

The Terrapin Masters' Terrapin Cup
University of Maryland Eppley Recreation Center
College Park, Maryland
Sunday July 1, 2007, 9:30 am



Sponsored By: Terrapin Masters
 Sanctioned By: Potomac Valley LMSC for USMS, Inc. - Sanction #107-06
 Meet Director: Jeff Strahota

Location: University of Maryland, Eppley Recreation Center (ERC) Natatorium, College Park, Maryland. This facility has hosted FINA World Cups, NCAA Conference Championships, YMCA Nationals and other National swimming events. The facility will be configured to a Long Course 50 Meter pool, featuring non-turbulent lane lines, touch pads, automatic timing system, and scoreboard with lap split display. An area will be available for continuous warm-down.

Eligibility: The standard Masters age groups will be used. Age is as of 12/31/2007. Please note that USMS rules have changed to allow 18 year olds (and therefore the first age group is now 18 to 24). All swimmers must be registered with USMS, and must include a copy of their USMS card. If you are not registered, you may obtain a USMS registration form by going to www.pvmasters.org/reg.htm.

Entries: \$10.00 meet surcharge plus \$5.00 per individual event. A swimmer may enter a maximum of five events. Deck entries will be accepted as space and time permit at the discretion of the Meet Director and/or CRS Aquatics Director. Deck entries are a \$10 meet surcharge and \$10 per event. Make checks payable to "Terrapin Masters" and send to Jeff Strahota, 5510 Grove St., Chevy Chase, MD 20815-3410.

Relays: The 200 and 400 Medley and Free relays are included in the meet. Mixed, Male and Female relays will be swum in the same heat. Medley and Free heats may be combined to accommodate time constraints. The relay entry deadline is the conclusion of the Warm-Up Session (no later than 9:30am, July 1, 2007). Relays are \$10 per relay.

Entry deadline: Entries must be received no later than Saturday, June 23, 2007 or they will be considered deck entries.

Rules: Current USMS rules for Masters swimming will apply. Sexes and age groups will be combined. All "NT" entries will be seeded in the first heat, except for the 400 Freestyle and 400 I.M. The 400 Freestyle 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: Awards will be given for first, second, and third places in each individual event. As a meet premium, all entrants receive a "Terrapin Cup" with their timely meet registration.

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. Hard copies of results will be available upon request. Please send your request and \$5 to the Meet Director and include a self-addressed stamped envelope (SASE).

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 the new turn-off between Stadium Drive and Metzert Drive 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.

Nearby Lodging:

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

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

The Terrapin Masters' Terrapin Cup
Long Course Meters Swim Meet
University of Maryland Epley Recreation Center, College Park, MD
Sunday, July 1, 2007
Warm-up at 8:30 a.m. Meet starts at 9:30 a.m.

Name: _____ Club Abbrev: _____
 USMS No.: _____ Age on 12/31/07 _____ Sex: _____
 Street Address: _____
 City, State, Zip: _____
 Phone: _____
 E-mail: _____

Attach a legible copy of your USMS Registration Card here:

EMERGENCY CONTACT

Name: _____ Relationship: _____
 Phone # _____

Order of Events

Event #	Event Name	Seed Time (In Long Course Meters)	Event #	Event Name	Seed Time (In Long Course 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				

If unsure how to convert times to LONG COURSE METERS go to: <http://www.swimmingworldmagazine.com/results/conversions.asp>

Meet Surcharge: \$10.00
 Total Events ___ x \$5: \$_____ (Note: Deck Entries are \$10)
 Total Amount Enclosed: \$_____

Mail to: Jeff Strahota
5510 Grove St.
Chevy Chase, MD 20815-3410

Entries must be received by Saturday June 23, 2007
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@usms.org.