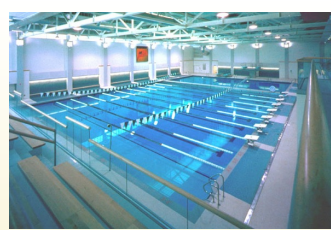


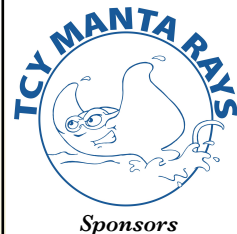
# 2010 MARYLAND CHAMPIONSHIPS



**Loyola University Maryland  
Fitness and Aquatic Center**  
4900 N. Charles Street  
Baltimore MD 21210

**Sunday, March 28, 2010**  
8:00 a.m. - Noon

*Sanctioned by Maryland LMSC  
for USMS, Inc. – Sanction  
number 090-006*



## Location

Loyola University Maryland's Fitness & Aquatic Center is located at the address above, which is just one block north of the Charles St. bridge. Limited designated parking spaces will be available on a first come-first served basis. Additional parking is available on N. Charles St. Detailed directions will be posted on our website.

Learn more about the facility by visiting <http://www.loyola.edu/recsports> and even more about the pool by clicking [HERE](#)

## Warm-up Times

The pool will be open for warm-ups from 8:00 am to 8:30 am. The meet will start promptly after warm-ups. A second 25-yard 4-lane area with backstroke flags will be available for warm up and warm down throughout the meet.

## Rules

USMS rules will apply, and the meet will be conducted according to the 2009-2010 Carol Chidester Swim Series. That announcement can be found on our website <http://maryland.usms.org> under "News". The meet is open to any member of the Maryland LMSC. Age groups are: 18-24, 25-29, 30-34, 35-39,...100-104.

Entries for the 500 free will be capped. The event is expected to fill up with online entries, and no deck entries will be permitted for this one event.

Unfortunately, due to limited time availability at Loyola University Maryland, we are not able to offer participation to other LMSC's.

| Session 1                      |                        |
|--------------------------------|------------------------|
| 1. Mixed 400 Individual Medley |                        |
| 2. (W) 200 Freestyle           | 3. (M) 200 Freestyle   |
| 4. (W) 50 Breaststroke         | 5. (M) 50 Breaststroke |
| 6. (W) 200 Backstroke          | 7. (M) 200 Backstroke  |
| 8. (W) 100 Butterfly           | 9. (M) 100 Butterfly   |
| Session 2                      |                        |
| 10. (W) 100 Breaststroke       | 11. (M) 100 Breast     |
| 12. (W) 50 Butterfly           | 13. (M) 50 Butterfly   |
| 14. (W) 200 I.M.               | 15. (M) 200 I.M.       |
| 16. (W) 100 Freestyle          | 17. (M) 100 Freestyle  |
| 18. (W) 50 Backstroke          | 19. (M) 50 Backstroke  |
| Session 3                      |                        |
| 20. (W) 100 I.M.               | 21. (M) 100 I.M.       |
| 22. (W) 200 Butterfly          | 23. (M) 200 Butterfly  |
| 24. (W) 100 Backstroke         | 25. (M) 100 Backstroke |
| 26. (W) 50 Freestyle           | 27. (M) 50 Freestyle   |
| 28. (W) 200 Breaststroke       | 29. (M) 200 Breast     |
| 30. Mixed 500 Freestyle        |                        |

*The order of events is based on the 2010 USMS Short Course National Championships.*

*There will be a 10 minute break at each session.*

*During the Session 2 break, the Swim Series Challenge awards will be presented.*

*During the Session 3 break, the Swim Series Club Point awards will be presented based on final club point rankings for the series.*

## Entry Procedures

Online meet entry will open Sunday, February 14, 2010. The link to online entry can be found on our website <http://maryland.usms.org> under "Events".

## T-Shirts

Custom high-quality 2010 Maryland Championship meet T-shirts will be available to pre-order online for pick-up at the meet. T-shirts are made to order; therefore, only those who enter online before March 19 will have the ability to order a T-shirt.

## Entry Fees

This meet is free to all swimmers who enter online. While deck entries are permitted, they are strongly discouraged. If you do deck enter, there may be a fee.

## Club Obligations

If you are affiliated with a Maryland club and are bringing 4 or more swimmers to this meet, you are required to supply at least 2 timers. Please email the names, cell #'s, and email addresses of your timers by Friday, March 19 to [MDLMSC\\_Meets@ClubAssistant.com](mailto:MDLMSC_Meets@ClubAssistant.com)

## Sponsored by

This meet is sponsored by the Talbot Masters (TCY Manta Rays) from Easton, MD. Computer operations and electronic timing by Clem Hathaway and Andy Burke. Officiating services provided by Sonya Baier and Linda Sagaser. Visit our website at <http://www.talbotmasters.org>