



# YMCA MASTERS NATIONAL SWIMMING MEET April 15 - 18, 2010

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 See separate eligibility statement

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

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

Critical Item  
Check the  
website for  
correct  
wording.

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, 2010. Send it to:

YMCA of the USA  
Attn: Joanne Wehrly  
101 North Wacker Drive  
Chicago, IL 60606

If you have any problem obtaining a certificate of insurance please contact Claudia Multer [claudiam@one.net](mailto:claudiam@one.net). Indicate the YMCA and the executive director will be contacted.

## 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, 2010. 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+.

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 "2010 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.

DEADLINE

**All entries must be received by 6:00 PM, March 17, 2010.** 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 will be given to the first place men's team, first place women's team, and first

TEAM  
AWARDS

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

Social is a dinner buffet on Friday April 16, 2010  
Westin Hotel – (formerly Yankee Trader)  
Time 4-6 PM

Cost to you is \$10  
Reservations needed

Send with your entry or email [claudiam@one.net](mailto:claudiam@one.net)

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