Hosted by the Germantown Maryland Masters

Sanctioned by the Potomac Valley LMSC for USMS Inc. Sanction number:  XXX-XXXX

Germantown Indoor Swim Center
18000 Central Park Circle, Boyds, MD 20841

**WARM-UPS:** 2:30-3:00 PM.   **MEET:**3:00-7:30 PM.

On Saturday afternoon, December 7, 2019, Germantown Masters will host the 7th 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 2019 Washington Metro High School Swim & Diving Championships, and is the site where multiple national records have been 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.  Event #10 (400 Free) is limited to a total of 24 swimmers (3 heats).  NO DECK ENTRIES, except for relays (please carefully read the "relays" section below). Due to time constraints, swimmers are limited to five individual events. Remember that your age is as of December 31, 2019 for this meet per USMS rules. Please register using Club Assistant.

**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/](http://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:** Relays **MUST** be submitted through Club Assistant by the relay entry deadline on December 5, 2019.  Changes in swimmer line-up will be accepted on deck.  If there are open lanes in a heat, you may request a relay deck entry on a first-come, first-served basis.  No new heats will be established to accommodate relay deck entries.  Entries and swimmer line-up changes will be accepted for the Mixed/Men/Women 200 meter medley and free relays and the Crescendo Relay until the start of the meet.  Entries and swimmer line-up changes will be accepted for the Mixed/Men/Women 800 meter relay until 6:00 PM on the day of the meet.  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. Crescendo 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.

**FEES:** $5 per event plus a $15 meet surcharge.  No charge for relays.

**AWARDS AND RESULTS:** Awards will be given for first through third places for individual events only. Result stickers will be available for relay winners.  A "Big Trophy" and bragging rights will be awarded to the winning team in the Crescendo Relay. The club with the highest total point score will be presented an award after the meet. Results will be posted[here](https://www.teamunify.com/team/usamdgmms/page/home). All results, except for the unofficial Crescendo Relay, 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 at all times prior and 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 articles 105.1.7 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 Exit 15B on I-270.

From I-270 take exit 15B onto MD-118 S/Germantown Road for about 2.5 miles. Turn right on Richter Farm Road. Go about 0.6 mi to Schaeffer Road, and turn left. Continue on Schaeffer Road to the traffic circle. At the traffic circle, take the first exit onto Central Park Circle. Turn left to stay on Central Park Circle, and the swim center will be on the right.

**PARKING:**Free parking, with sufficient space for all competitors and spectators, is available at the pool.

**MEET MERCHANDISE:**  Solstice Meet Long Sleeve Unisex Hoodie T-shirt can be pre-ordered for $25 at the time of online registration.  Shirts will also be available at the meet for $25 (while supplies last). Sizes include:  adult small, medium, large, x-large and xx-large.  Shirt image can be seen [here](https://www.teamunify.com/team/usamdgmms/page/photos).

**QUESTIONS:**

Meet director: David Robinson davidrobinsondc@gmail.com

Entries chairs: Denise Dombay denisedombay@gmail.com    Terri Postma [masterssolsticeswim@gmail.com](http://solsticeswim2017@gmail.com/)

**EVENT SCHEDULE:**

15-minute break between events 10 and 11
Event 10 (400 Free) is limited to 3 heats (24 total swimmers)
Event 17 is the Crescendo Relay (unofficial event) and is limited to 1 heat (8 total entries)
Warm-up begins at 2:30 in the competition pool.  Two lanes in non-competition pool will be continuously available prior to and throughout the meet for warm-up/warm-down.

Warm-ups start at 2:30 PM

Meet starts at 3:00 PM

Meet is estimated to end at 7:30 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 | 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 |

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