**Frostburg State University Masters Winter SCM Classic Meet**

**Frostburg State University**

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

**Sunday, December 15, 2019**

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

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

The Frostburg State University Masters Swim Team is excited to offer a short course meters with both sprint and distance options right in the heart of Western Maryland!

Our swimming facility has a 6-lane, 25-meter pool with plenty of deck space, men’s and women’s locker rooms, a Daktronics scoreboard, and digital 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 article 105.1.7.

**ENTRIES:**  
  
**- Registration will open Oct 25, 2019 at 9:00 AM and close Thursday, Dec 12, 2019 at 9:00 PM.**  
  
**Session 1:**

**- Warm up at 12:00 PM - Start at 1:00 PM**

**- The 800 Freestyle is limited to 24 swimmers**  
**-** Positive check in for the 800 will close at 12:30 PM  
- The 800 Freestyle will be seeded **FASTEST** to **SLOWEST**

**- 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**

**- The 400 Individual Medley will be limited to 24 swimmers**  
- Positive check-in for the 400 Individual Medley will close at 1:00 PM.

**- All other seeding will be SLOWEST to FASTEST**  
  
**- 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: There is a limit of FIVE (5) individual races  
  
**- Fees:**

- Swimmers from Maryland LMSC are welcome for a flat fee of $15.00 with online meet entry.  
- Swimmers from other LMSC’s are welcome for a flat 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.  
- 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 and renewals will not be permitted on deck**.

**SEEDING**:

Events will be seeded slowest to fastest in mixed genders. The 800 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](http://fsumasters.blogspot.com/) and distributed to all participants via email by Friday, December 13th by 6:00pm.

**TIMING**:

Daktronics automatic timing, Secondary push button, tertiary stop watch. Frostburg State University Masters will provide timers for this meet.

**RESULTS**:

Available on-line at [http://fsumasters.blogspot.com](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 10:45 am. Please enter through the door under the stairway at the paved main 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**:

|  |  |  |  |
| --- | --- | --- | --- |
| **Session I** | | | |
| **Event** | **Gender** | **Distance** | **Stroke** |
| 1 | Mixed | 200 M | Medley Relay |
| 2 | Mixed | 400 M | Free |
| 3 | Mixed | 100 M | Back |
| 4 | Mixed | 200 M | Breast |
| 5 | Mixed | 50 M | Fly |
| 6 | Mixed | 200 M | IM |
| 7 | Mixed | 50 M | Free |
| 8 | Mixed | 200 M | Back |
| 9 | Mixed | 100 M | Breast |
| 10 | Mixed | 200 M | Fly |
| 11 | Mixed | 100 M | Free |
| 12 | Mixed | 400 M | IM |
| 13 | Mixed | 200 M | Free |
| 14 | Mixed | 50 M | Back |
| 15 | Mixed | 50 M | Breast |
| 16 | Mixed | 100 M | Fly |
| 17 | Mixed | 100 M | IM |
| 18 | Mixed | 200 M | Free Relay |
| 19 | Mixed | 800 M | Free |

**QUESTIONS**?

Contact Meet Director, Bryan Christiansen

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