



# **The 4<sup>th</sup> Annual Terrapin Cup & Colonies Zone Long Course Meters Championship**

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

August 23 & 24, 2008

Hosted By:

Terrapin Masters Swim Club & Campus Recreation Services

Sanction by Potomac Valley LMSC for USMS, Inc. #108-06

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

Hy-Tek, Scoreboard: CRS Aquatics Director Carrie Tupper

## **Facilities**

The meet will be swum at the University of Maryland Epley Recreation Center Natatorium using automatic timing. One 8-lane course will be used for competition. A separate 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 at date of entry. 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. Age is as of 12/31/2008.

*Please note: the meet end time for Sunday will be 12:30 pm.*

## **Entries**

Entries must be postmarked by Friday, August 8 or received by Monday, August 11. No deck entries will be accepted. Competitors may enter up to 5 individual events per day, plus relays. Send entries to:

Terrapin Masters, c/o Jeff Strahota  
5510 Grove St.  
Chevy Chase, MD 20815

## **Relays**

Relay entries may be mailed in with entry form or will be accepted on deck at the meet **before 12:30 pm for Saturday** and **before 8:00 am for Sunday**. Relay swimmers must be entered in the meet. Relay entry forms will be available at [www.terrapinmasters.org](http://www.terrapinmasters.org) and will cost \$10 per relay.

## **Awards**

Custom Colonies Zone Medals will be awarded to the first, second, and third place finisher in each event for each age group. Special Team 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.

## **Questions**

For questions, please contact Meet Director Jeff Strahota (240) 472.1481 or [jstrahota AT usms DOT org](mailto:jstrahota@usms DOT org)

## **Seeding**

Seeding is based on Long Course Meters (LCM) times. No Time entries are discouraged, and will be seeded in the slowest heat. All events, except for the 800 free, will be seeded slowest to fastest, with men and women combined. The 800 free will have the fastest heat of swimmers swimming first. The 800 free relay may be swum with all heats (men, women, mixed) combined if the timeline warrants.

## **Positive Check-in**

Positive Check-in is required for the 800 free and 400 free. Check-in for Saturday's 800 Free must be prior to Event #6 (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.

## **Results**

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

## **T-Shirts**

Custom designed meet t-shirts may be pre-ordered for \$15. A limited number of additional t-shirts will be available for purchase at the meet.

## **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 Route 193 going East. Take the first right at Terrapin Trail, drive through the wooded area and park in the Comcast Center parking garage. Walk across the pedestrian bridge below the garage to the ERC (the building on the right). Enter the building below the covered walkway, take elevator to the first floor and enter at front desk.

## **Hotels**

Quality Inn and Suites: [www.qualityinncollegepark.com](http://www.qualityinncollegepark.com)  
7200 Baltimore Ave, College Park, MD 20740. Phone: 301-276-1000

UMUC Inn & Conference Center (Marriott): [www.umucmarriott.com](http://www.umucmarriott.com)  
3501 University Blvd E., Adelphi, MD 20783. Phone: 301.985.7300

Marriott Greenbelt: [www.marriottgreenbelt.com](http://www.marriottgreenbelt.com)  
6400 Ivy Lane, Greenbelt, MD 20770. Phone: 301.441.3700.

For additional recommended hotel listings, please visit:  
<http://www.uga.umd.edu/admissions/visit/accommodations.asp>

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

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

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

Club: \_\_\_\_\_ Age: \_\_\_\_\_  
Age as of 12/31/2008

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

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

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

***Please note:***

*Entries without cards will be rejected  
Phone and email contacts will be used for meet communications and  
to clarify any errors in your entry*

Saturday August 23, 2008

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

Sunday August 24, 2008

Warm-ups: 7:30 am  
Meet Start: 8:30 am • Firm End Time: 12:30

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

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

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

Surcharge	\$ 20.00
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: Terrapin Masters, c/o Jeff Strahota  
5510 Grove St.  
Chevy Chase, MD 20815  
[jstrahota AT usms DOT org](mailto:jstrahota@usms.org)

Results will be posted at [www.terrapinmasters.org](http://www.terrapinmasters.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 \_\_\_\_\_