

**Eunice Kennedy Shriver & Sargent Shriver Aquatic Center  
5900 Executive Blvd., North Bethesda, MD**

**WARM-UPS: 12:00-12:45 P.M. MEET: 1:00-7:00 P.M.**

**Hosted by the Montgomery Ancient Mariners**

**Sanctioned by Potomac Valley LMSC for USMS, Inc. USMS Sanction: ???-???**

Saturday, March 18, 2023 -- will be the Montgomery Ancient Mariners' Albatross Open. ANCM will host the meet in the Eunice Kennedy Shriver & Sargent Shriver Aquatic Center. The pool will be configured as a **25-meter course**. The water depth varies from 7-18 ft deep making it a very fast pool. Dozens of USMS National and World Records have all been set at this meet!

**COVID SAFETY PROTOCOLS/MASKS:** Everyone inside the Kennedy Shriver Aquatic Center is required to follow state and local laws. If you do not follow these rules the meet director and/or officials may ask you to leave the premises. This facility is owned by Montgomery County, Maryland. Policies and updates can be found at the pool and county website:

<https://www.montgomerycountymd.gov/rec/facilities/AquaticCenters/KennedyShriver.html>.

**ENTRIES:** Entries are limited to the **first 215 individuals. If we reach 215 swimmers prior to the entry deadline, the online entry system will shut down.** Deck entries will be accepted as **space permits (only to fill empty lanes – no heats will be added)**. Online entries will be accepted until **11:59 p.m. on March 12** (Online entries for relays and relay-only swimmers will be accepted from **12 a.m. on March 13** until **11:59 p.m. on March 16.**). Entries after the deadline must be submitted as a deck entry at the meet and will be charged the deck entry fee. Deck entries are due by **12:15 pm** on the day of the meet. Due to time constraints, **swimmers are limited to four events exclusive of relays**. We are limiting the **400 M Freestyle to three heats**. Please remember that your age is as of **12/31/2023** for this meet per USMS rules.

**RULES:** Current USMS rules apply. All swimmers must be registered with USMS. Deck entrants must bring their USMS card. If you are not registered for USMS you may register online at [www.usms.org/reg/](http://www.usms.org/reg/)

**SEEDING:** Once again we will seed all the 50s men & women separately (slow to fast within gender). All other events will be seeded slow to fast, men & women combined. **Please enter with a seed time in SHORT COURSE METERS even if it is an estimate.** "No time" and deck entries will be seeded at the discretion of the meet director.

**RELAYS: REMINDER - THE DEADLINE FOR ALL RELAYS IS AT 2 P.M. THE DAY OF THE MEET. THEY MUST BE PAID FOR, INITIALED, AND TURNED IN AT THE REGISTRATION DESK UPSTAIRS.** Please enter ahead of time through Club Assistant instead.

**FEES:** \$6 per event plus a \$11 meet surcharge. Relays are \$10. Deck entries are \$8 per event plus \$11 surcharge.

**AWARDS AND RESULTS:** Awards for first through third place in each age group must be picked up at the meet; special awards for USMS National or World Records (one per relay) and the man and woman recording the fastest time (regardless of age) in the 50 freestyle. Some special awards (1<sup>st</sup>-3<sup>rd</sup> place excluded) will be mailed post-meet. Results will be mailed out only by request. Results will be posted on [www.pymasters.org](http://www.pymasters.org) and unofficial results will be posted at the meet.

**WORLD AND NATIONAL RECORDS:** Every year world and national records are broken at this meet. To facilitate the timing, approval, and processing of those records, we ask that you **notify us in**

**advance** that you will be making an attempt. Please send the Entries Chair or the Meet Director an e-mail (addresses are at the bottom of this announcement) indicating in which event(s) you will be vying for a new record.

**FINA COMPETITORS:** International entries are subject to verification and may require additional documentation. Please submit a copy of your Masters' Registration card/letter from your governing body to the meet director Kara Permisohn (kpermisohn@minkoff.com). Verification is required at the time of online entry. If you do not present verification, you will not be permitted to swim in the competition.

**FACILITY:** The Eunice Kennedy Shriver & Sargent Shriver Aquatic Center (KSAC) is an indoor 50-meter, 8-lane pool with non-turbulent lane lines. The pool will be configured in a **25-meter course\* with full electronic timing**. An area will be available for continuous warm down. Concessions are not sold on the premises so please plan accordingly.

\* The length of the competition course complies and is on file with USMS in accordance with articles 105.1.7 and 107.2.1. However, as a bulkhead course, the pool is subject to length confirmation on the day of the meet. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

**T-SHIRTS:** We are selling soft cotton short-sleeve T-shirts for \$18 and soft cotton long-sleeve shirts for \$23 before the meet. A limited supply also will be sold at the meet for an additional cost. We will post the T-shirt design on the Albatross Open webpage, [ancientmariners.org/albatross.htm](http://ancientmariners.org/albatross.htm), when it is ready.

**PAYMENT:** Payment by credit card is required for online entry. Cash and checks are acceptable payment methods for deck entries and T-shirts on the day of the meet.

**LODGING:** Lodging in nearby hotels is currently being explored. We will notify everyone when it is available.

**DIRECTIONS:**

\*From I-495 (Capital Beltway): Take Old Georgetown Road (Rt 187) exit North. Go approximately 2 miles. Turn right on Nicholson Lane. Turn left at next traffic light onto Executive Blvd. Take first left into the parking lot for the KSAC.

\*From DC: Take Wisconsin Avenue north through Bethesda. The road turns into Rockville Pike (Rt 355). Take a left on Marinelli Road (Metro stop on the corner) and continue straight into the KSAC parking lot.

\*From the Metro: The KSAC is one long block west from the White Flint Metro stop.

**PARKING:** Limited parking is available at the KSAC. Nearby street parking is available on Executive Blvd and Woodglenn Drive.

**QUESTIONS:**

Meet Director: Kara Permisohn, 301-252-3845 (kpermisohn@minkoff.com)

Entries Chairman: John McCaffrey 703-887-3173 (johnemccaff@gmail.com)

**No calls after 9 p.m. please.**

## EVENTS:

2023 EVENTS:			
1	Mixed	100 M	Fly
2	Mixed	100 M	Free
3	Mixed	200 M	Breast
4	Women	50 M	Back
5	Men	50 M	Back
6	Mixed	200 M	IM
7	Women	50 M	Breast
8	Men	50 M	Breast
9	Mixed	200 M	Free
10	Mixed	100 M	Back
11	Mixed	200 M	Fly
12	Mixed	400 M	Medley Relay*
13	Women	400 M	Medley Relay*
14	Men	400 M	Medley Relay*
15	Mixed	200 M	Free Relay
16	Women	200 M	Free Relay
17	Men	200 M	Free Relay
18	Mixed	100 M	IM
19	Mixed	200 M	Back
20	Women	50 M	Fly
21	Men	50 M	Fly
22	Mixed	100 M	Breast
23	Women	50 M	Free
24	Men	50 M	Free
25	Mixed	400 M	Free*
26	Mixed	200 M	Medley Relay
27	Women	200 M	Medley Relay
28	Men	200 M	Medley Relay
* The 400 IM and 400 Free Relays will be held next year.			

