

The Carol Chidester Memorial Swim Series

The 2003-2004 Swim Series features meets at all the same facilities as last year. There have been some minor revisions to the orders of events to better serve us through the season. Encourage all your teammates to attend. 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 18. The meet will focus on the short individual events.

Once a month, an open meet will be held at one location for all Maryland swimmers. 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.

There will be a \$5 fee at each of the five regular swim series meets in order to cover the cost of the officials. Please bring exact change to simplify things for the host team. These five 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.

The championship meet will be pre-entered. We plan to feature a challenge pitting the Maryland LMSC versus the Potomac Valley LMSC. The times from all meets will be submitted for National and local top ten.

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 this year will be the same as last year. An award will be given to each swimmer who competes in any 12 different individual events during this series of six meets, or who competes in all six meets. The awards will be presented at the 30th anniversary Maryland LMSC awards party on June 5.

MEET SCHEDULE:

<u>DATE</u>	<u>LOCATION</u>	<u>WARMUP TIME</u>	<u>ORDER OF EVENTS</u>
October 18	Howard County YMCA	4:00 PM	#1
November 8	Meadowbrook	4:30 PM	#2
December 13	Towson Univ.	4:30 PM	#3
January 17	AOSC	4:00 PM	#4
February 7 *	Severna Park (or AOSC or CY)	5:00 PM	#5
March 20	UMBC	4:30 PM	MD vs PV Challenge

*A meeting at 3:30 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 1 relay, or 2 individual events and 2 relays in each 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. Please bring exact change.
- There will be a \$7 fee for the championship meet which must be pre-entered.
- 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 2003-2004 CAROL CHIDESTER MEMORIAL SWIM SERIES

ORDER OF EVENTS #1 - October 18 - 4:00 Warm-Up

- | | |
|--------------------------|------------------------------|
| 1. 200 yd Free/Med Relay | 9. 200 yd Anything |
| 2. 50 yd Freestyle | 10. 100 yd IM |
| 3. 100 yd Breaststroke | 11. 25 yd Freestyle |
| 4. 25 yd Butterfly | 12. 50 yd Butterfly |
| 5. 50 yd Backstroke | 13. 100 yd Freestyle |
| 6. 100 yd Butterfly | 14. 25 yd Breaststroke |
| 7. 50 yd Breaststroke | 15. 100 yd Backstroke |
| 8. 25 yd Backstroke | 16. 400 yd Free/Medley Relay |

ORDER OF EVENTS #2 - November 8 - 4:30 Warm-Up

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|--------------------------|------------------------|
| 1. 200 yd Free/Med Relay | 9. 100 yd Breaststroke |
| 2. 100 yd Butterfly | 10. 200 yd Freestyle |
| 3. 100 yd Freestyle | 11. 200 yd IM |
| 4. 50 yd Breaststroke | 12. 50 yd Backstroke |
| 5. 100 yd Backstroke | 13. 25 yd Choice ** |
| 6. 200 yd Choice ** | 14. 50 yd Freestyle |
| 7. 25 yd Freestyle | 15. 100 yd IM |
| 8. 50 yd Butterfly | 16. 800 yd Free Relay |

ORDER OF EVENTS #3 - December 13 - 4:30 Warm-Up

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|--------------------------|------------------------|
| 1. 400 yd Free/Med Relay | 10. 100 yd Freestyle |
| 2. 50 yd Backstroke | 11. 25 yd Freestyle |
| 3. 200 yd Freestyle | 12. 500 yd Freestyle |
| 4. 100 yd IM | 13. 100 yd Butterfly |
| 5. 50 yd Butterfly | 14. 200 yd Choice ** |
| 6. 25 yd Choice ** | 15. 50 yd Freestyle |
| 7. 100 yd Backstroke | 16. 100yd Breaststroke |
| 8. 400 yd IM | 17. 800 yd Free Relay |
| 9. 50 yd Breaststroke | 18. 500 yd Freestyle |

** "Choice" means either Backstroke, Breaststroke, or Butterfly.

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+).

* Novice events are restricted to new swimmers in their first year of competition.

ORDER OF EVENTS #4 - January 17 - 4:00 Warm-Up

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|--------------------------|-------------------------|
| 1. 200 yd Free/Med Relay | 9. 50 yd Butterfly |
| 2. 200 yd Freestyle | 10. 100 yd Freestyle |
| 3. 50 yd Breaststroke | 11. 25 yd Freestyle |
| 4. 100 yd Butterfly | 12. 500 yd Freestyle |
| 5. 50 yd Backstroke | 13. 100 yd Backstroke |
| 6. 25 yd Choice ** | 14. 200 yd IM |
| 7. 100 yd IM | 15. 50 yd Freestyle |
| 8. 200 yd Choice ** | 16. 100 yd Breaststroke |

ORDER OF EVENTS #5 - February 7 - 5:00 Warm-Up

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|--------------------------|-----------------------|
| 1. 400 yd Free/Med Relay | 10. <i>The Plunge</i> |
| 2. 100 yd IM | 11. 200 yd IM |
| 3. 200 yd Choice ** | 12. 100 yd Butterfly |
| 4. 50 yd Freestyle | 13. 25 yd Choice ** |
| 5. 50 yd Breaststroke | 14. 100 yd Freestyle |
| 6. 25 yd Freestyle | 15. 400 yd IM |
| 7. 100 yd Breaststroke | 16. 50yd Butterfly |
| 8. 200 yd Freestyle | 17. 100 yd Backstroke |
| 9. 50 yd Backstroke | |

ORDER OF EVENTS – MD vs PV Challenge – March 20 - 4:30 Warm-Up

TBD

We plan to have all the relays (200 and 400 free and medley and 800 free) and individual novice 50's as well as the standard 50's, 100's, and 200's of all strokes and IM.

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.

NBAC - Meadowbrook Pool: From 695, take Rt. 83 south (JFX). Exit at Northern Parkway and go east. Turn left (north) at the second traffic light on Falls Road. Turn left at the second light on Smith Ave. Take the first left on Cottonworth Ave. The pool is on the left, next to the Northwest Ice Rink and across from the Mt. Washington Post Office.

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.

UMBC: From the Baltimore Beltway (Rt. 695), take exit 12, Wilkens Ave. west. Turn left at the end of the exit ramp. UMBC is 1/2 mile on the left. Turn into the first entrance by the police station. Take a right at the stop sign at the top of the hill. Go through the next stoplight. The pool is at the foot of the high rise building at the bottom of the hill. From Rt. 95, take the Catonsville (Rt. 166/195) exit. Follow the exit ramp over the bridge and bear right onto the campus. The pool is directly ahead of you at the stop sign.