



# YMCA MASTERS NATIONAL SWIMMING MEET April 16 - 19, 2009

**Revised January 13, 2009 –see relay section**

Approved and hosted by the YMCA National Swimming and Diving Advisory Committee.  
Recognized by Florida Gold Coast for United States Masters Swimming, Inc

## MEET FACILITY

Conducted at the Fort Lauderdale Aquatic Complex, Fort Lauderdale, Florida. The facility consists of:

- Two identical eight-lane, 25 yard pools.
- A separate warm-up / warm-down pool available throughout the meet.
- Colorado 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.

## DISABILITY

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

**Athletes must  
be full  
privilege  
members of  
their YMCA**

An individual shall be eligible to represent his/her Association in competition if they are a member in good standing for 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 LIABILITY INSURANCE

Critical Item  
Check the  
website for  
correct  
wording.

## **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 March 31, 2009. Send it to:

YMCA of the USA  
Attn: Joanne Wehrly  
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 19, 2009. 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.

A swimmer interested in USMS records must submit A current USMS membership number. .

## 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).

## Unlimited Relay Entries

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+.

New January  
13, 2009

**Associations may enter unlimited relays per age group in each women's and each men's relay event, and unlimited 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 "2009 YMCA Masters"

HYTEK  
ENTRIES

Teams with 10 or more swimmers are encouraged to submit their entries on a HyTek entry disk. This disk is in addition to, not in place of, the written forms. Teams entering with a HyTek disk may request that their results be returned on that same disk. The event file is posted on

[www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)

ENTRY FEES

Entry fees are:

- \$25.00 surcharge per individual (does not include social)
- \$7.00 per individual event,
- \$28.00 per relay event,
- \$40.00 for the social (optional)
- Final results will be posted on the web at [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org) in a printable format. If desired you may include \$20 for printed results which will be mailed to you.

DEADLINE

**All entries must be received by 6:00 PM, March 10, 2009.** 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: Claudia Multer

1075 Oakmont Avenue

Hamilton, Ohio 45013

PHONE: 513-863-6298

E-MAIL: [claudiam@one.net](mailto:claudiam@one.net)

REGISTRATION

Registration will be conducted at Fort Lauderdale Aquatic Complex from 5:00 PM to 8:00 PM, Wednesday, and registration will continue on Thursday through Sunday from 7:00 to 11:00 AM (or until the conclusion of competition).

**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 5:00 PM to 7:30 PM in the entire pool; Thursday through Sunday from 6:30 AM to 7:45 AM in the entire pool; and from 6:30 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 1<sup>st</sup> through 8th place in both individual and relay events.

No awards  
will be  
mailed.

Medals that have not been picked up **will not be mailed. We do not promise to remain at the pool more than 30 minutes after the meet. The medals will be packed up and we can no longer access them.**

TEAM  
AWARDS

Team awards will be given to the first 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.**

SOCIAL

The Social will be Saturday, April 18, 2009

**We are excited to offer you a dinner and a short cruise this year. Once again a large portion of the cost is underwritten by the Fort Lauderdale Visitors and Convention Bureau.**

Your cost is \$40 per person.

**We will be limited to the first 300 who sign up.**

**You must purchase tickets with your entry so that we may have a correct number of those participating in the social.**

RESULTS

Final results will be posted in printable format on the web site

[www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org). The HyTek backup file will also be posted



# **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

## Reminders

### **Full facility memberships are required**

We are asking the Executive Director to verify that all competitors are "full privilege" members of the YMCA and Have been for 90 days prior to the meet

### **The following rule applies to any YMCA championship meet**

Please note 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.

**Executive Director: Your signature on the roster pages verifies that all competitors from your YMCA are presently full privilege members and have been for 90 days prior to competition.**

### **Insurance**

Each competitor must be covered by insurance

There is no individual insurance

Every competitor must be sure that their YMCA has submitted a **certificate of insurance for their YMCA.**

The wording must be exact.

**Check the website [www.swimminganddiving.org](http://www.swimminganddiving.org) for a sample.**

### **NEW!!!!**

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.

# YMCA MASTERS NATIONAL SWIMMING MEET

## 2009 ORDER OF EVENTS

WOMEN	MEN	EVENT
<b>THURSDAY, APRIL 16, 8:00 AM</b>		
1	2	1650 YARD FREESTYLE * (see note below)
3	4	1000 YARD FREESTYLE * (see note below)

<b>FRIDAY, APRIL 17, 8:00 AM</b>		
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

<b>SATURDAY, APRIL 18, 8:00 AM</b>		
	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

<b>SUNDAY, APRIL 19, 8:00 AM</b>		
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 Individual Entry Form

**Fort Lauderdale Aquatic Complex  
Fort Lauderdale, Florida  
April 16 - 19, 2009**

*Recognized by Florida Gold Coast 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 4/16/2009)	Birthdate (M/D/YY)		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, April 16, 2009**

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

**(circle gender) Friday, April 17, 2009**

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

**(circle gender) Saturday, April 18, 2009**

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

**(circle gender) Sunday, April 19, 2009**

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

**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 City of Fort Lauderdale, Fort Lauderdale Aquatics or their respective officers, meet committee, employees, agents and directors, or any individuals officiating, as a condition of my participation in the 2009 YMCA Masters National Swimming Meet to be held April 16-19, 2009.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Meet surcharge (required)	<u>1</u>	x \$25	<b>\$25</b>
Number of Individual Events	_____	x \$7 =	_____
Final Results (optional)	_____	x \$20 =	_____
Boat Cruise Social (optional) (Social Limited to 300)	_____	x \$40 =	_____
Guests at Social (optional)	_____	x \$40 =	_____
<b>TOTAL FEES =</b>			

**Entry Checklist:**

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

If you are the only swimmer from your YMCA then:

- c Completed Team Entry form signed by your YMCA Executive Director.
- c Completed Roster form signed by your YMCA Executive Director.
- c Fees payable to "YMCA Masters National Swimming Meet".
- c Entry received March 10, 2009 6 PM
- c 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 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 ( ) \_\_\_\_\_

## 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 \_\_\_\_\_

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		
		11		
		12		
		13		
		14		
		15		
		16		
		17		
		18		
		19		
		20		
		21		
		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

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,  
 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 FREESTYLE	FRIDAY EVENT 18 200 YD MEDLEY	SATURDAY EVENT 34 200 YD FREE	SATURDAY EVENT 21/22 200 YD FREESTYLE		SUNDAY EVENT 35/36 200 YD MEDLEY	
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 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 = \_\_\_\_\_

Remider 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 \_\_\_\_\_