

THE MARYLAND LMSC OF UNITED STATES MASTERS SWIMMING PRESENTS

The Ann Johnsen Memorial Swim Series

Maryland is planning 4 summer meets for 2008:

- The meets will be free to all registered USMS Maryland LMSC swimmers. Other LMSC swimmers are welcome for a fee of \$10 per meet. (Exception: long-distance meet. See below.)
- Each meet will use an online meet entry system. Deck entry will be permitted.
- Each swimmer will be allowed to swim up to 3 individual events and 2 relays per meet.
- Meet results will be submitted to USMS's Results.net

Based on our recent survey, we've made some changes:

- Varied meet start times (Saturday morning, Saturday afternoon, Saturday evening, Sunday morning)
- Added a family fun relay
- Added a long-distance meet
- Scheduled two meets of all co-ed ("mixed") events

- Scheduled a pentathlon

We encourage you and your teammates to attend the swim series. The meets are low-key and fun.

You will be required to check in with the meet registrar to verify your current USMS registration. Check-in is required even if you provided meet entries online. All swimmers must be registered with USMS. You are no longer permitted to register with USMS at the meet. Online USMS registration is now available at <http://maryland.usms.org>.

All teams are asked to provide timers at each meet, not just the host team. We will not be able to start the meet until we have enough volunteers.

The swim series is in memory of Ann Johnsen. Ann was Head Coach for TCY, a national champion in the 400 IM, Masters World Championship medalist, a mentor and dear friend to many.

MEET SCHEDULE:

<u>SANCTION</u>	<u>DATE</u>	<u>LOCATION</u>	<u>CHECK-IN TIME</u>	<u>COURSE</u>
908-008	June 28 (Sat.)	Big Vanilla	3:00 PM	SCM
908-009	July 12 (Sat.)*	Easton	5:00 PM	SCM
908-010	July 13 (Sun.)**	Easton	8:00 AM	SCM
908-011	August 9 (Sat.)	UMBC	7:30 AM	LCM

*Saturday, July 12th at Easton will be long-distance events. Event entry fees will apply for this meet.

**Sunday, July 13th will include a Pentathlon. See below for details. There will be an entry fee for this event.

CONDUCT:

- All meets will be sanctioned and have two officials. All the meets are sanctioned due to insurance requirements, meaning that all participants must be registered with **United States Masters Swimming (USMS)**. Visit <http://maryland.usms.org> for USMS registration and more information.
- The Saturday, July 12th evening meet is new this year. For these long distance events, we will rely heavily on online event entry. Because we are unsure of the demand for a long-distance meet, we may need to close out certain events if they overfill. Or, if we do not have enough advance entries online, we may need to cancel the meet altogether. So please use online meet entry to help us plan this new type of meet. Depending upon the number of entrants, we may need to limit a swimmer to choosing either the 1500 or the 800 m Freestyle (not both). The online entry system will ask you for your preference in the event that we need to impose this limitation.
- The Sunday, July 13th meet at Easton will be seeded strictly by time. Men and women will compete together. Scores will be calculated as usual (by age group and by sex). This meet will also include a pentathlon consisting of the 4 50-meter events of each stroke plus the 100 IM. Accumulated times will determine the winner in each age group (men and women).
- 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 \$10 charge to swim in each of the meets if you are a USMS-registered swimmer outside of the Maryland LMSC.
- More details for each meet will be posted on our website <http://maryland.usms.org>

Questions? Contact Mark Oliphant at lane8@mac.com

THE MARYLAND LMSC OF UNITED STATES MASTERS SWIMMING PRESENTS

THE 2008 ANN JOHNSEN MEMORIAL SWIM SERIES

ORDER OF EVENTS #1
June 28 - 4:00p Warm-Up

1	200 m Individual Medley	2
3	50 m Backstroke	4
5	100 m Breaststroke	6
7	50 m Butterfly	8
9	200 m Backstroke	10
11	50 m Freestyle	12
13	100 m Individual Medley	14
15	200 m Free Relay	16
18	200 m Medley Relay	19
21	200 m Breaststroke	22
23	100 m Freestyle	24
25	50 m Breaststroke	26
27	100 m Backstroke	28
29	200 m Freestyle	30
31	100 m Butterfly	32
33	400 m Freestyle	34

NOTE: For meets #1 and 4

- Men's event numbers are listed to the left
- Women's event numbers are to the right
- Mixed relays will be run (but the event number does not appear in the grid)

RELAY RULES**

- Relays are either Freestyle or Medley and **MUST** be noted on the entry.
- The relays in all meets can be Mixed, Women, or Men and **MUST** be noted.
- The July 13th Family Fun Relay is a 100 m relay comprised of 2-4 family members of any age.
- 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+).

ORDER OF EVENTS #2
July 12 – 5:00p Warm-Up

1	1500 m Freestyle
2	400 m Individual Medley
BREAK	
3	800 m Freestyle

ORDER OF EVENTS #3
July 13 – 8:00a Warm-Up

1	200 m Medley Relay
2	50 m Butterfly*
3	200 m Freestyle
4	100 m Backstroke
5	50 m Freestyle*
6	200 m Breaststroke
7	200 m Backstroke
8	100 m Individual Medley*
9	100 m Breaststroke

FAMILY FUN RELAY

10	100 m Butterfly
11	50 m Backstroke*
12	200 m Individual Medley
13	100 m Freestyle
14	200 m Butterfly
15	50 m Breaststroke*

Pentathlon Awards

ORDER OF EVENTS #4
August 9 – 8:00a Warm-Up

1	400 m Freestyle	2
3	100 m Butterfly	4
5	400 m Free Relay	6
8	200 m Backstroke	9
10	100 m Breaststroke	11
12	200 m Freestyle	13
14	200 m Individual Medley	14
16	100 m Backstroke	16
18	200 m Butterfly	18
20	100 m Freestyle	20
22	200 m Breaststroke	22
24	400 m Medley Relay	25
BREAK		
27	50 m Butterfly	28
29	50 m Backstroke	30
31	50 m Breaststroke	32
33	50 m Freestyle	34

Note: For meets #2 & #3:

- All events are mixed men and women
- Events are seeded strictly by time

*denotes pentathlon events in Meet #3

Directions to Swim Series Meet Locations:

Big Vanilla: 26 Magothy Beach Road, Pasadena, Maryland

From the South: from route 50, take I-97 North to MD Route 100 EAST. Take a LEFT on MAGOTHY BEACH ROAD. Big Vanilla is on the left.

From the North: from the Baltimore Beltway, take Route I-97 South to MD Route 100 East. Take a left on MAGOTHY BEACH ROAD. Big Vanilla is on the left.

Easton (George P. Murphy Pool): 510 Port St, Easton, MD 21601

From West: take route 50E into Easton, MD. Just past the Easton airport, turn slight right onto MD 322 (Easton Bypass). Go 2.6 miles and turn left onto Port Street. Pool is immediately on the left.

Easton -- From East: take route 50W toward Easton, MD. Just past car dealerships (Volvo, Honda, Toyota), turn left onto MD 322 (Easton Bypass). Go 2.5 miles and turn right onto Port Street. Pool is immediately on the left.

UMBC: From the Baltimore Beltway (I-695): Exit 12, Wilkens Avenue West. UMBC is on the left. Turn into the first entrance by the police station. Take right at the stop sign at the top of the hill. Go through the next stop light. The pool is at the foot of the high-rise building at the bottom of the hill.

From I-95: Take the Catonsville exit (Rt. 166/195). Follow the exit ramp over the bridge and bear right onto the campus. The pool is directly ahead of you at the stop sign.