

The 5th Annual Terrapin Masters' Terrapin Cup
Sunday June 21, 2009, 9:00 am

Eppley Recreation Center
University of Maryland, College Park



Sponsored By: Terrapin Masters
Sanctioned By: Potomac Valley LMSC for USMS, Inc. - Sanction #109-07
Meet Director: Jeff Strahota
Computers: Carrie Tupper

Location: Eppley Recreation Center (ERC) Natatorium, University of Maryland, College Park. The facility has hosted FINA World Cups, the NCAA Water Polo Final Four, ACC Conference Championships, and other National-caliber swimming events. The facility will be configured to a Long Course 50 Meter pool, featuring non-turbulent lane lines, touch pads, automatic timing, and scoreboards with lap split display.

Warm-Up: Warm-up begins at 8:10am. No diving except in designated lanes at designated times. An area will be available for continuous warm-down.

Eligibility: All swimmers must have a 2009 membership in U.S. Masters Swimming (USMS), and must include a copy of USMS card with registration. The standard Masters age groups will be used. Age is as of 12/31/2009. To register online, please visit www.usms.org/reg.

Entries: A flat fee of \$25.00 to enter up to five events. Deck entries may be accepted only if sufficient space and time are available, and accepted at the discretion of the Meet Director and/or CRS Aquatics Director.

Make checks payable to "Terrapin Masters" and send to Jeff Strahota, 5510 Grove St., Chevy Chase, MD 20815.

Relays: The 200 and 400 Medley and Free relays are included in the meet. Mixed, Male and Female relays may be swum in the same heat at the discretion of the meet director (due to time constraints), so please plan your relay schedule accordingly. The relay entry deadline is the conclusion of the Warm-Up Session (no later than 9:00am), and heat sheets will be posted at least 30 minutes prior to relay events.

Relay cards will be available online at www.terrapinmasters.org and on deck. Relays cost \$10 per relay.

Entry deadline: Entries must be **received** by the meet director and **in his hand** no later than Saturday, June 13, 2009.

Rules: Current USMS rules for Masters swimming will apply. Sexes and age groups will be combined. "NT" entries are discouraged and will be seeded in the first heat, except for the 400 Freestyle and 400 I.M. The 400 Free and 400 I.M. will be swum fastest to slowest, and are limited to three (3) heats each. All other events will be seeded slowest to fastest.

Awards: Ribbons will be given for first, second, and third places in each individual event.

Results: Results will be appropriately submitted for USMS Top Ten, USMS National and FINA World Record consideration, and posted on our website at www.terrapinmasters.org.

Directions: From I-495 (The Beltway): Take Route 1 (also known as Baltimore Ave.) 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 Terrapin Trail and proceed through the wooded area and in to the Comcast Arena parking garage. From the garage, walk across the pedestrian bridge to the Eppley Recreation Center, which is the building on the right.

Lodging:

For a list of University-recommended hotel listings, please visit:

<http://www.uga.umd.edu/admissions/visit/accommodations.asp>

Questions: Please call **Jeff Strahota** at (240) 472-1481 before 10:00 p.m. or e-mail at [jstrahota AT usms DOT org](mailto:jstrahota@usms.org)

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Sunday, June 21, 2009

Eppley Recreation Center, University of Maryland, College Park

Warm-up at 8:10 a.m. Meet starts at 9:00 a.m.

USMS #: _____ Club: _____

Name: _____

Address: _____

Age as of 12/31/09

Birthdate: _____ Age: _____

Phone #: _____ Sex: _____

Email: _____

Emergency Contact: _____ Relationship: _____

Phone #: _____

Attach a copy of your USMS card here
Entries without cards will be rejected

Phone and Email contacts will be used for entry form receipt verification, to clarify any errors in your entry and for any general meet communications.

Order of Events

Event #	Event Name	Seed Time (In LC Meters)	Event #	Event Name	Seed Time (In LC Meters)
1	400 I.M.		11	200 Butterfly	
2	50 Freestyle		12	100 Freestyle	
3	100 Breaststroke		13	200 I.M.	
4	50 Backstroke		14	50 Breaststroke	
5	200 Freestyle		15	200 Backstroke	
6	100 Butterfly		16	50 Butterfly	
7	200 Free Relay	Deck Entered	17	400 Free Relay	Deck Entered
8	400 Medley Relay	Deck Entered	18	200 Medley Relay	Deck Entered
	Break			Break	
9	100 Backstroke		19	400 Freestyle	
10	200 Breaststroke				

USMS Sanction # 109-07

Meet Charge: \$ 25.00

Pre-entered Relays: ___ x \$10: \$ _____

Total Amount Enclosed: \$ _____

Mail to: Jeff Strahota, Entries Chair
5510 Grove St.

Chevy Chase, MD 20815

Entries must be received by Saturday June 13, 2009

Checks payable to: "Terrapin Masters"

RELEASE

The following release must be dated, signed, and in possession of the Meet Director before the swimmer may compete.

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: _____

Questions: Please call **Jeff Strahota** at (240) 472-1481 before 10:00 p.m. or e-mail at jstrahota AT usms DOT org.