



YMCA MASTERS NATIONAL SWIMMING MEET April 12-15, 2007

Approved and hosted by the YMCA National Swimming and Diving Advisory Committee.
Recognized by Greater Indiana Masters for United States Masters Swimming, Inc

MEET FACILITY

Conducted at the IU Natatorium, Indianapolis, Indiana. The facility consists of:

- Two identical eight-lane, 25 yard pools.
- A separate warm-up / warm-down pool available throughout the meet.
- Dakronic Timing system will be used as the primary time, with a backup and a watch time on each lane.

RULES

Current "Rules That Govern YMCA Competitive Sports" will prevail. Current USMS technical rules will prevail unless otherwise noted in this meet information.

Swimmers with hearing or sight concerns should confer with the starter/referee prior to their events in order that assistance may be provided. Swimmers with physical disabilities may assume a starting position prior to other participants in a heat.

ELIGIBILITY

An individual shall be eligible to represent his/her Association in competition if they are a member in good standing 90 days prior to the first day of competition. This means that they must be a full-privilege member of the YMCA they are representing.

If a YMCA has established a special membership category for the participants on its competitive teams that is different from its full privilege memberships provided for the other youth and adults, those individuals are in violation of the "Rules that Govern YMCA Competitive Sports" and are ineligible for YMCA competition.

A swimmer must be an amateur athlete in the competitive season in swimming and be age 18 or older on the last day of the meet.

All swimmers are strongly encouraged to have a physical examination/medical evaluation prior to competing in the meet.

CERTIFICATE OF INSURANCE

YMCA TEAMS THAT DO NOT COMPLY WITH THIS REQUIREMENT WILL NOT BE ALLOWED TO SWIM AT THE MEET.

Each team, consisting of one or more individuals, must submit a "Certificate of Liability Insurance" from their YMCA in the minimum amount of \$1,000,000/\$2,000,000. The certificate must name the YMCA of the USA as the Certificate Holder (see sample). The "Certificate of Liability Insurance" must be sent directly to the YMCA of the USA as soon as possible, but no later than 22 March, 2007. Send it to:

YMCA of the USA
Attn: Pam Lebron
101 North Wacker Drive
Chicago, IL 60606

EVENTS

All events will be swum in two pools with odd-numbered heats in one pool and even-numbered heats in the other pool.

All events will be pre-seeded, by age group and then by time, slowest to fastest, except for the 500 Free, 1000 Free, 1650 Free, and 400 IM which will be seeded by time, slowest to fastest

INDIVIDUAL ENTRIES

A swimmer may enter no more than three (3) individual events per day, and no more than eight (8) individual events for the entire meet.

A swimmer's age group is determined by that swimmer's age on the last day of the meet, April 15, 2007. Age groups to be contested are as follows: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100+.

There are no qualifying time standards for this meet. A swimmer should enter his/her best achieved time for each event entered. An entry time of **"NO TIME"** will **NOT** be accepted. Each swimmer **MUST** sign the release form. In lieu of copying your YMCA membership card the team roster **MUST** be signed by the YMCA Executive Director this will be used as proof of membership.

A swimmer interested in USMS records or USMS Top Ten must be registered with USMS for the current year (2007). Your name on the entry must appear must be **EXACTLY** as it appears on your USMS card.

RELAY ENTRIES

Swimmers entered into relays but not swimming individual events must have their names listed on the team roster and must submit individual entry forms with appropriate fees paid.

Swimmers are not permitted to swim on more than 5 relays (one 200 freestyle relay, one 200 medley relay, one 200 mixed freestyle relay, one 200 mixed medley relay, or one 400 freestyle relay per event).

Relay age groups are determined by the age of the youngest swimmer on the relay. Age groups for relays are as follows: 18+, 25+, 35+, 45+, 55+, 65+, 75+, and 85+.

Associations may enter a maximum of three relays per age group in each women's and each men's relay event, and a maximum of six relays in each mixed relay event. **Only swimmers listed on the team's roster will be eligible to swim on the team's relays.**

Women's relays must consist of four women. Men's relays must consist of four men. Mixed relays may be made up of two women and two men, or three women and one man.

Once a relay team has been entered, the relay will be seeded at the time entered. **"NO TIME"** entries will **NOT** be accepted. The times of the four swimmers may be combined for relay entry times.

Relay cards should be submitted to the scoring room the day prior to the event. If necessary, changes to the relay may be made before the event is swum.

NOTE: Relay times at this meet can be considered for USMS Records and Top Ten Times, provided that all four members of the relay team are registered on the same USMS registered club.

TEAM ENTRIES

All team entries (including a team of one swimmer) must include:

1. "Team Entry Form",
2. "Team Roster Form",
3. "Individual Entry Form" for each swimmer on the roster,
4. "Relay Entry Form", if the team has relays to enter,
5. "Team Fee Summary Form", and

One check or money order per team covering all fees for the meet. Make checks payable to "2007 YMCA Masters"

HYTEK ENTRIES

Teams with 10 or more swimmers are encouraged to submit their entries electronically using HyTek entry system. The Hy-Tek entry is in addition to, not in place of, the written forms.

Teams entering with a HyTek entry system may request their results be returned electronically..

The event file is posted on www.swimminganddiving.org

ENTRY FEES

Entry fees are:

- \$30.00 surcharge per individual (does not include social)
- \$7.00 per individual event,
- \$28.00 per relay event,
- \$25.00 for the social (optional and limited to the first 300 swimmers)
- Final results will be posted on the web at www.ymcaswimminganddiving.org in a printable format. If desired you may include \$15 for printed results which will be mailed to you.

DEADLINE

All entries must be received by 6:00 PM, March 11, 2007. Faxed entries will not be accepted. Send entries by carrier with "receipt requested", OR include a self addressed, stamped envelope to receive confirmation from the entry chairman.

MAIL TO: Mel Goldstein

5735 Carrollton Ave

Indianapolis, Indiana 46220

PHONE: 317-253-8289

E-MAIL: goldsteinmel@sbcglobal.net

REGISTRATION

Registration will be conducted at the IU Natatorium from 3:00 to 7:00 PM, Wednesday, and registration will continue on Thursday through Sunday from 7:00 to 11:00 AM.

ALL PARTICIPANTS MUST REGISTER BEFORE THEY CAN SWIM IN THE MEET.

Heat sheets and tickets for the social will be distributed at registration. Coaches may also pick up their relay cards at registration.

WARM-UP

Wednesday from 1:00 PM to 7:00 PM. Thursday through Sunday from 7:30 AM to 8:45 AM in the entire pool; and from 7:30 AM to the end of the day's session in the warm-up/warm-down pool. The meet starts at 8:00 AM each day.

SCORING

Individual events: 9 – 7 – 6 – 5 – 4 – 3 – 2 – 1.

Relay events: 18 – 14 – 12 – 10 – 8 – 6 – 4 – 2.

AWARDS

Medals will be awarded for 1st through 8th place in both individual and relay events. One Championship Patch per meet will be given to our 1st place Champions.

No awards will
be mailed.

Medals that have not been picked up **will not be mailed.**

Team awards will be given to the 1st place men's team, first place women's team, and first through fifth place combined teams. (No large and small team divisions)

RECORDS	YMCA records are posted on the web site. Records for each event will be updated automatically. Lead-off splits will be recognized only if a completed "Record Request Form" is submitted to the referee prior to the event
PARKING	Parking is limited at the aquatic complex, however you can purchase a 4 day pass at registration.
SOCIAL	The Social will be Saturday, April 14, 2007 at University Place Hotel. The "Hoosier Hospitality Barbecue" with music and fun will be Saturday, April 14, 2007, and will be limited to 300 swimmers on a first come first serve basis...Please purchase your "Hoosier Hospitality Barbecue" ticket with your entry..
RESULTS	Final results will be posted in printable format on the web site www.ymcaswimminganddiving.org . The HyTek WIN-MM backup file will also be posted

YMCA MASTERS NATIONAL SWIMMING MEET

ORDER OF EVENTS

WOMEN	MEN	EVENT
Thursday, April 12, 8:00 AM		
1	2	1650 YARD FREESTYLE
3	4	1000 YARD FREESTYLE
Friday, April 13, 8:00 AM		
5	6	400 YARD INDIVIDUAL MEDLEY
7	8	400 YARD FREESTYLE RELAY
9	10	200 YARD FREESTYLE
11	12	50 YARD BREASTSTROKE
13	14	100 YARD BACKSTROKE
15	16	200 YARD BUTTERFLY
17	18	200 YARD MIXED MEDLEY RELAY
Saturday, April 14, 8:00 AM		
	20	500 YARD FREESTYLE (MEN) (15 MINUTE WARM-UP)
21/22		200 YARD MIXED FREESTYLE RELAY
23	24	100 YARD INDIVIDUAL MEDLEY
25	26	200 YARD BACKSTROKE
27	28	100 YARD FREESTYLE
29	30	50 YARD BUTTERFLY
21	32	200 YARD BREASTSTROKE
33	34	200 YARD MEDLEY RELAY
Sunday, April 15, 8:00 AM		
19		500 YARD FREESTYLE (WOMEN) (15 MINUTE WARM-UP)
35/36		200 YARD FREE RELAY
37	38	200 INDIVIDUAL MEDLEY
39	40	100 YARD BREASTSTROKE
41	42	50 YARD FREESTYLE
43	44	100 YARD BUTTERFLY
45	46	50 YARD BACKSTROKE

YMCA Masters National Swimming Meet

Individual Entry Form

**IU Natatorium
Indianapolis, Indiana
April 12-15, 2007**

Recognized by Greater Indiana for USMS, Inc.

* Be sure to enter your name exactly as it appears on your USMS card if you wish your times to be submitted for USMS records.

Name * (Last)		(First)	(MI)
USMS Reg. #	Age (as of 4/15/07)	Birthdate (M/D/Y)	Gender (M/F)
Address (Street)		(City)	(State) (Zip)
E-Mail	Day Phone ()	Eve. Phone ()	
Emergency Contact		Phone ()	
YMCA Name		Team Code	
YMCA Address (Street)		(City)	(State) (Zip)

Note: You may enter no more than 3 individual events per day and no more than 8 individual events for the meet. "No Time" entries will not be accepted.

Warm-up starts at 6:30 AM Meet Starts at 8:00 AM

(circle gender) Thursday, 12 April 2007

W / M	Event	Entry Time
1 / 2	1650 Freestyle	
3 / 4	1000 Freestyle	

(circle gender) Friday, 13 April 2007

W / M	Event	Entry Time
5 / 6	400 Individual Medley	
7 / 8	400 Freestyle Relay	See Relay Form
9 / 10	200 Freestyle	
11 / 12	50 Breaststroke	
13 / 14	100 Backstroke	
15 / 16	200 Butterfly	
17/18	200 Mixed Medley Relay	See Relay Form

(circle gender) Saturday, 14 April 2007

W / M	Event	Entry Time
20	500 Freestyle (Men)	
21/22	200 Mixed Freestyle Relay	
23 / 24	100 Individual Medley	
25 / 26	200 Backstroke	
27 / 28	100 Freestyle	
29 / 30	50 Butterfly	
31 / 32	200 Breaststroke	
33 / 34	200 Medley Relay	See Relay Form

(circle gender) Sunday, 15 April 2007

W / M	Event	Entry Time
19	500 Freestyle (Women)	
35/36	200 Free Relay	See Relay Form
37/38	200 Individual Medley	
39/40	100 Breaststroke	
41/42	50 Freestyle	
43/44	100 Butterfly	
45/46	50 Backstroke	

Liability Release:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Master's swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damage arising out of my participation in the YMCA Masters swimming program or any activities incident thereto against the YMCA of the USA, the YMCA National Swimming and Diving Advisory Committee, the IU Natatorium, or their respective officers, meet committee, employees, agents and directors, or any individuals officiating, as a condition of my participation in the 2007YMCA Masters National Swimming Meet to be held 12-15 April 2007.

Signature _____ Date _____

Meet surcharge (required)	1	x \$30 =	\$30
Number of Individual Events	_____	x \$7 =	_____
Final Results (optional)	_____	x \$15 =	_____
Hoosier Hospitality Social (Social Limited to 300)	_____	X\$25=	_____
Guests at Social (optional)	_____	x \$25 =	_____
TOTAL FEES =			

Entry Checklist:

- ☐ Entry form filled out completely with times in proper column.
- ☐ Entered in no more than three events per day, eight for the meet.
- ☐ Liability Release (above) signed and dated.

If you are the only swimmer from your YMCA then:

- ☐ Completed Team Entry form signed by your YMCA Executive Director.
- ☐ Completed Roster form signed by your YMCA Executive Director.
- ☐ Fees payable to "YMCA Masters National Swimming Meet".
- ☐ Entry postmarked by March 8, 2007, or received by March 11, 2007
- ☐ Stamped, self-addressed envelope for confirmation (optional).

This entry form is not complete unless your name is included on the signed Team Roster Form and your YMCA has sent the "Certificate of Liability Insurance" to the YMCA of the USA.

YMCA Masters National Swimming Meet

Relay Entry Form

Enter time in the appropriate block for each relay team.
 Each swimmer must complete an "INDIVIDUAL ENTRY FORM" even if swimming only in relays.
 Relay age is based on the age of the youngest swimmer in the relay.
 Associations may enter no more than 3 relays in each age group of a women's and men's relay event,
 and 6 relays in each age group of a mixed relay event.
 See the meet information sheet for additional information on relays.

YMCA NAME _____

AGE GROUP	WOMEN'S RELAYS			MEN'S RELAYS			MIXED RELAYS			
	FRIDAY EVENT 7 400 YD FREE	SATURDAY EVENT 33 200 YD MEDLEY	SUNDAY EVENT 35 200 YD FREE	FRIDAY EVENT 8 400 YD FREE	SATURDAY EVENT 34 200 YD MEDLEY	SUNDAY EVENT 36 200 YD FREE	FRIDAY EVENT 17/18 200 YD MEDLEY	SATURDAY EVENT 21/22 200 YD FREE		
19+	B	B	B	B	B	B	B	E	B	E
	C	C	C	C	C	C	C	F	C	F
25+	A	A	A	A	A	A	A	D	A	D
	B	B	B	B	B	B	B	E	B	E
	C	C	C	C	C	C	C	F	C	F
35+	A	A	A	A	A	A	A	D	A	D
	B	B	B	B	B	B	B	E	B	E
	C	C	C	C	C	C	C	F	C	F
45+	A	A	A	A	A	A	A	D	A	D
	B	B	B	B	B	B	B	E	B	E
	C	C	C	C	C	C	C	F	C	F
55+	A	A	A	A	A	A	A	D	A	D
	B	B	B	B	B	B	B	E	B	E
	C	C	C	C	C	C	C	F	C	F

COMPLETE TEAM SUMMARY FORM

YMCA Masters National Swimming Meet Relay Entry Form

Enter time in the appropriate block for each relay team.
Each swimmer must complete an "INDIVIDUAL ENTRY FORM" even if swimming only in relays.
Relay age is based on the age of the youngest swimmer in the relay.
Associations may enter no more than 3 relays in each age group of a women's and men's relay event,
and 6 relays in each age group of a mixed relay event.
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YMCA NAME _____

AGE GROUP	WOMEN'S RELAYS			MEN'S RELAYS			MIXED RELAYS			
	FRIDAY EVENT 7 400 YD FREE	SATURDAY EVENT 33 200 YD MEDLEY	SUNDAY EVENT 35 200 YD FREE	FRIDAY EVENT 8 400 YD FREE	SATURDAY EVENT 34 200 YD MEDLEY	SUNDAY EVENT 36 200 YD FREE	FRIDAY EVENT 17/18 200 YD MEDLEY		SATURDAY EVENT 21/22 200 YD FREE	
65+	A	A	A	A	A	A	A	D	A	D
	B	B	B	B	B	B	B	E	B	E
	C	C	C	C	C	C	C	F	C	F
75+	A	A	A	A	A	A	A	D	A	D
	B	B	B	B	B	B	B	E	B	E
	C	C	C	C	C	C	C	F	C	F
85+	A	A	A	A	A	A	A	D	A	D
	B	B	B	B	B	B	B	E	B	E
	C	C	C	C	C	C	C	F	C	F

*** COMPLETE THE TEAM FEE SUMMARY FORM ***

YMCA Masters National Swimming Meet

Team Roster Form

*** TYPE OR PRINT LEGIBLY **** ENTRY DEADLINE IS 8 MARCH 2007 ***

YMCA NAME _____

ASSOCIATION NUMBER _____

ENTER ONE NAME PER BLOCK, DUPLICATE THIS FORM IF MORE THAN 30 SWIMMERS OF EITHER GENDER.
In the "Exp Date" column, enter the expiration date of the swimmer's YMCA membership, or "C" if continuous.

WOMEN'S NAMES (LAST, FIRST MI)	Exp Date		MEN'S NAMES (LAST, FIRST MI)	Exp Date
		1		
		2		
		3		
		4		
		5		
		6		
		7		
		8		
		9		
		10		
		11		
		12		
		13		
		14		
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		16		
		17		
		18		
		19		
		20		
		21		
		22		
		23		
		24		
		25		
		26		
		27		
		28		
		29		
		30		

I certify that all of the individuals above are annual members, and entitled to full physical activity privileges, of this YMCA for a minimum of ninety days prior to the first day of competition, April 12, 2007.

Executive Director _____ Date _____

YMCA Masters National Swimming Meet Team Entry Form

YMCA Information:

YMCA Name	Association Number		
Address (Street)	City	State	Zip
Phone ()	FAX ()	E-mail	

Coach / Team Rep Information:

Name	E-mail		
Address (Street)	City	State	Zip
Day Phone ()	Evening Phone ()	Fax ()	

Please indicate where your team will be staying during the meet:

Hotel Name	Phone ()
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Coach / Team Rep Release (Must have signatures below, no exceptions):

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, administrators and assigns, waive and release any and all claims against YMCA of the USA, the YMCA National Swimming and Diving Advisory Committee, the IU Natatorium, the Greater Indianapolis YMCA, and all other staff for injuries and/or expenses incurred by me at the meet.

Coach / Team Rep	Date
Coach / Team Rep	Date
Coach / Team Rep	Date

ATTENTION EXECUTIVE DIRECTORS

Certificate of Liability Insurance (Required)

I hereby certify that our YMCA has a minimum \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the YMCA Masters National Swimming Meet and also names the YMCA of the USA Certificate Holder as an additional insured as it relates to this meet.

Executive Director's Signature	Date
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Executive Director's name printed

Send your "Certificate of Liability Insurance" (original certificate of insurance must be from broker/insurance carrier) by March 22, 2007:

YMCA of the USA
Attn: Pam Lebron
101 North Wacker Drive
Chicago, IL 60606

**YMCA TEAMS THAT DO NOT COMPLY WITH THIS REQUIREMENT
WILL NOT BE ALLOWED TO SWIM AT THE MEET**

**YMCA Masters National Swimming Meet
Team Fee Summary Form**

YMCA Name _____

**NOTE: FINAL RESULTS will be posted on the web at:
<http://www.ymcaswimminganddiving.org>
No free copies of the FINAL RESULTS will be sent to participating teams.**

TOTAL NUMBER OF OPTIONAL FINAL RESULTS (MAILED) _____ x \$15.00 = _____

TOTAL NUMBER OF WOMEN PARTICIPANTS _____ x \$30.00 = _____

TOTAL NUMBER OF WOMEN'S INDIVIDUAL EVENT ENTRIES _____ x \$7.00 = _____

TOTAL NUMBER OF MEN PARTICIPANTS _____ x \$30.00 = _____

TOTAL NUMBER OF MEN'S INDIVIDUAL EVENT ENTRIES _____ x \$7.00 = _____

TOTAL NUMBER OF RELAY TEAM EVENT ENTRIES _____ x \$28.00 = _____

TOTAL NUMBER ATTENDING SOCIAL _____ x \$25.00 = _____

TOTAL FEES ENCLOSED = _____

SEND ONLY ONE CHECK OR MONEY ORDER PER TEAM TO COVER ALL FEES!

**MAKE CHECK PAYABLE TO:
"2007 YMCA NATIONAL MEET"**

**MAIL ENTRY FORMS AND CHECK TO:
MEL GOLDSTEIN, MEET DIRECTOR
5735 CARROLLTON AVE
INDIANAPOLIS, INDIANA 46220**

RELAY CARD REQUEST

**If you have 10 or more relays entered above, you may have relay cards sent to the address below.
The cards will be sent approximately 1 to 2 weeks before the meet.**

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____