**4th Annual Solstice SCM Swim Meet**

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| Germantown Masters Meets | **Saturday, December 3, 2016****Germantown Masters Meets****Swim Meet Registration** | USMS |

**Registration Schedule**

It is now 12:35 PM ET on Monday, September 5, 2016.

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|  | **Open** | **Close** |
| **Individual Registration** | Wed, September 28, 2016 12:00 AM ET | Wed, November 30, 2016 11:59 PM ET |
| **Relay-Only Individual Registration** | Thu, December 1, 2016 11:59 PM ET | Sat, December 3, 2016 11:59 PM ET |
| **Relay Team Registration** | Wed, September 28, 2016 11:59 PM ET | Wed, November 30, 2016 11:59 PM ET |

**Online Registration is in 'Build' Mode.**

**More Information Coming Soon...**

**Resources**

[SwimPhone](http://www.swimphone.com/mobile/meets/meet_menu.cfm?smid=8156)

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| Hosted by the Germantown Maryland MastersSanctioned by the Potomac Valley LMSC for USMS Inc. Sanction number:Germantown Indoor Swim Center18000 Central Park Circle, Boyds, MD 20841**WARM-UPS:** 3:00-3:45 PM.   **MEET:**4:00-8:45 PM.On Saturday afternoon, December 3, 2016, Germantown Masters will host the 4th 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 2015 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 17 to 7 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 400m IM to 4 heats. Please remember that your age is as of December 31, 2016 for this meet per USMS rules. Please register on Club Assistant beginning September 28, 2016.**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/**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 are not permitted.**RELAYS:** Although relays can be deck-entered, we strongly encourage teams to submit relays before the day of the meet online using Club Assistant. The deadline for deck entry for the Mixed/Men/Women 200 m medley and free relays will be 4:00 PM and the deadline for deck entry for the Mixed/Men/Women 800 m relay and the 4th Annual Crescendo Relay will be 6:00 PM. The unofficial Crescendo Relay is a mixed relay of 4 people (any gender/any age), each swimming a leg of distance 200, 150, 100 or 50 meters, in that order. Relays with a total age greater than 180 years will be handicapped to make the competition more even. In addition, a gender handicap of 10 seconds will be provided for each female participant. The crescendo relay will be limited to one heat.  For additional information regarding the crescendo relay handicap calculation, please follow this link [www.germantownmasters.org/solstice2016.htm](http://www.germantownmasters.org/solstice2015.htm).**FEES:** $5 per event plus a $10 meet surcharge. No charge for relays.**AWARDS AND RESULTS:** Awards for first through third places; A Big Trophy 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.germantownmasters.org/solstice2016.htm](http://www.germantownmasters.org/solstice2015.htm). 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.The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles105.1.7 and 107.2.1.**LODGING:** Fairfield Inn & Suites, located at 20025 Century Blvd Germantown, MD 20874, is less than 4 miles from the pool.  Call 301-916-0750 to book rooms, or [click here](http://www.marriott.com/hotels/travel/wasge-fairfield-inn-and-suites-germantown-gaithersburg/).**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.**MEET MERCHANDISE:**  Solstice Meet long-sleeve T-shirts are available for pre-order though online registration for $20.  T-shirts will also be available at the meet for $25.  Sizes include:  Adult small, medium, large, x-large and xx-large, while supplies last.**QUESTIONS:**Meet director: Tim Brockway brockway12545@verizon.netEntries chairs: Denise Dombay dnoznesky@yahoo.com    Terri Postma  solsticeswim2016@gmail.com**EVENT SCHEDULE:**10-minute break between events 10 and 11Event 17 is the Crescendo Relay (unofficial event)10-minute break between events 17 and 18800 free relays limited to 8 total relays = 1 heat |
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| Warm-ups start at 3:00 PMMeet starts at 4:00 PMMeet is estimated to end at 8:45 PM

| **#** | **Sex** |  | **Event** |
| --- | --- | --- | --- |
| 1 | Mixed |  | 200 M | Free |
| 2 | Mixed |  | 100 M | Breast |
| 3 | Mixed |  | 200 M | Fly |
| 4 | Mixed |  | 50 M | Back |
| 5 | Mixed |  | 100 M | IM |
| 6 | Mixed |  | 100 M | Free |
| 7 | Mixed |  | 50 M | Fly |
| 8 | Mixed |  | 50 M | Breast |
| 9 | Mixed |  | 100 M | Back |
| 10 | Mixed |  | 400 M | Free |
| 11 | Mixed |  | 200 M | Free Relay |
| 12 | Women |  | 200 M | Free Relay |
| 13 | Men |  | 200 M | Free Relay |
| 14 | Mixed |  | 200 M | Medley Relay |
| 15 | Women |  | 200 M | Medley Relay |
| 16 | Men |  | 200 M | Medley Relay |
| 17 | Mixed | (crescendo) | 500 M | Free Relay |
| 18 | Mixed |  | 200 M | IM |
| 19 | Mixed |  | 50 M | Free |
| 20 | Mixed |  | 200 M | Back |
| 21 | Mixed |  | 100 M | Fly |
| 22 | Mixed |  | 200 M | Breast |
| 23 | Mixed |  | 800 M | Free Relay |
| 24 | Women |  | 800 M | Free Relay |
| 25 | Men |  | 800 M | Free Relay |

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| **Please note: If paying by credit card, your credit card statement will reflect a charge from "ClubAssistant.com Events."** |