

THE MARYLAND LMSC OF  
UNITED STATES MASTERS SWIMMING

Presents:  
The

# 2011 SUMMER SWIM SERIES

<http://mdusms.org>



## CONVERTING YARDS TO METERS

To be ready for the summer season, here's how to convert your seed times from yards to meters:

### **Yards to Long Course Meters:**

First, convert your time to seconds and multiply by 1.1. Then, add 0.8 seconds for each turn you won't be doing. For example, a 200-yard race has 7 turns, while a 200-meter race has only 3, so you would add  $4 \times .8$ , or 3.2 seconds. *There is an exception:* For 500yd to 400m, convert your 500 time to 400 yards by multiplying by .8, then proceed as above for 400yd to 400m.

### **Yards to Short Course Meters:**

Since the number of turns is the same, simply convert your time to seconds and multiply by 1.1

If you prefer, try an online calculator, such as the one at:  
<http://www.csi.org/coursealti.aspx>

## MARYLAND IS OFFERING A 3-MEET SWIM SERIES IN 2011!

We are very excited to be offering, for the first time, a USMS sanctioned open water event in our Swim Series. This year's series will include one Short Course Meter meet, one Long Course Meter meet, and one Open Water competition. Please see below for the dates and locations of each, and the following pages for further details on each event. We strongly encourage you and your teammates to attend the swim series events. All will be low-key, fun, and (we believe) very rewarding!

### SAVE THE DATE!

#### SHORT COURSE MEET (25M POOL)

July 10, 2011 to be held at the George P. Murphy Pool, in Easton, MD

#### ONE-MILE OPEN WATER SWIM

August 7, 2011, in Centennial Lake, Columbia, Md.  
*Limited to the first 200 registrants!!!*

#### LONG COURSE MEET (50M POOL)

August 13, 2011, to be held at UMBC in Catonsville, MD





# MEET REGISTRATION INFORMATION:

- Pool Meets are free to all USMS swimmers registered in the Maryland LMSC. Online meet entry is required to utilize this benefit.
- Deck entry is available for a fee of \$15, and for Maryland LMSC members only. This fee is waived for any member age 60 or over. All Maryland swimmers who do wish to deck enter must bring a copy of their USMS registration card. Swimmers may print a copy of their card free of charge by following the online instructions at <http://mdusms.org>. Please note that deck entry is **NOT AVAILABLE** for open water competitions.
- Swimmers from other LMSC's are welcome for a fee of \$15, and with online meet entry *ONLY*.
- New Maryland USMS registrations will be permitted on pool deck, and will be exempt from the meet fee. USMS renewals will not be permitted on deck.
- Each meet will use an online meet entry system. The system will be accessible via <http://mdusms.org> at least 14 days prior to each meet, and will close no later than 9:00pm on the Thursday prior to the meet. Due to additional preparation requirements, open water events may close much sooner. Swimmers should consult the online entry site for accurate closing date information.
- Swimmers who enter online will be pre-seeded in the meet and in the meet program. Maryland deck entries will be inserted into open lanes or into new heats as required and at the discretion of the meet host's Meet Director. Some events may be designated as "full" by the Race Director, so swimmers who choose to deck enter may be unable to swim their preferred events. Online entry is *strongly* encouraged.
- Positive check-in at the meet for those who enter online is not required. The only exception to this policy pertains to distance events (400 and greater), which will generally require positive check-in prior to the start of the meet. Seeding of those distance events shall be done the day of the meet based on the actual people who show up to swim in the event.

# PROCEDURAL AND OTHER INFO:

- All meets will be sanctioned and will have at least two (2) officials. United States Masters Swimming (USMS) registration is required of ALL participants. Visit <http://mdusms.org> to register and for most other information.
- Meet seeding is generally done strictly by time. In these meets, men and women will compete together. Scoring will be computed in standard form, by age group and gender.
- The relays in all meets may be Mixed, Women, or Men. Mixed relays **MUST** consist of two women and two men. Swimmers may enter no more than one freestyle relay and no more than one medley relay. All members of a relay team **MUST** be registered with the same team (unattached swimmers are not allowed). Relays will be swum according to USMS relay age groups, calculated by cumulative relay team age.
- A preliminary meet program is usually provided to meet entrants the evening before the scheduled meet. Preliminary results are provided no later than two days after the event, and generally within one day.
- For pool meets, each swimmer will be allowed to swim up to three (3) individual events and two (2) relays per meet, unless otherwise specified on the Maryland LMSC website.
- Meet event offerings vary between each meet, and are specified later in this publication. They are also available on the Maryland LMSC website.
- Meet results will be submitted to USMS's searchable database.
- Please remember details provided in this announcement are considered preliminary, and subject to change. Exact dates, times, event lists, rules, and other details for each meet will be updated on our website as that information becomes available.



**U.S. MASTERS  
SWIMMING**  
swimming for life! [www.usms.org](http://www.usms.org)





## GEORGE P MURPHY COMMUNITY POOL EASTON, MD

SUNDAY  
JULY 10, 2011

### ORDER OF EVENTS:

1. 100 FLY
2. 200 FREE
3. 50 BREAST
4. 100 BACK  
\*\*\*break\*\*\*
5. 200 FREE RELAYS
6. 200 BREAST
7. 50 FREE
8. 100 IM
9. 100 BREAST
10. 200 BACK
11. 50 FLY  
\*\*\*break\*\*\*
12. 200 MEDLEY RELAYS
13. 100 FREE
14. 200 FLY
15. 50 BACK
16. 200 IM
17. 400 FREE / 400 IM

#### Notes:

The final two events (400 Free and 400 IM) will be combined heats and will run as time permits. It will be permitted for these to be a 4th individual event.

#### Sanctioned:

by Maryland LMSC for  
USMS, Inc.

Sanction# 091-009

#### Timeline:

Warmups: 8:00 am

Meet Start: 8:45 am

Meet Ends: by 1:00pm

#### Host:

Talbot County Manta  
Rays / George P Murphy  
Community Pool

#### Event Director:

Mark Oliphant

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



## UMBC CATONSVILLE, MD

SATURDAY  
AUGUST 13, 2011

### ORDER OF EVENTS:

1. 400 M FREE
2. 50 M BACK\*
3. 200 M IM
4. 100 M BREAST
5. 100 M FREE
6. 200 M BACK
7. 50 M FREE \*
8. 100 M FLY
9. 200M BREAST  
\*\*\*break\*\*\*
10. 50 M FLY\*
11. 100 M BACK
12. 200 M FLY
13. 50 M BRST\*
14. 400 M I.M.

#### Sanctioned:

by Maryland LMSC for  
USMS, Inc.

Sanction# 091-010

#### Timeline:

Warmups: 8:00 am

Meet Start: 8:45 am

#### Host:

Maryland Masters  
Swimming / UMBC

#### Event Director:

Patty Devanny

[DevannyP@aol.com](mailto:DevannyP@aol.com)

#### Notes:

Electronic Timing will not be available for 50-meter events.

If UMBC allows the time, the 800M Free will be added.

This will be determined by June 15, and will be updated on the LMSC website.



## CENTENNIAL LAKE ELLCOTT CITY, MD

SUNDAY  
AUGUST 7, 2011

### OPEN WATER 1-MILE SWIM

Sanctioned by Maryland LMSC for USMS, Inc., Sanction# 091-OW002

Timeline: Check-in 7:15-8:15am, Wave 1 @ 8:30am, Awards at 10:30am

Host: Central Maryland YMCA Masters Swim Team

Event Director: Michael Jacobson, [mikej@comcast.net](mailto:mikej@comcast.net)

Entries: This event will use online entries only — No Paper Entries

Swimwear Requirements: Open water swimwear definitions have been changed beginning January 1, 2011. These definitions will be applied to the Centennial Lake Swim. Only Category I (formerly non-wetsuit), which conforms to the FINA legal swimwear will be allowed. See online entry website for details.

### Directions to Swim Series Meet Locations:

#### George P. Murphy Community Pool 510 Port Street, Easton, Maryland 21601

**From West:** Route 50 East into Easton, Md. Just past Easton Airport, take slight right onto MD-322 (Easton Bypass).

Travel 2.6 miles and turn left onto Port Street. Pool is immediately to the left.

**From East:** Route 50 West toward Easton, Md. Just past auto dealerships (Volvo, Honda, Toyota), turn left onto MD-322 (Easton Bypass). Travel 2.6 miles and turn right onto Port Street. Pool is immediately to the left.

#### Centennial Lake / Centennial Park 10000 Rt. 108, Ellicott City, Md 21042

**From Baltimore:** Take I-95 south to exit 43B onto Rt.100 W, toward Ellicott City. Exit left onto US-29 south/Columbia Pike. Exit 21B to merge onto MD-108 west toward Clarksville. Main Entrance is approximately one mile ahead on right.

**From Annapolis / Bay Bridge:** Rt.50 W to Exit 21 (I-97 N) to Exit 14B (Rt100 W). Follow directions above from Rt.100 W.

**From D.C. & Points South:** I-95 N to Exit 38B (MD-32 W) to Exit 16A (US-29 N) to Exit 21B (MD-108W). Main Entrance is approximately one mile ahead on right.

#### UMBC Retriever Activities Center (RAC) 1000 Hilltop Circle, Baltimore, Md 21250

**From I-695:** Take Exit 12C (Wilkins Ave, West). UMBC is on left. Turn into first entrance, by police station. Take right at stop sign at top of hill. Proceed thru next traffic light. Pool is at the foot of the high-rise building at bottom of hill.

**From I-95:** Take Exit 47B (Catonsville/Rt.166) Follow the exit ramp over the bridge and bear right onto the campus. The pool will be directly ahead of you at the stop sign.

