



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Social Decided

Saturday
April 16, 2011
International
Swimming
Hall of Fame

Time 6- 8 PM
Cost \$15



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**YMCA MASTERS NATIONAL
SWIMMING MEET
April 14-17, 2011**

*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 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.

**See separate
eligibility
statement**

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 16, 2011. Send it to: YMCA of the USA
Attn: Robin Lee
101 North Wacker Drive
Chicago, IL 60606
If you have any problem obtaining a certificate of insurance please contact Claudia Multer claudiam@one.net. Indicate the YMCA and the executive director will be contacted.

WAIVER **Individuals – be sure to sign your waiver on the entry form.**



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**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 17, 2011. 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**

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. Mixed relays going for a USMS record must be two women and two men.

**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 "2011 YMCA Masters"

**HYTEK
ENTRIES**

Teams with 10 or more swimmers are encouraged to submit their entries via email in a Hy-Tek entry file. This file is in addition to, not in place of, the written forms. The event file is posted on www.ymcaswimminganddiving.org.

ENTRY FEES

Entry fees are:

- \$25.00 surcharge per individual (does not include social)
- \$7.00 per individual event,
- \$20.00 per relay event,
- SOCIAL UNDECIDED AT THIS POINT
- Final results will be posted on the web at www.ymcaswimminganddiving.org in a printable format.

REGISTRATION

Registration will be conducted at Fort Lauderdale Aquatic Complex from 4:00 PM to 7:30 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.



**FOR YOUTH DEVELOPMENT
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WARM-UP	Wednesday: 5:00 p.m. – 7:00 p.m. Championship Course Pool 8 lanes Thursday-Sunday: 6:30 – 7:45 a.m. Championship Course Pool 16 lanes Thursday-Sunday: 6:30-end of session Warm-Up/Warm-Down 20 lanes The meet starts at 8:00 AM each day
SCRATCHES	Any swimmer failing to report to the proper lane in the correct heat of an event shall be scratched from that event and shall not be permitted to swim that event at another time.
SCORING & AWARDS	Medals will be awarded for 1 st 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.
RESULTS	Final results will be posted in printable format on the web site www.ymcaswimminganddiving.org . The Hy-Tek backup file will also be posted www.flaswim.com www.fortlauderdale.gov/flac

YMCA MASTERS SWIMMERS

SIGN UP NOW
FOR THE
2011
YMCA MASTERS
NATIONAL SWIMMING MEET

FORT LAUDERDALE AQUATIC COMPLEX
FORT LAUDERDALE, FLORIDA
APRIL 14-17-2011

Social
International Swimming
Hall of Fame
Saturday, April 16, 2011

ENTRY DEADLINE IS MARCH 16, 2011

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 16, 2011:

YMCA of the USA
Attn: Robin Lee
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 Full Privilege Members**

*** TYPE OR PRINT LEGIBLY **** ENTRY DEADLINE IS MARCH 16, 2011 ***

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		

Full Privilege Members

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 last day of competition, April 17, 2011.

Executive Director _____

Date _____

YMCA Masters National Swimming Meet

Individual Entry Form

**Fort Lauderdale Aquatic Complex
Fort Lauderdale, Florida
April 14-17, 2011**

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 4/17/2011)	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 14, 2011

W / M	Event	Entry Time
101/102	1650 Freestyle	
103/104	1000 Freestyle	

(circle gender) Friday, April 15, 2011

W / M	Event	Entry Time
201/202	400 Individual Medley	
203	Mixed 200 Medley Relay	See Relay Form
205/206	50 Butterfly	
207/208	200 Freestyle	
209/210	100 Backstroke	
211/212	200 Breast stroke	
213/214	400 Freestyle Relay	See Relay Form

(circle gender) Saturday, April 16, 2011

W / M	Event	Entry Time
302	500 Freestyle (Men)	
303/304	200 Medley Relay	See Relay Form
305/306	200 Backstroke	
307/308	50 Freestyle	
309/310	100 Breaststroke	
311/312	200 Individual Medley	
313/314	100 Brutterfly	
315/316	200 Freestyle Relay	See Relay Form

(circle gender) Sunday, April 17, 2011

W / M	Event	Entry Time
401	500 Freestyle (Women)	
403/404	200 Mixed Freestyle Relay	See Relay Form
405/406	50 Breaststroke	
407/408	100 Individual Medley	
409/410	200 Butterfly	
411/412	100 Freestyle	
413/414	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 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 2011 YMCA Masters National Swimming Meet to be held April 14-17, 2011.

Signature _____

Date _____

Meet surcharge (required)	1	x \$25	\$25
Number of Individual Events	_____	x \$7 =	_____
Social ISHOF Saturday	_____	x \$15	_____
PLEASE CHECK BACK	_____		_____
Guests at Social (optional)	_____		_____
TOTAL FEES = _____			

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 16, 2011 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

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.
 A team may enter unlimited relays in each 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 213 400 YD FREE	SATURDAY EVENT 303 200 YD MEDLEY	SATURDAY EVENT 315 200 YD FREE	FRIDAY EVENT 214 400 YD FREE	SATURDAY EVENT 304 200 YD MEDLEY	SATURDAY EVENT 316 200 YD FREE	FRIDAY EVENT 203 200 YD MEDLEY	SUNDAY EVENT 403 200 YD FREE		
18+	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 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 213 400 YD FREE	SATURDAY 303 200 YD MEDLEY	SATURDAY 315 200 YD FREE	FRIDAY 214 400 YD FREESTYLE	FRIDAY 304 200 YD MEDLEY	SATURDAY 316 200 YD FREE	SATURDAY 203 200 YD MEDLEY		SUNDAY 403 200 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 Fee Summary Form**

YMCA Name _____

**NOTE: FINAL RESULTS will be posted on the web at:
<http://www.ymcaswimminganddiving.org>
No copies of the FINAL RESULTS will be mailed**

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 \$20.00 = _____
TOTAL NUMBER ATTENDING SOCIAL _____ x \$15.00 _____

TOTAL FEES ENCLOSED = _____

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

**MAKE CHECK PAYABLE TO:
"2011 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

2011 ORDER OF EVENTS

WOMEN	MEN	EVENT
THURSDAY, APRIL 14, 8:00 AM		
101	102	1650 YARD FREESTYLE * (see note below)
103	104	1000 YARD FREESTYLE * (see note below)
FRIDAY, APRIL 15, 8:00 AM		
201	202	400 YARD INDIVIDUAL MEDLEY * (see note below)
203		200 YARD MIXED MEDLEY RELAY
205	206	50 YARD 50 BUTTERFLY
207	208	200 YARD FREESTYLE
209	210	100 YARD BACKSTROKE
211	212	200 YARD BREASTSTROKE
213	214	400 YARD FREESTYLE RELAY
SATURDAY, APRIL 16, 8:00 AM		
302		500 YARD FREESTYLE (MEN)* (see note below) (15 MINUTE WARM-UP)
303	304	200 YARD MEDLEY RELAY
305	306	200 YARD BACKSTROKE
307	308	50 YARD FREESTYLE
309	310	100 YARD BREASTSTROKE
311	312	200 YARD INDIVIDUAL MEDLEY
313	314	100 YARD BUTTERFLY
315	316	200 YARD FREESTYLE RELAY
SUNDAY, APRIL 17, 8:00 AM		
401		500 YARD FREESTYLE (WOMEN) * (see note below) (15 MINUTE WARM-UP)
403		200 YARD MIXED FREESTYLE RELAY
405	406	50 YARD BREASTSTROKE
407	408	100 YARD INDIVIDUAL MEDLEY
409	410	200 YARD BUTTERFLY
411	412	100 YARD FREESTYLE
413	414	50 YARD BACKSTROKE

* 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.

2011 YMCA Masters National Championship
April 14-17, 2011
Fort Lauderdale Florida

Reminders

NEW 2010

Executive Director:

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

If they are not full privilege they must be listed as Program Members

Please be sure that your swimmers are listed correctly.

There are two roster sheets

One is for full privilege members

One is for program members

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 for a sample.

YMCA Masters National Swimming Meet Team Roster Form Program Members

*** TYPE OR PRINT LEGIBLY **** ENTRY DEADLINE IS MARCH 16, 2011 ***

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		

Program Members

I certify that all of the individuals above are Program members of this YMCA
and they have been members for a minimum
of ninety days prior to the first day of competition, April 17, 2011.

Executive Director _____

Date _____