

Maryland Masters- UMBC One Mile Time Trial

University of Maryland, Baltimore County (UMBC) Catonsville, MD

Sunday July 24, 2016

Sanctioned by Maryland LMSC for USMS, Inc. –



Meet Information: also available at <http://www.marylandmasters.com>

PLEASE NOTE *Maryland Masters Online Registration open:*

Location

The University of Maryland, Baltimore County (UMBC) is located off Rt. 95 in Catonsville, MD. It has a modern 8-lane 25-yard pool with a 13x13 diving well. A fully electronic timing system will be used. 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

Warm-up Times

One lane will be open for warm-ups during the swim series meet. Then the entire pool will be open for 30 minutes. The meet will start promptly after warm-ups. The indoor pool will be available for warm up and warm down throughout the meet.

Rules

USMS rules will apply. The meet is open to any swimmer at least 18 years of age.

Age groups are: 18-24, 25-29, 30-34, 35-39, ...100-104. Age for the meet is determined as of 3/1/2008.

Seeding

Ages and sexes will be combined. Faster heats will be swum first

Final Results

Results will be posted on the Maryland LMSC website

Warm-up Procedures

Swimmers must enter the pool feet first in a cautious manner. No diving is allowed at any time in either pool. Racing dives, including backstroke starts, are allowed only in the designated sprint lanes during the pre-meet warm-up sessions.

Entry Procedures

Online Registration

***Remember to update USMS registration for 2016 before the meet.** Register online at <http://www.usms.org/reg/>

Swimmers only need to be registered for USMS if they want their time to count towards USMS records.

Entry Fees

\$15 for the 1500.

Fees must accompany the entry form and must be paid by check or money order.

Entry Deadline

All entries must be received by July 21, 2016. Early deadline necessary for program compilation.

Directions

From Rt. 95: Take the Catonsville exit (Rt. 166/195). Follow the exit over the bridge and bear right onto the campus. The pool is directly ahead of you as you enter campus. Bear right. Turn left on Administration Drive. Park in the two-level garage.

From Rt. 695: Take exit 12, Wilkens Ave. west. Turn left at the end of the exit ramp. Turn left into the entrance by the police station. Turn right at the stop sign. Proceed

through a traffic light. Turn left at the second stop sign on Administration Drive.



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PRINT NAME as it appears on USMS Registrations card. A copy of your current USMS card is REQUIRED WITH ENTRY.

NAME: _____

SEX: M OR F _____

LAST FIRST M. I.

ADDRESS: _____
STREET CITY STATE ZIP

EMAIL: _____ AGE: _____

BIRTHDATE: _____
MONTH/DAY/YEAR

PHONE:() _____ () _____ USMS REG. # : _____
HOME WORK

CLUB NAME: _____ CLUB ABBREVIATION: _____

| EVENT NAME | EVENT NO. | ENTRY TIME | <u>FEES</u> |
|----------------|------------------------|------------|---|
| | SUNDAY, July 24 | | |
| 1500 FREESTYLE | 1 | _____ | Event Fee.....x \$ 15 = _____ |
| | | | TOTAL FEE ENCLOSED = _____ |
| | | | Payable to: Maryland Masters Swim Team |
| | | | <input type="checkbox"/> Entry form filled out completely |
| | | | <input type="checkbox"/> Liability release signed and dated |
| | | | <u>Questions?</u> email the Maryland Master team marylandmasters@gmail.com |

LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: _____ Date: _____

