



YMCA MASTERS SWIMMERS

**SIGN UP NOW
FOR THE
2009
YMCA MASTERS
NATIONAL SWIMMING MEET**

**FORT LAUDERDALE AQUATIC COMPLEX
FORT LAUDERDALE, FLORIDA
APRIL 16 - 19, 2009**

**SOCIAL IS A DINNER AND BOAT CRUISE
SATURDAY, April 18, 2009 COST \$40
(Social limited to the first 300 who sign up)**

ENTRY DEADLINE IS MARCH 10, 2009

2009 YMCA Masters National Championship
April 16-19- 19, 2009
Fort Lauderdale Florida

New items

The following rule applies to any YMCA championship meet

Please be advised that the "Rules that Govern YMCA Competitive Sports" state that a competitor must be a full privilege (full facility) member of the YMCA to compete in championships.

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.

If you are working in Hy-Tek you may enter final results and social into the following events

- 101 Social \$40 listed as 400 fly
- 102 Social \$40 listed as 400 fly
- 103 Social \$40 listed as 400 fly
- 104 Final Results \$20 listed as diving

This keeps the money straight for you and for me.

Unlimited relays allowed
See relay page

Cost of printed results \$20

YMCA MASTERS NATIONAL SWIMMING MEET

2009 ORDER OF EVENTS

WOMEN	MEN	EVENT
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THURSDAY, APRIL 16, 8:00 AM

1	2	1650 YARD FREESTYLE * (see note below)
3	4	1000 YARD FREESTYLE * (see note below)

FRIDAY, APRIL 17, 8:00 AM

5	6	400 YARD INDIVIDUAL MEDLEY *
7	8	400 YARD FREESTYLE RELAY
9	10	200 YARD BREASTSTROKE
11	12	100 YARD FREESTYLE
13	14	100 YARD BACKSTROKE
15	16	50 YARD BUTTERFLY
17	18	200 YARD MEDLEY RELAY

SATURDAY, APRIL 18, 8:00 AM

	20	500 YARD FREESTYLE (MEN)* (15 MINUTE WARM-UP)
21/22		200 YARD MIXED FREESTYLE RELAY
23	24	100 YARD BREASTSTROKE
25	26	200 YARD BUTTERFLY
27	28	50 YARD FREESTYLE
29	30	200 YARD BACKSTROKE
31	32	100 YARD INDIVIDUAL MEDLEY
33	34	200 YARD FREESTYLE RELAY

SUNDAY, APRIL 19, 8:00 AM

19		500 YARD FREESTYLE (WOMEN) * (15 MINUTE WARM-UP)
35/36		200 YARD MIXED MEDLEY RELAY
37	38	50 YARD BACKSTROKE
39	40	200 YARD INDIVIDUAL MEDLEY
41	42	100 YARD BUTTERFLY
43	44	200 YARD FREESTYLE
45	46	50 YARD BREASTSTROKE

* These events will be seeded by time, slowest to fastest. All other events will be seeded by age group and then by time, slowest to fastest.

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 \$20.00 = _____

TOTAL NUMBER OF WOMEN PARTICIPANTS _____ x \$25.00 = _____

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

TOTAL NUMBER OF MEN PARTICIPANTS _____ x \$25.00 = _____

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 \$40.00 = _____

Reminder Social includes dinner and cruise

TOTAL FEES ENCLOSED = _____

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

MAKE CHECK PAYABLE TO:
"2009 YMCA NATIONAL MEET"

MAIL ENTRY FORMS AND CHECK TO:
CLAUDIA MULTER, MEET DIRECTOR
1075 OAKMONT AVENUE
HAMILTON, OHIO 45013

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 _____

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 City of Fort Lauderdale, Fort Lauderdale Aquatics 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 15, 2009:

YMCA of the USA
Attn: Joanne Wehrly
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 Roster Form

*** TYPE OR PRINT LEGIBLY **** ENTRY DEADLINE IS MARCH 10, 2008 ***

YMCA NAME _____

ASSOCIATION NUMBER _____

ENTER ONE NAME PER BLOCK, DUPLICATE THIS FORM IF MORE THAN 25 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		
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		22		
		23		
		24		
		25		

I certify that all of the individuals above are members of this YMCA with full facility privileges, and they have been members for a minimum of ninety days prior to the first day of competition, April 16, 2009.

Executive Director _____ Date _____

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 unlimited relays in each age group of a women's and men's relay event,
 and unlimited 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	FRIDAY EVENT 17 200 YD MEDLEY	SATURDAY EVENT 33 200 YD FREE	FRIDAY EVENT 8 400 YD FREE	FRIDAY EVENT 18 200 YD MEDLEY	SATURDAY EVENT 34 200 YD FREE	SATURDAY EVENT 21/22 200 YD FREE		SUNDAY EVENT 35/36 200 YD MEDLEY	
19+	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
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 THE TEAM FEE SUMMARY FORM ***

YMCA Masters National Swimming Meet Relay Entry Form

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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

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