



THE 43rd MD Winter Distance Meet March 2-3, 2024

Location

The University of Maryland, Baltimore County (UMBC) is located off Rt. 95 in Catonsville, MD. It has a modern 8-lane 25 yard pool with a 13mx13m diving well. A fully electronic timing system will be used. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1

Warm-up Times

The pool will be open for warm-ups on Saturday at 4:00pm for 30 minutes and Sunday from 7:30- 8:00am. The meet will start promptly after warm-ups. The diving well will be available for warm up and warm down throughout the meet.

Rules

USMS rules will apply. The meet is open to any swimmer at least 18 years of age.

Age groups are: 18-24, 25-29, 30-34, 35-39,...100-104. Age for the meet is determined as of 3/2/2024.

Number of Events

Four events per session may be swum.

Seeding

Ages and sexes will be combined. For the 1650, faster heats will be swum first. All other events will be seeded slowest to fastest, including the 500FR and 400IM.

Final Results

Results will be emailed for review and then email again.

Warm-up Procedures

Swimmers must enter the pool feet first in a cautious manner. No diving is allowed at any time in either pool. Racing dives, including backstroke starts, are allowed only in the designated sprint lanes during the pre-meet warm-up sessions.

Entry Procedures

Online Registration

***Remember to update USMS registration for 2024** before the meet. Register online at

<http://www.usms.org/reg/>

Entry Fees

Event fee: \$45-65

Entry Deadline

All entries must be received by Feb 29th. Early deadline necessary for program compilation.

Hotels

Comfort Suites: 410-691-1000

Hampton Inn BWI: 410-850-0600

Courtyard by Marriott: 410-859-8855

Directions

From Rt. 95: Take the Catonsville exit (Rt. 166/195). Follow the exit and bear right onto the campus. The pool is directly ahead of you as you enter campus. Go straight through both traffic circles to park on top of the garage. Additional parking is under the garage and on the loop.

From Rt. 695: Take exit 12, Wilkens Ave. west. Turn left at the end of the exit ramp. Turn left into the entrance by the police station. Turn right at the stop sign. Proceed through a traffic light. Take the traffic circle nearly all the way around to get on top of the garage.