

THE MARYLAND LMSC OF UNITED STATES MASTERS SWIMMING PRESENTS:

The Carol Chidester Memorial Swim Series

The 2006-2007 Swim Series will be similar to last season. Listed below are the main highlights:

- All six meets of the season will be free to all registered USMS Maryland LMSC swimmers, other LMSC swimmers are welcome, but it will cost them \$5 per meet. Registration forms will be available at the meet.
- Each meet will use an electronic timing system, if available.
- Each meet will have 50-100 of each stroke, 100-200 IMs and 200 Freestyle. The 500 free and 400 IM will be done at two of the meets.
- Each swimmer will be allowed to swim up to 3 individual events and 1 relay per meet.
- Meets results will be submitted to USMS's Results.net

We would like to encourage you and your teammates to attend the swim series. The meets are low-key and fun with a food social afterwards. The first meet will be held at the Howard County YMCA on Saturday, October 14.

Elections for the Maryland LMSC Officers will take place at the first meet of the season (October 14) and each registered Maryland LMSC member is encouraged to vote. A slate of officers will be presented and nominations from the floor will be accepted. This will be done on deck just prior to the relays.

All the swim meets will be deck entered. You will be required check in with the meet registrar to verify your current USMS registration (forms available to register will be at the meet). You will then be required to sign a waiver and given 3 meet entry cards. You will be required to turn in all your cards prior to the beginning of the meet to improve the seeding process.

All teams are asked to provide timers at each meet, not just the host team. Everyone needs to pitch in and help to make these meets enjoyable for all Masters. We will not be able to start the meet until we have adequate timers/runners.

The **Swim Series Challenge** for this year will only include the first five meets of the seasons (#1 to #5). An award will be given to each swimmer who competes in any 12 different individual events or who competes in all five meets. The awards will be presented at the swim social following the FINALE meet on March 24th.

MEET SCHEDULE:

<u>DATE</u>	<u>LOCATION</u>	<u>WARMUP TIME</u>	<u>ORDER OF EVENTS</u>
October 14	Howard County YMCA	4:00 PM	#1
November 11	Salisbury YMCA	4:00 PM	#2
December 9	Towson Univ.	4:00 PM	#3
January 20	AOSC	4:00 PM	#4
February 10 *	Severna Park	5:00 PM	#5
March 24	Talbot County YMCA	4:00 PM	FINALE

*A meeting at 3:00pm will precede the meet in February for everyone who is going to YMCA nationals with AACY.

CONDUCT:

- All meets will be sanctioned and have two officials, which will be paid for by the LMSC. The officials will be arranged by the LMSC, not the host team.
- All the meets are sanctioned due to insurance requirements, meaning that all participants must be registered with **United States Masters Swimming (USMS)**.
- If electronic timing is used, one timer per lane is sufficient. If not, there must be a minimum of 2 timers per lane.
- A swimmer is limited to 3 individual events and 1 relay per meet.
- Everyone should volunteer to time, not just the host team.
- There will be a \$5 charge to swim in each of the six meets if you are **NOT** a **Maryland LMSC** registered swimmer. Please bring exact change.
- Cards **MUST** be turned in at the seeding table before the start of the meet. Before each event, pick up your card which will indicate your heat and lane assignment.

THE 2006-2007 CAROL CHIDESTER MEMORIAL SWIM SERIES

ORDER OF EVENTS #1 - October 14 - 4:00 Warm-Up

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|------------------------|-------------------------------|
| 1. 200 yd Freestyle | <i>USMS MD-LMSC Elections</i> |
| 2. 100 yd Butterfly | 8. 400 yd Relay** |
| 3. 100 yd Breaststroke | 9. 200 yd Backstroke |
| 4. 200 yd IM | 10. 50 yd Butterfly |
| 5. 50 yd Backstroke | 11. 100 yd IM |
| 6. 50 yd Freestyle | 12. 100 yd Backstroke |
| 7. 50 yd Breaststroke | 13. 100 yd Freestyle |

ORDER OF EVENTS #2 - November 11 - 4:00 Warm-Up

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|------------------------|--------------------------|
| 1. 200 yd Breaststroke | 8. 200 yd Relay** |
| 2. 50 yd Butterfly | 9. 100 yd IM |
| 3. 100 yd Freestyle | 10. 100 yd Breaststroke |
| 4. 100 yd Backstroke | 11. 50 yd Backstroke |
| 5. 50 yd Breaststroke | 12. 200 yd IM |
| 6. 50 yd Freestyle | 13. 200 yd Freestyle |
| 7. 100 yd Butterfly | |

ORDER OF EVENTS #3 - December 9 - 4:00 Warm-Up

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|------------------------|--------------------------|
| 1. 200 yd Butterfly | 8. 400 yd Relay** |
| 2. 50 yd Backstroke | 9. 50 yd Breaststroke |
| 3. 100 yd Breaststroke | 10. 200 yd IM |
| 4. 100 yd IM | 11. 100 yd Freestyle |
| 5. 50 yd Butterfly | 12. 100 yd Backstroke |
| 6. 200 yd Freestyle | 13. 50 yd Freestyle |
| 7. 100 yd Butterfly | 14. 400 yd IM |

ORDER OF EVENTS #4 - January 20 - 4:00 Warm-Up

- | | |
|------------------------|---------------------------|
| 1. 400 yd IM | 10. 200 yd Relay** |
| 2. 50 yd Freestyle | 11. 200 yd Butterfly |
| 3. 100 yd IM | 12. 100 yd Freestyle |
| 4. 50 yd Backstroke | 13. 200 yd IM |
| 5. 100 yd Breaststroke | 14. 50 yd Breaststroke |
| 6. 200 yd Freestyle | 15. 200 yd Backstroke |
| 7. 100 yd Backstroke | 16. 50 yd Butterfly |
| 8. 100 yd Butterfly | 17. 500 yd Freestyle |
| 9. 200 yd Breaststroke | |

ORDER OF EVENTS #5 - February 10 - 5:00 Warm-Up

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|-----------------------------|-------------------------|
| 1. 100 yd IM | 8. 200 yd IM |
| 2. 100 yd Backstroke | 9. 50 yd Backstroke |
| 3. 50 yd Freestyle | 10. 200 yd Freestyle |
| 4. 50 yd Breaststroke | 11. 100 yd Breaststroke |
| 5. 100 yd Butterfly | 12. 100 yd Freestyle |
| 6. 800 yd Free Relay | 13. 50 yd Butterfly |
| 7. The Plunge | |

ORDER OF EVENTS - FINALE - March 24 - 4:00 Warm-Up

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|-----------------------|--------------------------|
| 1. 200 yd Freestyle | 7. 400 yd Relay** |
| 2. 50 yd Breaststroke | 8. 100 yd Freestyle |
| 3. 100 yd Backstroke | 9. 200 yd IM |
| 4. 100 yd Butterfly | 10. 100 yd Breaststroke |
| 5. 50 yd Freestyle | 11. 50 yd Backstroke |
| 6. 100 yd IM | 12. 50 yd Butterfly |
| | 13. 500 yd Free |

RELAY RULES**

- Relays are either Freestyle or Medley and **MUST** be noted on the entry card.
- The relays in all meets can be Mixed, Women, or Men and **MUST** be noted on card.
- All members of a relay team **MUST** be from the same registered team (no unattached swimmers allowed).
- Mixed relays **MUST** consist of two men and two women.
- The relays will be swum according to standard USMS relay age groups (18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+).

Directions to Swim Series Meet Locations:

Howard County YMCA: Located on Rt. 103 across from the Long Gate Shopping Center. From Rt. 29, exit at Rt. 100 East. Take the first exit, Long Gate Pkwy, and bear right. Turn left on Rt. 103 (Montgomery Rd). The YMCA is on your right. From Rt. 95, Take Rt. 100 West to the Long Gate Pkwy exit and bear right.

Salisbury YMCA: Take US-50 East across the Bay Bridge, towards Salisbury. As you approach Salisbury, US-50 forks with US-50 Business Route. Stay right, this becomes US-50 Business Route and follow for 4.9 miles. Turn right onto Beaglin Park Drive and follow for 1.2 miles. Turn right onto South Schumaker Drive (4th Light) and follow for 0.6 miles and the Y is on the right. The address is 715 South Schumaker Dr. Salisbury, MD.

Towson University – Burdick Hall Pool: From 695, take Charles St. south. Turn left on Towson Blvd. Turn right at the second light on Tower Dr. The pool is in Burdick Hall on your right. Park in the first lot on your right.

Arundel Olympic Swim Center: From 695, take Rt. 97 south to Rt. 50 east. Take the first exit #22, Aris T. Allen Blvd/Rt. 665. Take the first exit onto Riva Rd. south (right). Go thru 3 lights. The Arundel Olympic Swim Center is about 50 yds. ahead on the right, next to Annapolis High School.

Woods Community Aquatic Center: (Formerly Severna Park YMCA) From 695, take Rt. 97 south to Benfield Blvd. east. Take a right on Evergreen Rd at the traffic light at the Severna Park High School. When the road ends at Baltimore Annapolis Pike, Woods is straight ahead. Take a right, then 2 lefts to parking.

Talbot County YMCA: From West: take route 50E into Easton, MD. Just past the Easton airport, turn slight right onto MD 322 (Easton Bypass). Go 3 miles and turn left onto Peachblossom Rd. YMCA is immediately on the right. From East: take route 50W toward Easton, MD. Just past car dealerships (Volvo, Honda, Toyota), turn left onto MD 322 (Easton Bypass). Go 2 miles and turn right onto Peachblossom Rd. YMCA is immediately on the right.