

THE MARYLAND LMSC OF UNITED STATES MASTERS SWIMMING PRESENTS:

# The Carol Chidester Memorial Swim Series

The 2004-2005 Swim Series has been changed for this year in an attempt to increase the number competitors. Listed below are the main highlights:

- The first five meets of the season will be free to all registered USMS Maryland LMSC swimmers (other LMSC swimmers are welcomed but it will cost them \$5 per meet). Registration forms will available at the meet.
- The FINALE meet at AOSC will cost \$5 per swimmers and the electronic timing system will be used.
- Each meet will have 50-100-200 of each stroke and 100-200 IMs. The 500 free and 400 IM will be done at one of the meets and the FINALE meet.
- Each swimmer will be allowed to swim up to 3 individual events and 2 relays per meet.
- Meets results will be submitted to USMS's Results.net website.

We would like to encourage you and your teammates to attend the swim series. The meets are low-key and fun with a social

afterwards. The first meet will be held at the Howard County YMCA on Saturday, October 23.

Once a month, from October to March, a SCY swim meet will be held at a location in the Maryland LMSC. These meets will give everyone an opportunity to swim different events and meet new swimmers. The host team will sponsor a social after each meet. Some socials will request a donation; some may be at restaurants.

All the swim meets will be deck-entered, and you will be required to turn in all your cards just prior to the beginning of the meet to improve the seeding process. All participants must be registered with USMS. Registration forms will available at the meet.

All teams are requested 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.

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 19<sup>th</sup>.

## MEET SCHEDULE:

<u>DATE</u>	<u>LOCATION</u>	<u>WARMUP TIME</u>	<u>ORDER OF EVENTS</u>
October 23	Howard County YMCA	4:00 PM	#1
November 20	Salisbury YMCA	4:30 PM	#2
December 11	Towson Univ.	4:00 PM	#3
January 15	AOSC	5:00 PM	#4
February 5 *	Severna Park	5:00 PM	#5
March 19	AOSC	5:00 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 must 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 must be sanctioned due to insurance requirements, meaning that all participants must be registered with 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 2 relays per meet.
- Everyone should volunteer to time, not just the host team.
- There will be a \$5 charge to swim in each of the five regular meets if you are **NOT** a Maryland LMSC registered swimmer. Please bring exact change.
- There will be a \$5 fee for the **FINALE** meet, March 19 @ AOSC, for all swimmers.
- Arrive on time to warm-up and pick up 3x5 cards to enter your events. Cards must be turned back in before the start of the first event. Before each event, pick up your card that will indicate your heat and lane assignment.

## THE 2004-2005 CAROL CHIDESTER MEMORIAL SWIM SERIES

### ORDER OF EVENTS #1 - October 23 - 4:00 Warm-Up

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

### ORDER OF EVENTS #2 - November 20 - 4:30 Warm-Up

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

### ORDER OF EVENTS #3 - December 11 - 4:00 Warm-Up

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|------------------------|-------------------------|
| 1. 800 yd Free Relay   | 9. 100 yd Butterfly     |
| 2. 50 yd Backstroke    | 10. 200 yd Backstroke   |
| 3. 200 yd Breaststroke | 11. 200 yd IM           |
| 4. 100 yd IM           | 12. 100 yd Freestyle    |
| 5. 50 yd Butterfly     | 13. 200 yd Butterfly    |
| 6. 200 yd Freestyle    | 14. 50 yd Freestyle     |
| 7. 100 yd Backstroke   | 15. 100 yd Breaststroke |
| 8. 50 yd Breaststroke  | 16. 200 yd Med Relay    |
|                        | 17. 400 yd IM           |

### ORDER OF EVENTS #4 - January 15 - 5:00 Warm-Up

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

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

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|------------------------|-------------------------|
| 1. 800 yd Free Relay   | 9. <b>The Plunge</b>    |
| 2. 100 yd IM           | 10. 50 yd Backstroke    |
| 3. 200 yd Backstroke   | 11. 200 yd IM           |
| 4. 50 yd Freestyle     | 12. 100 yd Butterfly    |
| 5. 50 yd Breaststroke  | 13. 200 yd Breaststroke |
| 6. 200 yd Butterfly    | 14. 100 yd Freestyle    |
| 7. 100 yd Breaststroke | 15. 100 yd Backstroke   |
| 8. 200 yd Freestyle    | 16. 50 yd Butterfly     |

### ORDER OF EVENTS – FINALE – March 19 – 5:00 Warm-Up

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|------------------------|-------------------------|
| 1. 400 yd Free Relay   | 10. 100 yd Butterfly    |
| 2. 400 yd IM           | 11. 200 yd Breaststroke |
| 3. 50 yd Freestyle     | 12. 100 yd Freestyle    |
| 4. 100 yd IM           | 13. 200 yd Butterfly    |
| 5. 50 yd Backstroke    | 14. 50 yd Breaststroke  |
| 6. 100 yd Breaststroke | 15. 200 yd Backstroke   |
| 7. 200 yd Freestyle    | 16. 50 yd Butterfly     |
| 8. 100 yd Backstroke   | 17. 400 yd Med Relay    |
| 9. 200 yd IM           | 18. 500 yd Freestyle    |

The relays in all meets can be either Mixed, Women's, or Men's.

The relays will be swum according to standard USMS relay age groups (19+, 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 (4<sup>th</sup> Light) and follow for 0.6 miles and the Y is on the right. The address is 715 South Schumaker Dr. Salisbury, MD 21802 and phone number is 410-749-0101.

**Towson University – Burdick Hall Pool:** From 695, take Charles St. south. Turn left on Towsontown 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.