

**2010 ALBATROSS OPEN (SCM)**  
**Saturday March 20, 2010**  
**Montgomery Aquatic Center, 5900 Executive Blvd., North Bethesda, MD**  
**WARM-UPS: 2:00-2:45 P.M. MEET: 3:00-7:45 P.M.**  
**Hosted by the Montgomery Ancient Mariners**

Sanctioned by Potomac Valley LMSC for USMS, Inc. #100-04

On Saturday afternoon, March 20, 2010 it will once again be the *Tyme of the Ancyent Mariners' Albatross Open*. We will host the meet in the Montgomery Aquatic Center. The pool will be configured as a **25-meter course**. The water depth varies from 7-18 ft deep making it a very fast pool. Dozens of USMS National and World Records have all been set at this meet!

**ENTRIES: New this year will be online entries!** Please also check out our new order of events. Entries are limited to the **first 200** individuals. Deck entries will be accepted **as space permits**. To be seeded, paper entries must be in the hands of the entries chair by **March 10, 2010** while online entries will be accepted until midnight on **March 15, 2010**. Entries after those deadlines will be charged the deck entry fee. Deck entries are **due by 2:15** on the day of the meet. Due to time constraints, **swimmers are limited to four events** exclusive of relays. We are limiting the **400 Free** to three heats. Please remember that your age for purposes of USMS swimming is your age as of **12/31/10**.

**Save a tree and save time, please enter online! You'll also get instant entry confirmation.**  
<http://www.pvmasters.org/albatross.htm>

**RULES:** Current USMS rules apply. All swimmers must be registered with USMS and include a photocopy of their USMS registration card with their entry. Entry forms sent in without a copy of the USMS card attached will be rejected. Deck entrants must bring their USMS cards. If you are not registered for USMS you may register online at [www.usms.org/reg/](http://www.usms.org/reg/)

**SEEDING:** Events will be seeded slow to fast. Men and women will be combined, except in the 50 freestyle. *Please enter with a seed time even if it is an estimate. "No time" entries & deck entries will be seeded at the discretion of the meet director.*

**RELAYS:** 200 & 400 "choice" relays will be swum at the end of the meet. Relay entry deadline is 6 pm on meet day.

**FEES:** \$5.00 per event plus a \$10.00 meet surcharge. Relays are \$8. Deck entries are \$7.00 per event plus \$10.00 surcharge.

**AWARDS AND RESULTS:** Awards for first through third places; special awards for USMS National or World Records (one per relay) and the man and woman recording the fastest time (regardless of age) in the 50 freestyle. Some special awards will be presented at the post-meet party, including a high point award to the top club outside ANCM to score the most points. Results will only be mailed out by request. Results will be posted on [www.pvmasters.org](http://www.pvmasters.org).

**FACILITY:** The Montgomery Aquatic Center is an indoor 50-meter, 8-lane pool with non-turbulent lane lines. The pool will be configured in a **25 meter course with full electronic timing**. An area will be available for continuous warmdown.

**POST-MEET PARTY:** A fully catered dinner including dessert and drinks (both alcoholic and non-alcoholic) will be featured at the post-meet social at a cost of only \$15.00. A limited number of tickets will be available at the meet for \$18. The social will be held near the pool.

**DIRECTIONS:** From I-495 (Capital Beltway): Take Old Georgetown Road (Rt 187) exit North. Go approximately 2 miles. Turn right on Nicholson Lane. Turn left at next traffic light onto Executive Blvd. Take first left into the parking lot for the Montgomery Aquatic Center. From DC: Take Wisconsin Avenue north through Bethesda. The road turns into Rockville Pike (Rt 355). Take a left on Marinelli Road (Metro stop on the corner) and continue straight into the Montgomery Aquatic Center parking lot. From the Metro: The Montgomery Aquatic Center is one block west from the White Flint Metro stop. **PARKING:** Limited parking is available at the Montgomery Aquatic Center. Nearby street parking is available on Executive Blvd and Wood Glen.

**QUESTIONS:** *Meet Director:* Cathy Gainor 301-681-6090 ([cathygainor@yahoo.com](mailto:cathygainor@yahoo.com))  
*Entries Chair:* Jeff Roddin 240-464-3982 ([jroddin@pvmasters.org](mailto:jroddin@pvmasters.org))

**No calls after 9 p.m. please.**

**ALBATROSS OPEN MEET ENTRY FORM**  
**Montgomery Aquatic Center, North Bethesda, MD**  
**March 20, 2010, Warm-Ups: 2:00 P.M., Meet: 3:00 P.M.**

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**Save a tree and save time, please enter online! You'll also get instant entry confirmation.**  
<http://www.pvmasters.org/albatross.htm>

**(If you enter online, please don't mail a paper entry)**

**MAIL TO: Jeff Roddin**  
**13548 Coachlamp Ln**  
**Silver Spring, MD 20906**

**PAPER ENTRY DEADLINE:** *received by March 10, 2010*  
**ONLINE ENTRY DEADLINE:** *March 15, 2010 at midnight*

If you are a registered USMS Swimmer, you must enclose a copy of your USMS Card. If any parts of the copy are unreadable, please fill out the box below or your entry will be rejected.

<b>Place Copy of 2010 USMS Card Here (Trimmed &amp; stapled, please.)</b>		
USMS Number	Team	
Name & Address (Name as it appears on USMS Card):		
Birth Date	Age (as of 12/31/10)	Sex

**RELEASE OF LIABILITY BY PARTICIPANT:**

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 of 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 \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

**CIRCLE EVENTS YOU WISH TO ENTER AND INDICATE SEED TIMES IN SHORT-COURSE METERS**

**(Enter no more than four events exclusive of relays):**

- |                           |  |
|---------------------------|--|
| 1) 100 Butterfly _____    | 10) 100 Indiv Medley _____               |
| 2) 100 Freestyle _____    | 11) 200 Backstroke _____                 |
| 3) 200 Breaststroke _____ | 12) 50 Butterfly _____                   |
| 4) 50 Backstroke _____    | 13) 100 Breaststroke _____               |
| 5) 200 IM _____           | 14) 50 Freestyle (women) _____           |
| 6) 50 Breast _____        | 15) 50 Freestyle (men) _____             |
| 7) 200 Freestyle _____    | 16) 400 Free (24 person limit) _____     |
| 8) 200 Butterfly _____    | 200 Choice Relay _____ <u>Deck Enter</u> |
| 9) 100 Backstroke _____   | 400 Choice Relay _____ <u>Deck Enter</u> |

**--10 minute break before event 10--**

**Fees:**

Individual Events	_____ x \$5.00	\$ _____ (Deck entries are \$7.00 per event)
Relays	_____ x \$8.00	\$ _____ (payable at meet – limited to 16 entries for each event)
Catered Social	_____ x \$15.00	\$ _____ (\$18.00 on day of the meet)
Short Sleeve T-shirts	_____ x \$15.00	\$ _____ small _____ medium _____ large _____ x-large
Long Sleeve T-shirts	_____ x \$18.00	\$ _____ small _____ medium _____ large _____ x-large
<b>Surcharge</b>		<b>+ \$ 10.00</b>

**TOTAL**

= \$
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**MAKE CHECK PAYABLE TO: *Montgomery Ancient Mariners***