



**The Terrapin Masters' Terrapin Cup**  
**University of Maryland**  
**College Park, Maryland**  
**Saturday July 8, 2006, 12:45 pm**

Sponsored By: Terrapin Masters Swim Team  
 Sanctioned By: Potomac Valley LMSC for USMS, Inc. - Sanction # 106 - 09  
 Meet Director: Michael Lee

**Location:** University of Maryland, Campus Recreation Center (CRC) 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 12/31/2006. 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](http://www.pvmasters.org/reg.htm).

**Entries:** \$5.00 meet surcharge plus \$5.00 per individual event. A swimmer may enter a maximum of four events. Deck entries will be accepted as space and time permit at the discretion of the Meet Director and/or CRC Aquatics Director. Deck entries are a \$10 meet surcharge and \$10 per event. Make checks payable to Terrapin Masters, and send to Michael Lee, 126 Hedgewood Dr., Greenbelt, MD 20770.

**Relays:** 200 and 400 medley and free relays have been added to this year's meet. The 200 and 400 relays may be combined. Relay entry deadline is by the end of the Warm-Up Session on the day of the meet. Relays are \$8.

**Entry deadline:** Entries must be received no later than Saturday, July 1, 2006 or they will be considered deck entries.

**Rules:** Current USMS rules for Masters swimming will apply. Sexes and age groups will be combined. Events will be seeded slowest to fastest. "NT" will be seeded in the first heat, except for the 400 Freestyle. The 400 freestyle will be swum fastest to slowest, and is limited to three (3) heats.

**Awards:** Awards will be given for first, second, and third places in each individual event. As a meet premium, all entrants receive a ceramic Terrapin Cup coffee mug 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](http://www.terrapinmasters.org). Hard copies of results will be available upon request. Please send your request 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 Campus Recreation Center, which is the building on the right.

**Nearby Lodging:**

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

**Questions:** Please call Michael Lee at (301) 474-1178 before 8:00 p.m. or e-mail at [Korthain@yahoo.com](mailto:Korthain@yahoo.com)

# The Terrapin Masters' Terrapin Cup

Long Course Meters Swim Meet

University of Maryland Campus Recreation Center, College Park, MD

Saturday July 8, 2006

Warm-up at 12:45 p.m. Meet starts at 1:30 p.m., and ends by 6:00 p.m.

Name: \_\_\_\_\_ Club Abbrev: \_\_\_\_\_

USMS No.: \_\_\_\_\_ Age on 12/31/06 \_\_\_\_\_ Sex: \_\_\_\_\_

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

City, State, Zip: \_\_\_\_\_

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

E-mail: \_\_\_\_\_

EMERGENCY CONTACT Name (print): \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone # \_\_\_\_\_

Attach a legible copy of your USMS Registration Card here:

## Order of Events

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

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

Meet Surcharge: \$ 5.00

Total Events \_\_\_ x \$5.00: \_\_\_\_\_

Total Amount Enclosed: \$ \_\_\_\_\_

**Mail to: Michael Lee**  
**126 Hedgewood Dr.**  
**Greenbelt, MD 20770**  
**Entries must be received by Saturday July 1, 2006**  
**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: \_\_\_\_\_