**Frostburg Masters Summer SCM Kick-Off Meet**

**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.**

The Frostburg State University Masters Swim Team is proud to kick-off the Summer season with a short course meet right in the heart of Western Maryland!

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 106.

**ENTRIES:**

**- Registration will open April 5, 2019 at 9:00 AM and close Thursday, May 2, 2019 at 9:00 PM.**

**Session 1:**
**- Warm up at 10:15 AM - Start at 11:00 AM**
**- The 1500 Freestyle is limited to 18 swimmers**
**-** Positive check in for the 1500 will close at 10:45 AM
- The 1500 Freestyle will be seeded **FASTEST** to **SLOWEST**

**Session 2:**
**- The 400 Freestyle** will be limited to 24 swimmers
- Positive check-in for the 400 Freestyle will close at 12:30 PM.
- The 400 Freestyle will be seeded **FASTEST** to **SLOWEST**
**- All other seeding will be SLOWEST to FASTEST**
**- The 400 Individual Medley** will be limited to 24 swimmers
- Positive check-in for the 400 Individual Medley will close at 1:00 PM.

**- 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.

- **Individual Event Limi**t: Each swimmer may swim **THREE** individual events, no more.

- 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.

- New USMS registrations will be permitted and are exempt from the meet fee.
- **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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