

Summer Nationals Preview

Give it the Old College (Park) Try!

Marriott USMS Summer National Championship at the University of Maryland, College Park



Alison Whitty

Swimmers from all over will meet behind the starting blocks in College Park, Md., Aug. 13–17, 2014, for a one-of-a-kind Summer Nationals. Situated near three thriving cities full of enticing attractions, the University of Maryland's Epley Natatorium is a 20-minute drive or Metro ride from Washington, D.C.'s historic sites and less than an hour from Annapolis and Baltimore. Don't miss out on a chance to visit our nation's capital and swim where Michael Phelps set a world record in 2003.

STATE-OF-THE-ART NATATORIUM

The deep and fast pool at the University of Maryland Epley Recreation Center Natatorium has played host to numerous big-ticket events over the years. It was the site of the 1999 and 2000 FINA World Cup, the 2006 and 2009 Atlantic Coast Conference Championships, the 2003 USA Swimming Summer Nationals, and hosted the YMCA Long Course Nationals annually from 1999 through 2008. This impressive facility is sure to deliver record-setting swims for many Masters swimmers. Carrie Tupper, associate director of aquatics, and Natalie Ferdinand, coordinator of aquatics programs, will be co-meet directors of this spectacular event.

Swimmers will race in 1.2 million gallons of water in the eight-lane, 50-meter competition pool, which is abundantly illuminated by north-facing windows. The pool ranges from 8 to 13.5 feet in depth and is tightly maintained at 78 to 80 degrees F. The pool also has an underwater speaker system and a lift system for disabled swimmers.

Ranging in depth from 3 to 4.5 feet, the seven-lane, 25-yard instructional pool, immediately adjacent to the competition pool, boasts underwater speakers and a zero-grade handicap ramp. This pool will be available to competitors for warm-up and cool-down throughout the event. Since no wall separates the two pools, the Colorado Systems video board will be visible to swimmers from almost anywhere in either pool.

Stands on the south side of the pool accommodate 1,000 spectators. Bleachers will also be installed on the pool deck, providing seating for 500 to 1,000 swimmers. Each locker room has 35 showers and 10 bays of lockers to accommodate all swimmers attending the event. Parking will be available in a garage behind the building or in metered spots on nearby streets.

BUCOLIC CAMPUS

Home to more than 37,000 students, the University of Maryland at College Park is the largest university in Maryland and the Washington, D.C., metropolitan area. Many of the campus's red brick buildings are fronted by tall white columns and situated around the grassy, central McKeldin Mall. Swimmers in need of a stress break can sprawl out in the green space, listen to the breeze rustling the leaves of tall trees, and inhale the aroma of colorful flowers. The variety of trees and plants around the campus led to its designation as the University of Maryland Arboretum and Botanical Garden in 2008. In addition to the 1,250 acres of developed campus, nearly 400 acres of urban forest add to the park-like ambiance of the campus.

Situated on the northwest side of campus, the Epley Natatorium lies near the Cambridge Community residence halls across the street from the open-to-the-public University of Maryland Golf Course. Swimmers wanting to fully immerse themselves in the University of Maryland campus experience can stay at the Elkton Hall dormitory during their visit.

SHORT TRIP INTO HISTORY

The nation's capital and all its monuments, memorials, and museums are about 8 miles from the natatorium. Swimmers craving a visit to the White House, the U.S. Capitol building, the Smithsonian museums, and myriad other sites in the Washington, D.C., area can hop on the Metro at the College Park station and reach the heart of the historical area in only 20 minutes. Other nearby attractions include the Washington Monument, the iconic Lincoln Memorial, and the moving World War II Memorial. Advanced reservations are required to visit some sites. Additional tourist information is available at destinationdc.com.

If a trip to Baltimore is in order, the fun and festive Inner Harbor is a must-see hive of activity and a great place to visit.

CONTACT INFORMATION

- usms.org
- www.umac.umd.edu
- [facebook.com/usmastersswimmingfanpage](https://www.facebook.com/usmastersswimmingfanpage)

Meet Directors

Carrie Tupper
ctupper@umd.edu
301-226-5383

Natalie Ferdinand
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301-226-5382

USMS National Office

info@usms.org
1-800-550-SWIM (7946)

TRAVEL INFORMATION

Ground Transportation and Airport

The Washington, D.C., area is served by most major airlines and three major airports: the Baltimore/Washington International Thurgood Marshall Airport (BWI), the Ronald Reagan Washington National Airport (DCA), and the Washington Dulles International Airport (IAD). Information on airline discounts may be found at usms.org.

Please visit the Metro website for trip planning and costs: wmata.com.

Resources

Book your flights to the three major airports in the Baltimore-Washington area. Special discounts and Internet fares on several airlines are available.

Globetrotter Travel Management Services Inc., 800-322-7032. Mon.–Fri., 8 a.m. to 5:30 p.m., travel@globetrottermgmt.com

- Service fee is \$15 per ticket
- Meeting code UMDSWIM0814 for special event airfare discounts
- Complimentary flight insurance

Download TRIPCASE to receive your itinerary on your

desktop or on your smartphone at tripcase.com.

Social

The meet social will be held at the Washington Nationals vs. Pittsburgh Pirates baseball game on Friday, Aug. 15. The game is scheduled to start at 7:05 p.m., and more information will be published in pre-event emails.

Hotel and Shuttle

A shuttle service is being offered for most hotels listed below. The cost is \$25 per person if reserved when registering for the meet or \$30 after the entry deadline. A schedule for the shuttle service between designated hotels and the university will be available at registration and at each hotel registration desk.

On-campus housing (single and double occupancy) is also available in Elkton Hall, an air-conditioned residence hall a 5-minute walk from the pool. Only twin beds are available.

Parking

Onsite parking will be available near the natatorium. Weekday parking will be \$10 per day, purchased

onsite. All hotels listed below are on the shuttle route except for the Courtyard Silver Spring Downtown. Please book by July 13, 2014, to ensure the best rate and availability. Mileage is to the natatorium.

Hotels on Shuttle Route

»» Greenbelt Marriott (4.3 miles) \$129
6400 Ivy Ln., Greenbelt, Md.
301-441-3700/800-228-9290
Reservation code: UMSP
Greenbelt Marriott 2014 USMS Summer Nationals

»» Marriott Inn and Conference Center (1.0 miles) \$129
3501 University Blvd., Adelphi, Md.
301-985-7300/800-228-9290
Reservation code: USMUSMA
UMUC Marriott 2014 USMS Summer Nationals

»» Residence Inn Greenbelt (4.0 miles) \$129
6320 Golden Triangle Dr., Greenbelt, Md.
Book your group rate: 2014 Marriott Summer Nationals at University of Maryland

»» Courtyard Silver Spring Downtown (5.5 miles) \$152

**Not on shuttle route*
8506 Fenton St., Silver Spring, Md.
Book your group rate: 2014 Marriott Summer Nationals at University of Maryland

»» Best Western (1.3 miles) \$120
8419 Baltimore Ave., College Park, Md.
301-220-0505
Reservation code: Best Western 2014 USMS Summer Nationals

»» Hampton Inn (3.2 miles) \$100
9670 Baltimore Ave., College Park, Md.
301-345-2200
Reservation Code: UMD Hampton Inn 2014 USMS Summer Nationals

»» Holiday Inn College Park (3.9 miles) \$105
10000 Baltimore Ave., College Park, Md.
301-345-6700
Reservation Code: MSN
reservations@hicollegepark.com

»» Elkton Hall Dormitory (5-minute walk) \$46–\$77 (Twin beds only; double and single occupancy available)
cvs.umd.edu/participants/usms.htm

Airport	Distance to University	Modes of Transportation Available		
BWI	Approximately 35 miles	Car rental	Super Shuttle	Metro bus*
DCA	Approximately 16 miles	Car rental	Super Shuttle	Metro rail#
IAD	Approximately 38 miles	Car rental	Super Shuttle	Bus and Metro rail^

*A Metro bus is available from the airport to the Greenbelt Metro Station, which is one stop from the College Park station.

The Yellow Line Metro train has a stop at the airport and may be used to transfer to the Green Line Metro and the Greenbelt or College Park station.

^ The Silver Line Metro does not yet extend to Dulles. Participants will need to take a bus to the Wiehle Reston Metro station, transfer to the Silver Line, and then transfer to the Green Line to the Greenbelt or College Park stations.

Check out the world-famous National Aquarium, tour historic ships, walk off the historic cobblestone streets and into an Old English-style pub, enjoy a seafood dinner in Little Italy, watch street performers, and listen to open-air concerts. More information about visiting the Baltimore area is available at baltimore.org.

Annapolis and the Chesapeake Bay are also close by. The region's rich history is on display in its Georgian architecture, museums, and tidal communities. Enjoy water taxis, walking tours, and steamed crabs. The most popular site to visit in Annapolis is the U.S. Naval Academy and its museum, which houses more than 50,000 artifacts. Learn more at visitannapolis.org.

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SWINGING SOCIAL

Friday night's meet social, a Pittsburgh Pirates vs. Washington Nationals baseball game at Nationals Park in Washington, D.C., will surely be a hit this summer. Swimmers will be able to purchase tickets in advance and drive or take public transportation to the ballgame. Situated at the edge of the Potomac River, Nationals Park is often described as one of the prettiest ballparks in the country.

FOODIE SCENE

According to Natalie Ferdinand, one of the meet directors, there are a variety of interesting restaurants within a 10-minute drive of the UMD campus. She recommends Franklin's Restaurant and General Store in Hyattsville as the place to go for fresh-brewed beer and American fare. Housed in a renovated hardware store, the restaurant also sells unusual gifts. Diners can request a table inside the brewing area.

Bus Boys and Poets—a chain of restaurants that originated in D.C. and named in honor of American poet Langston Hughes—is a popular gathering place for artists. The eclectic eatery serves a variety of menu items and also houses a bookstore, patio area, and a stage for performing artists.

With a warm and cozy ambience, Sir Walter Raleigh in nearby Greenbelt is the place to sink your teeth into steak, prime rib, or seafood. The abundant salad bar will also appease vegetarian appetites. If you're looking for a quick bite instead, Noodles and Company and Jason's Deli—both in College Park—fit the bill.

MEET YOU THERE!

A fun week of competition is all but guaranteed at the Marriott USMS Summer National Championship in College Park. Ferdinand says swimmers should get ready to “come out to have a great time and enjoy all this area has to offer.” Get psyched for a spectacular week of fast swimming, sightseeing, and on-campus fun in this extraordinary and historic setting. You won't be disappointed! —SUSAN DAWSON-COOK



Destination D.C.

MEET ENTRY

Online Entry

Visit usms.org/comp/lcnats14

Paper Entry Forms

Available by calling 1-800-550-SWIM (7946)

ORDER OF EVENTS

Wednesday, Aug. 13

1500 freestyle*

Thursday, Aug. 14

200 butterfly

50 breaststroke

100 freestyle

800 freestyle*

Friday, Aug. 15

400 IM

30-minute break

50 backstroke

200 freestyle

100 breaststroke

200 freestyle relay

Saturday, Aug. 16

100 butterfly

50 freestyle

200 backstroke

200 mixed free relay

200 mixed medley relay

400 freestyle

Sunday, Aug. 17

200 medley relay

100 backstroke

200 IM

50 butterfly

200 breaststroke

*You may swim either the 800 freestyle or the 1500 freestyle, but not both. Swimmers entering the 1500 free must meet the national qualifying time.

CHECK-IN DEADLINES

Positive check-in is required for the 400 IM and 400, 800, and 1500 freestyles, and will be required for the 100s and 200s if it is determined that deck seeding is necessary. Check-in may be done in person at the registration area or via Internet at usms.org according to the following schedule:

Date	Event	In-Person Check-in*	Online Check-in*
Wednesday, Aug. 13	1500 freestyle	Tues. 2:30–7 p.m.–Wed. by 7 a.m.	Mon. 7 a.m.–Wed. by 7 a.m.
Thursday, Aug. 14	800 freestyle	Tues. 2:30–7 p.m.–Thurs. by 10 a.m.	Mon. 7 a.m.–Thurs. by 10 a.m.
Friday, Aug. 15	400 IM	Tues. 2:30–7 p.m.–Fri. by 7 a.m.	Mon. 7 a.m.–Fri. by 7 a.m.
Saturday, Aug. 16	400 freestyle	Tues. 2:30–7 p.m.–Sat. by 10 a.m.	Mon. 7 a.m.–Sat. by 10 a.m.
Sunday, Aug. 17	200s/100s if deck seeding required	Tues. 2:30–7 p.m.–Sun. by 7 a.m.	Mon. 7 a.m.–Sun. by 7 a.m.

*All times are Eastern Daylight Time. If the 100 and 200 events are deck seeded, then their check-in deadlines will be 7 a.m. on the day the event is swum.

MEET INFORMATION

2014 Marriott U.S. Masters Swimming Summer National Championship



Sanctioned by the Potomac Valley LMSC for USMS Inc. Sanction Number 104-S001.

Location

Eppley Recreation Center
1115 Eppley Recreation Center
College Park, MD 20742
301-226-5382/301-226-5383

Facilities

Eppley Recreation Center Natatorium is a state-of-the-art facility that has hosted numerous aquatic events since its opening in 1998. The facility has an indoor 50-meter championship pool with 9-foot-wide lanes. The depth of the pool begins at 8 feet and gradually drops to 13.6 feet. The natatorium also offers a 25-yard by 25-yard instructional pool with 7-foot-wide warm-up and cool-down lanes. There will also be warm-up hours available in the 25-yard outdoor aquatic center recreational pool.

Eligibility

Participants must be registered Masters Swimmers and at least 18 years of age as of Aug. 12, 2014. Swimmers turning 18 after the meet entry deadline and by Aug. 12, 2014, must enter the meet by the meet entry deadline and register for USMS at the venue on Aug. 12. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swimming Committee (LMSC). If there are questions about affiliation, the swimmer will be entered with the affiliation "UC." (See **Paper Entries**.) International entries must include a copy of the swimmer's Masters Swimming registration card and fees in U.S. dollars.

Age Groups

Age for the meet is determined as of Dec. 31, 2014, except for 18-year-olds, who must be 18 by Aug. 12, 2014. Age groups for individual events: 18-24, 25-29, 30-34, 35-39 ... (five-year increments as high as necessary). Relay events: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399 ... (40-year increments as high as necessary). The aggregate age of the four relay team members determines the age group.

Registration

Prior to warm-ups or competition, all participants must register at the meet by signing an emergency card, safety information statement, and liability release. Registration will be held at the Eppley Recreation Center's West Gym on Aug. 12, 2014, from 2:30 to 7:30 p.m., and on all other days from 6 a.m. through the end of competition.

Seeding

Women's heats will precede men's heats for each event, except that men's and women's heats may be seeded together for the 400, 800, and 1500 freestyles. A decision regarding this will be announced at usms.org by July 30, 2014. The 1500 and 800 freestyles and 400 IM will be seeded slowest to fastest by entry time, regardless of age. The 400 free may be seeded slowest to fastest by entry time, regardless of age. The 200-meter events may be seeded by entry time, regardless of age, for each gender, if the timeline is too long. 50- and 100-meter events will be seeded by age group, with the oldest age groups first, slowest to fastest within each age group. All 50-meter events will be preseeded. All 100- and 200-meter events will be preseeded unless meet management determines that the meet cannot be completed in a timely manner. A decision regarding preseeded and deck-seeding for all 100- and 200-meter events will be announced at usms.org by July 30, 2014.

Event Check-in

Coaches or teammates may check in online or in person for those swimmers whose travel plans do not permit check-in by the deadlines. Failure to check in will result in the swimmer being scratched from the event and the swimmer will not be permitted to swim that event at another time.

Heat and Psych Sheets

Psych sheets for all individual events will be available on the usms.org website on or about July 21, 2014. Heat sheets for preseeded events will be available online around Aug. 1, 2014. Heat sheets for deck-seeded events will be posted at various places around the pool deck for swimmers after the check-in deadlines.

Meet Start Times

The competition will start at 8 a.m. every day unless it is determined that the timeline will go too late into the day; then competition may start as early as 7:30 a.m. on any day. Meet start times will be announced at usms.org by Aug. 1, 2014. Warm-ups in the competition pool will be shortened if necessary to accommodate an earlier start time.

Warm-up Times

The competition pool will be open for warm-up on Tuesday, Aug. 12, from 3 to 7 p.m. On competition days, the competition pool will be open from 6 a.m. until 7:50 a.m. and the warm-up pools will be available from 6 a.m. until the conclusion of the final event. The competition pool will also be open for warm-up for 30 minutes following the last heat of the 400 IM on Friday, Aug. 15. The competition pool will be open for at least 30 minutes following the last event each day. On Wednesday, Aug. 13, the competition pool will remain open for 1 hour following the last heat of the 1500 free, or 30 minutes if the last heat ends after 6 p.m.

Warm-up Procedures

Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pools only. Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.13.3). Pull buoys, kickboards, fins, hand paddles, and snorkels are not allowed in the competition or warm-up pools.

Scratches

Any swimmer failing to report to the proper lane in the correct heat of an event will be scratched from that event and not be permitted to swim that event at another time.

General Meeting

All swimmers, coaches, and officials are encouraged to attend or be represented at a general meeting in the natatorium seating area on Tuesday, Aug. 12, at 5 p.m. Matters pertaining to the operation and conduct of the meet will be discussed.

Gold Medal Sponsorship

Gold Medal Sponsors will be recognized in the official program as supporters of Masters Swimming. They will receive a commemorative gift and will be entitled to V.I.P. hospitality, which will include breakfast, lunch, snacks, and drinks. Cost is \$85 and the sponsorship can be ordered on the meet entry form.

Online Entries

Online entry is encouraged and provides immediate entry confirmation. Visit usms.org/comp/lenats14. Online registration will open no later than May 12, 2014, and will close at midnight Eastern Daylight Time on July

9, 2014. The meet surcharge increases from \$50 to \$60 on June 19, 2014 (see **Entry Deadline/Variable Surcharge/Mail Entry** for dates applying to both online and paper registration).

Paper Entries

Paper entry forms can be downloaded at usms.org/comp/lenats14 or will be mailed upon request by calling 1-800-550-SWIM (7946). Read all instructions and fill out the form completely. Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected (except for 18-year-olds who turn 18 after the meet entry deadline, but before the first day of the meet, who must enter the meet by the meet entry deadline, but may register at the venue on Aug. 12, 2014). A legible copy of a foreign swimmer's Masters registration card must accompany the entry form. A swimmer whose club affiliation differs from what is listed on his or her USMS registration card must send either a new USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

Fees

Fees are \$4 per individual event plus a surcharge per swimmer. The surcharge varies according to date of entry. (See **Entry Deadline/Variable Surcharge**.) Fees must accompany the entry form and must be paid in U.S. dollars by check or money order. Do not mail cash. The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars will be required before the entrant is allowed to swim. Refund requests must be received in writing (USPS or email) by July 16, 2014. No refunds will be given for events not swum. The surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers must submit an entry form with payment by the entry deadline. All fees should be payable to "U.S. Masters Swimming."

Entry Deadline/Variable Surcharge/Mail Entry

Online entries are encouraged and will be accepted until midnight Eastern Daylight Time on July 9, 2014. If entry is received by June 18, the surcharge is \$50. If entry is received after June 18 and by July 9, the surcharge is \$60. Entries received after July 9, 2014, will be returned to sender. No telephone or email entries will be accepted. Mail paper entries early (include a self-addressed stamped envelope with entry for proof of receipt). Do not send certified or overnight mail requiring a signature.

Photocopy completed entry forms and personal checks for your records and verification. Mail paper entries to: USMS Summer Nationals, P.O. Box 185, Londonderry, NH 03053-0185.

National Qualifying Times/Number of Events/Sixth Event

Competitors may enter up to three individual events without meeting the national qualifying time, or a maximum of six events if they meet the NQTs, i.e. have swum a time equal to or better than the NQT during the past two years. Exception: Competitors entering the 1500 free must meet the NQT. All swimmers are limited to three individual events per day. All events must include an entry time. If the meet is deemed too large, an athlete's sixth event will be dropped. On the entry form, indicate this event with a "6" in the designated column. No refunds will be given if the sixth event is dropped. If a swimmer enters an event with a time significantly slower or faster than that swimmer's recorded time in the previous two years, the meet director may, after a discussion with the swimmer, change the seeded time to a realistic time.

Distance Events (800/1500)

Swimmers may enter either the 800 or the 1500 free but not both. Swimmers entering the 1500 free must meet the NQT.

Relay Information

Swimmers can enter relays until 3 p.m. on the day before the relay is scheduled. Relay-only swimmers (i.e., not entered in an individual event) must have entered the meet and paid the surcharge by the meet entry deadline. Each competitor is allowed to swim only one freestyle relay, one medley relay, one mixed freestyle relay and one mixed medley relay. The entry fee for each relay is \$12. Relay entries may be submitted at the relay desk in the registration area. Each of the four members of any relay team must be registered with the same Masters club. Relay entry fee is in addition to individual entry fees. Relay entry forms are available for download at usms.org.

Time Verification (formerly OVCs)

Swimmers wishing to have times entered into SWIMS (USA Swimming times database) must complete a form at the meet prior to the swim. Contact the administrative referee at the meet.

Service Animals

Please contact the meet director by July 9, 2014, if you require the use of a service animal. Animals other than service animals will not be permitted on deck at the venue.