Number:
Birth Date:	Age:	Sex:	E-mail:

**FROSTBURG STATE UNIVERSITY
SPRINT CLASSIC**

Saturday December 12, 2015

Frostburg State University Cordts P.E. Center, Frostburg, MD

WARMUPS: 11:30AM MEET START: 12:30PM

Sanctioned by MD LMSC for USMS, INC.

DEADLINE: Saturday, December 10, 2015
MAIL TO: Justin Anderson, Entries Chair
 101 Braddock Road
 Frostburg, MD 21532
 (240) 920-9657

You must enclose a copy of your USMS Card. If any parts of the copy are unreadable, please fill out the left side of the box above. Also, please fill out the right side in case there is a problem with your entry.

RELEASE OF LIABILITY BY PARTICIPANT:

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. (Rule Book Article 203.1)

Signature _____ Date _____

CIRCLE EVENTS YOU WISH TO SWIM AND INDICATE SEED TIMES IN YARDS:

THE BATTLE OF THE TRUE DROP DEAD SPRINTERS:

- 1) 100 Free _____
- 2) 100 Breast _____
- 3) 50 Fly _____
- 4) 200 IM _____
- 5) 100 Back _____
- 6) 50 Free _____
- BREAK
- 7) 200 Free Relay *
- BREAK
- 8) 100 IM _____
- 9) 50 Breast _____
- 10) 100 Fly _____
- 11) 50 Back _____
- 12) 200 Free _____

- 14) 25 Fly _____
- 15) 25 Back _____
- 16) 25 Breast _____
- 17) 25 Free _____
- 18) 100 Free Relay *

(Events 14 through 18 are NOT USMS Sanctioned, thus they are unofficial events). * All Relays Are Deck Entered

- BREAK
- 13) 200 Medley Relay *
- BREAK

FEE: \$25.00

MAKE CHECK PAYABLE TO: Frostburg State University AFL