

**Eunice Kennedy Shriver & Sargent Shriver Aquatic Center (formerly the MAC)
5900 Executive Blvd., North Bethesda, MD**

**!! IMPORTANT – MEET HOURS HAVE CHANGED !!:
WARM-UPS: 12:00-12:45 P.M. MEET: 1:00-5:30 P.M.**

Hosted by the Montgomery Ancient Mariners

Sanctioned by Potomac Valley LMSC for USMS, Inc. USMS Sanction: ???-????

On Saturday afternoon, March 5, 2016, it will be the *Tyme of the Ancyent Mariners' Albatross Open*. We will host the meet in the Eunice Kennedy Shriver & Sargent Shriver Aquatic Center (formerly the MAC). The pool will be configured as a **25-meter course**. The water depth varies from 7-18 ft deep making it a very fast pool. Dozens of USMS National and World Records have all been set at this meet!

ENTRIES: Entries are limited to the **first 215** individuals. **If we reach 215 swimmers prior to the entry deadline, the online entry system will shut down.** Deck entries will be accepted **as space permits (only to fill empty lanes – no heats will be added)**. Online entries will be accepted until midnight **March 1, 2016** (relay-only swimmers may enter online through March 4, 2016). Entries after the deadline must be submitted as a deck entry at the meet and will be charged the deck entry fee. Deck entries are due by **12:15 pm** on the day of the meet. Due to time constraints, **swimmers are limited to four events exclusive of relays**. We are limiting the **400 Free** to three heats. Please remember that your age is as of **12/31/16** for this meet per USMS rules.

RULES: Current USMS rules apply. All swimmers must be registered with USMS. Deck entrants must bring their USMS card. If you are not registered for USMS you may register online at www.usms.org/reg/

SEEDING: Once again we will seed all of the 50s men & women separately (slow to fast within gender). All other events will be seeded slow to fast, men & women combined. *Please enter with a seed time in SHORT COURSE METERS even if it is an estimate. "No time" and deck entries will be seeded at the discretion of the meet director.*

RELAYS: We will again be offering an unofficial 2x50 mixed sex relay. We will offer a special award at the meet social to the Fastest Couple on the Water. There will only be one heat - entries for this will be on a first come basis and are due by **3pm**. The deadline for the 400 Medley and 200 Free relays will be **2pm** and the deadline for the 400 Free and 200 Medley relays will be **4pm**. All relay deadlines are on the day of the meet.

FEES: \$5 per event plus a \$10 meet surcharge. Relays are \$8. Deck entries are \$7 per event plus \$10 surcharge.

AWARDS AND RESULTS: Awards for first through third places; special awards for USMS National or World Records (one per relay) and the man and woman recording the fastest time (regardless of age) in the 50 freestyle. Some special awards will be presented at the post-meet party, including a high point award to the top club to score the most points. Results will only be mailed out by request. Results will be posted on www.pvmasters.org and unofficial results will be posted at the meet.

WORLD AND NATIONAL RECORDS - Every year world and national records are broken at this meet. To facilitate the timing, approval and processing of those records, we ask that you notify us in advance that you will be making an attempt. Please send the Entries Chair or the Meet Director an e-mail (addresses are at the bottom of this announcement) indicating in which event(s) you will be vying for a new record.

FACILITY: The Eunice Kennedy Shriver & Sargent Shriver Aquatic Center (KSAC) is an indoor 50-meter, 8-lane pool with non-turbulent lane lines. Please note this facility was formerly named the Montgomery Aquatic Center. The pool will be configured in a **25-meter course* with full electronic timing**. An area will be available for continuous warm down. Concessions are not sold on the premises so please plan accordingly.

* 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.

POST-MEET SOCIAL: The post-meet social has returned this year! You may purchase tickets to the social when you register for the meet.

T-SHIRTS: We are selling short-sleeve T-shirts for \$15 and long-sleeve shirts for \$18 before the meet. A limited supply also will be sold at the meet for an additional cost. We will post the T-shirt design on the Albatross Open web

page, <http://www.ancientmariners.org/albatross.htm>, when it is ready.

PAYMENT: Payment by credit card is required for online entry. Cash and checks are acceptable payment methods for deck entries and T-shirts.

LODGING: A special meet rate of \$99 per night (plus taxes) is available at the Marriott directly across the street from the pool. This is an outstanding rate for the Washington DC metro area. You may call 800-266-9432 and ask for the "US Masters Swimming 2016 Albatross Open" special rate, or [click on this link to make your reservation directly](#).

DIRECTIONS:

From I-495 (Capital Beltway): Take Old Georgetown Road (Rt 187) exit North. Go approximately 2 miles. Turn right on Nicholson Lane. Turn left at next traffic light onto Executive Blvd. Take first left into the parking lot for the KSAC.
From DC: Take Wisconsin Avenue north through Bethesda. The road turns into Rockville Pike (Rt 355). Take a left on Marinelli Road (Metro stop on the corner) and continue straight into the KSAC parking lot.
From the Metro: The KSAC is one long block west from the White Flint Metro stop.

PARKING: Limited parking is available at the KSAC. Nearby street parking is available on Executive Blvd and Woodglen Drive.

QUESTIONS:

Meet Co-Directors: Holly Donnelly, 703-862-9451 (holly.a.donnelly@gmail.com) and
Kara Permisohn, 301-252-3845 (kpermisohn@minkoff.com)
Entries Chair: David Harmon 301-972-1417 (davidcharmon77@gmail.com)

No calls after 9 p.m. please.

EVENTS:

* There is no event 26 - event 26 will be the 400 IM next year

Saturday, March 5, 2016 - Session 1 - Events 1-11

Warm-ups start at 12:00 PM

Meet Session starts at 1:00 PM

#	Sex	Event	Heats
1	Mixed	100 M Fly	4
2	Mixed	100 M Free	9
3	Mixed	200 M Breast	5
4	Women	50 M Back	3
5	Men	50 M Back	3
6	Mixed	200 M IM	5
7	Women	50 M Breast	3
8	Men	50 M Breast	5
9	Mixed	200 M Free	7
10	Mixed	100 M Back	3
11	Mixed	200 M Fly	2

Saturday, March 5, 2016 - Session 2 - Events 12-33 after 10 Min Break

#	Sex	Event	Heats
12	Mixed	"Couples" 100 M Free Relay	1
13	Mixed	400 M Medley Relay	1
14	Women	400 M Medley Relay	1
15	Men	400 M Medley Relay	1
16	Mixed	200 M Free Relay	1
17	Women	200 M Free Relay	1
18	Men	200 M Free Relay	1
19	Mixed	100 M IM	8
20	Mixed	200 M Back	3
21	Women	50 M Fly	2
22	Men	50 M Fly	4
23	Mixed	100 M Breast	4
24	Women	50 M Free	5
25	Men	50 M Free	6
27	Mixed	(max 24 entries) 400 M Free	3
28	Mixed	400 M Free Relay	1
29	Women	400 M Free Relay	1
30	Men	400 M Free Relay	1
31	Mixed	200 M Medley Relay	2
32	Women	200 M Medley Relay	1
33	Men	200 M Medley Relay	2