**Frostburg State University**

**Cordts P.E Center, Frostburg, MD**

**Session I: 10:15 AM Warm-up, 11:00 AM start**

**Session II: 12:00 PM Warm-up, 1:00 PM start**

**Sanctioned by MD LMSC for USMS, INC.**

Welcome to the Frostburg Masters Summer SCM Kick-Off Meet. Our swimming facility has a 6-lane, 25-meter pool with non-turbulent lane lines, overflow gutters and Daktronics scoreboard and digitial timing system. The pool will be configured in a 25-meter course. Two separate swimming areas will be available for continuous warm-up/cool-down throughout the meet.

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1

**ENTRIES**: Online entries are preferred. Online entries close Thursday, May 2nd, 2019. Competitors may enter up to three individual events for a $15 flat fee. The meet is open to all Masters Swimmers holding a valid 2019 USMS registration card. Age is determined by a swimmer’s age on May 5, 2019. 2019 USMS rules and regulations apply.

The 400 M Freestyle will be limited to 24 swimmers and there will be positive check-in closing at 12:30 PM.
The 400 M Individual Medley will be limited to 24 swimmers and there will be positive check-in closing at 1:00 PM.

The 1500 M Freestyle will be limited to 24 swimmers and there will be positive check-in closing at 10:30 AM.

 Relays:
Each swimmer may swim in one freestyle relay and one medley relay, No more.
Relay entries must be submitted before the start of the meet.

Pool Meets are free to all USMS swimmers registered in the Maryland LMSC. Online meet entry is required to utilize this benefit.
Swimmers from other LMSC’s are welcome for a fee of $25.00 with online meet entry.

Online meet entry is paid by credit card to ClubAssistant.com Events.

Deck entry is available for a fee of $25.00 for Maryland LMSC members. Cash or check payable to Maryland LMSC. This fee is waived for any MDLMSC member age 65 or over.
Deck entry is available for Non-Maryland LMSC members for a fee of $30.00. Cash or check payable to Maryland LMSC.
All swimmers who wish to deck enter must bring a copy of their USMS registration card. Swimmers may print a copy of their card free of charge by following the online instructions at http://mdusms.org.
Deck Entry will close at the start of warm up (12:00 pm)

USMS renewals will not be permitted on deck.

**SEEDING**: Events will be seeded slowest to fastest in mixed genders. The 1500 M freestyle, 400 M freestyle, and 400 M individual medley will be seeded fastest to slowest.

**PSYCH SHEETS**: Psych sheets will be posted at <http://fsumasters.blogspot.com/> Friday, May 3rd by 6:00pm.

**TIMERS**: Frostburg State University Masters will provide timers for this meet.

**RESULTS**: Available on-line at <http://fsumasters.blogspot.com/>. Results for sanctioned events will be submitted for Top-Ten recognition.

**DIRECTIONS**: The Frostburg State University Cordts P.E. Center will open at 9:45 am. Please enter through the door under the stairway at the parking lot entrance. The pool has a “No deck chair” policy. Please park in the main Athletic Center lot at 101 Braddock Road.

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, Frostbrug, 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)

**EVENTS**:

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| **Session I** |
| **Event** | **Sex** | **Distance** | **Stroke** |
| 1 | Mixed | 1500 M | Free |
| **Session II** |
| **Event** | **Sex** | **Distance** | **Stroke** |
| 2 | Mixed | 400 M | Free |
| 3 | Mixed | 50 M | Back |
| 4 | Mixed | 100 M | Fly |
| 5 | Mixed | 100 M | Free |
| 6 | Mixed | 200 M | Breast |
| 7 | Mixed | 50 M | Fly |
| 8 | Mixed | 200 M | IM |
| 9 | Mixed | 100 M | Back |
| 10 | Mixed | 200 M | Free Relay |
| 11 | Mixed | 50 M | Breast |
| 12 | Mixed | 200 M | Free |
| 13 | Mixed | 200 M | Fly |
| 14 | Mixed | 100 M | IM |
| 15 | Mixed | 200 M | Back |
| 16 | Mixed | 100 M | Breast |
| 17 | Mixed | 50 M | Free |
| 18 | Mixed | 200 M | Medley Relay |
| 19 | Mixed | 400 M | IM |

**QUESTIONS**:

Meet Director: Bryan Christiansen

(301) 687-3135

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