

# Colonies Zone Long Course Meters Championship August 18 & 19, 2007

Hosted by



## & Terrapin Masters

Sanction by Potomac Valley LMSC for USMS, Inc. #107-07

University of Maryland Eppley Recreation Center Natatorium • College Park, MD

Saturday Warm-ups: 12:00 pm • Meet Start: 1:00 pm

Sunday Warm-ups: 7:30 am • Meet Start: 8:30 am & ends at 12:30 pm (Firm End Time)

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Meet Director: Jeff Strahota  
Entries: Aquatics Director Carrie Tupper

### Facilities

University of Maryland Eppley Recreation Center Natatorium long course meters competition pool using automatic timing. One 8-lane course will be used for competition. A separate 6-lane 25-yard pool will be available for continuous warm-up/cool-down throughout the meet.

### Meet Rules

Current US Masters Swimming rules apply. All swimmers must be registered with USMS. All swimmers must include a copy of their USMS registration card with their entry. Lap counter cards will be provided for the distance events; however, swimmers must provide their own counter to operate them. Please note: the meet end time for Sunday will be 12:30 pm.

### Entries & Fees

Entries must be postmarked by Friday, August 3 or received by Monday, August 6. No deck entries will be accepted. Competitors may enter up to 5 individual events per day, plus relays. Send entries to:

Jeff Strahota  
5510 Grove St.  
Chevy Chase, MD 20815

### Relays

Relay Deck Entries will be accepted at the meet **before 12:30 pm for Saturday** and **before 8:00 am for Sunday**. They can also be mailed in with the entry form. Relay entry forms are available at [www.terrapinmasters.org](http://www.terrapinmasters.org) and will cost \$10 per relay.

### Awards

Medals will be awarded to the first, second, and third place finisher in each event for each age group. Special Championship awards to the high-point team in Large, Medium, and Small team categories. Individual events are scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2.

### Records

If a National or World Record is possible, please notify meet officials so that sufficient back-up timers can be provided.

### Seeding

Except for the 400 free, 400IM and 800 free, events will be seeded slowest to fastest, men and women combined. No Time entries will be seeded in the slowest heat. The three distance events will have the fastest heat of swimmers swimming first.

### Positive Check-in

Check in for Saturday's 800 Free is before the 400 IM; check in for the 400 Free is on Sunday before 8:30 am. Seedings will be posted at least 30 minutes prior to the event.

### T-Shirts

Custom designed meet t-shirts may be pre-ordered for \$15.

### Results

Results will be posted on the Potomac Valley Masters website ([www.pvmasters.org](http://www.pvmasters.org)) and submitted for top-ten recognition.

### Directions

From I-495 (The Beltway), take Route 1 South towards College Park. From Route 1, take Route 193 (Greenbelt Rd.) West. Drive 1.3 miles on Route 193, past Metzert Drive to Stadium Drive. Make a U-turn at Stadium Drive back onto Rte 193 going East. Take the first right at the new turn-off between Stadium Drive and Metzert Drive through the wooded area and on to the Comcast Arena parking garage. Walk across the pedestrian bridge below the garage to the ERC (the building on the right).

### Hotels

Days Inn College Park, 9137 Baltimore Ave, College Park, MD 20740  
Phone: 301-345-5000  
Econo Lodge College Park, 9624 Baltimore Ave, College Park, MD 20740  
Phone: 301-474-0003  
Holiday Inn Hotels Washington-College Park, 10000 Baltimore Ave, College Park, MD 20740, Phone: 301-345-6700  
Quality Inn and Suites, 7200 Baltimore Ave, College Park, MD 20740  
Phone: 301-276-1000  
Hampton Inn College Park, 9670 Baltimore Ave, College Park, MD 20740  
Phone: 301-345-2200  
Ramada Ltd College Park, 9113 Baltimore Ave, College Park, MD 20740  
Phone: 301-345-4900

### Questions

Meet Director: Jeff Strahota (240) 472.1481; [jstrahota@usms.org](mailto:jstrahota@usms.org)

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USMS # \_\_\_\_\_ Birthday: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Club: \_\_\_\_\_ Age: \_\_\_\_\_

Phone: \_\_\_\_\_ Sex: \_\_\_\_\_

Email: \_\_\_\_\_

**Attach a copy of your USMS card here**

**Please note: Entries without cards will be rejected.**

**Saturday August 18, 2007**

**Warm-ups: 12:00 pm**

**Meet Start: 1:00 pm**

Event	Seed Time (LC Meters)
1) 400 Mixed Free Relay	(Use Relay Form)
2) 200 Mixed Medley Relay	(Use Relay Form)
3) 200 Free	_____ : _____ . _____
4) 50 Back	_____ : _____ . _____
5) 200 Breaststroke	_____ : _____ . _____
6) 400 IM	_____ : _____ . _____
7) 100 Fly	_____ : _____ . _____
8) 50 Free	_____ : _____ . _____
9) 200 Backstroke	_____ : _____ . _____
10) 50 Breaststroke	_____ : _____ . _____
11/12) 400 Medley Relay	(Use Relay Form)
13/14) 200 Free Relay	(Use Relay Form)
15) 800 Free **	_____ : _____ . _____

**Sunday August 19, 2007**

**Warm-ups: 7:30 am**

**Meet Start: 8:30 am • Firm End Time: 12:30**

Event	Seed Time (LC Meters)
16) 400 Mixed Medley Relay	(Use Relay Form)
17) 200 Mixed Free Relay	(Use Relay Form)
18) 100 Free	_____ : _____ . _____
19) 200 Fly	_____ : _____ . _____
20) 100 Breast	_____ : _____ . _____
21) 200 IM	_____ : _____ . _____
22) 100 Back	_____ : _____ . _____
23) 400 Free **	_____ : _____ . _____
24) 50 Fly	_____ : _____ . _____
25/26) 400 Free Relay	(Use Relay Form)
27/28) 200 Medley Relay	(Use Relay Form)
29/30/31) 800 Free Relay	(Use Relay Form)

\*\*Positive Check-in required for 800 and 400 Free \*\*

Surcharge \$ 25.00

Colonies Zone T-Shirt (\$15 each) \_\_\_\_\_

Please circle size: S M L XL \_\_\_\_\_

Events @ \$5 each \_\_\_\_\_

Relays @ \$10 each \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

Check Payable to: Terrapin Masters

Send Entry to: Jeff Strahota

5510 Grove St.

Chevy Chase, MD 20815

[jstrahota@usms.org](mailto:jstrahota@usms.org)

Results will be posted at [www.pvmasters.org](http://www.pvmasters.org).

RELEASE BY PARTICIPANT FROM LIABILITY: "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 \_\_\_\_\_