Terrapin Masters Swim Club out of the Potomac Valley LMSC is running the 7th Annual Terrapin Cup at the University of Maryland on August 20th and 21st. Entries are due by August 15th. This is an 8 lane 50 meter pool, with a separate 25 yard pool for continuous warm-up and cool-down.

Meet information and registration link

UMD is a great facility that has regularly hosted USMS Colonies Zone Championships and has previously hosted high level competitions such as USA Swimming National Championships in the summer of 2004.

USMS Summer Nationals recap:

Although there were no Niagara swimmers at the meet, there were many highlights of the meet.

2011 FINA World Championships gold medalist Mark Gangloff returned from China and swam the 50 meter breaststroke in a time of :27.96 to claim the Men's 25-29 World Record.

Two active members of the USMS blogging community set World Records as well:

- Leslie Livingston went a :32.55 in the Women's 50-54 50 LCM Backstroke.
- Chris Stevenson went a 2:15.83 in the Men's 45-49 LCM Backstroke.

Anyone interested in learning more about how high level USMS swimmers train should definitely check out the blogs.

Leslie (aka The Fortress) posts her daily workouts and they tend to be sprinter oriented. Her

blog can be viewed at this link: The FAF AFAP Digest .

Chris also posts his daily workouts, which have a good mix of stroke and middle distance work. Chris' training journal
can be viewed by registered members of the USMS discussion forum community. Registration is free.

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