

36th Anniversary

Maryland Masters Distance Winter Meet 2013

University of Maryland, Baltimore County (UMBC) Catonsville, MD

Saturday March 2rd 2013

Sanctioned by Maryland LMSC for USMS, Inc. – QQQ_QQQ



Meet Information: also available at <http://www.marylandmasters.com>

PLEASE NOTE *Maryland Masters Winter Meet Online Registration open:*

Location

The University of Maryland, Baltimore County (UMBC) is located off Rt. 95 in Catonsville, MD. It has a modern 8-lane 25-yard pool with a 13x13 diving well. A fully electronic timing system will be used.

Warm-up Times

The pool will be open for warm-ups from 9:00am to 9:30am for the first Session of the 1000. A 30 minute warm-up will be held prior to Session 2. The meet will start promptly after warm-ups. The diving well will be available for warm up and warm down throughout the meet.

Rules

USMS rules will apply. The meet is open to any swimmer at least 18 years of age.

Age groups are: 18-24, 25-29, 30-34, 35-39,...100-104. Age for the meet is determined as of 3/1/2008.

Number of Events

A maximum of five (5) individual events may be entered.

NO DECK ENTRIES ALLOWED

Seeding

Ages and sexes will be combined. Slower heats will be swum first

Relay Events

Relays will be deck entered. The relay entry fee is \$10.00 per relay. The names and ages of all swimmers must be on the card in the proper order. Relay age groups: 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+ (Relay age determined by the youngest swimmer).

Scoring

Individual Events: 7-5-4-3-2-1.

Relay Events: 14-10-8.

Participation Award

Individual Swimmer: Each swimmer will receive a participation award.

Team: Team scores will be tabulated
Unclaimed awards will not be mailed.

Final Results

Results will be posted on the Maryland LMSC website

Warm-up Procedures

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

Concessions Souvenir Items, Vendors,

• Limited concessions will be available free of charge. Donations are appreciated.

Entry Procedures

Online Registration

***Remember to update USMS registration for 2012 before the meet.** Register online at <http://www.usms.org/reg/>

Entry Fees

\$5 per individual event.

\$10 meet surcharge. Fees must accompany the entry form and must be paid by check or money order. **Refund requests must be received in writing before February 18.**

Entry Deadline

All entries must be received by February 22, 2013. Early deadline necessary for program compilation.

Hotels

Comfort Suites: 410-691-1000

Hampton Inn BWI: 410-850-0600

Courtyard by Marriott: 410-859-8855

Directions

From Rt. 95: Take the Catonsville exit (Rt. 166/195). Follow the exit over the bridge and bear right onto the campus. The pool is directly ahead of you as you enter campus. Bear right. Turn left on Administration Drive. Park in the two-level garage.

From Rt. 695: Take exit 12, Wilkens Ave. west. Turn left at the end of the exit ramp. Turn left into the entrance by the police station. Turn right at the stop sign. Proceed through a traffic light. Turn left at the second stop sign on Administration Drive.



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PRINT NAME as it appears on USMS Registrations card. A copy of your current USMS card is REQUIRED WITH ENTRY.

NAME: _____ SEX: **M** OR **F**

LAST _____ FIRST _____ M. I. _____

ADDRESS: _____

STREET _____ CITY _____ STATE _____ ZIP _____

EMAIL: _____ AGE: _____ BIRTHDATE: _____

MONTH/DAY/YEAR

PHONE: () _____ () _____ USMS REG. # : _____

HOME _____ WORK _____

CLUB NAME: _____ CLUB ABBREVIATION: _____

EVENT NAME	EVENT NO.	ENTRY TIME
SATURDAY, March 2nd Session 1		
1000 FREESTYLE	1	
SATURDAY, March 2nd Session 2		
400 INDIVIDUAL MEDLEY	2	
400 FREESTYLE RELAY	3	DECK ENTERED
200 BREASTSTROKE	4	
500 FREESTYLE	5	
200 INDIVIDUAL MEDLEY	6	
800 FREE RELAY	7	DECK ENTERED
200 BACKSTROKE	8	
200 BUTTERFLY	9	
200 FREESTYLE	10	
400 MEDLEY RELAY	11	DECK ENTERED

FEES

Meet Surcharge (required).....\$10 _____

Number of Individual Eventsx \$ 5 = _____

TOTAL FEE ENCLOSED = _____

Payable to: **Maryland Masters Swim Team**

Entry form filled out completely
 No more than 5 events per day entered
 Liability release signed and dated

Questions? email Steve
 smuchow@cassevern.com

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: _____