



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

It is a Celebration!!!!

2013 National YMCA Masters Swimming Championships

Come to sunny
Fort Lauderdale, Florida April, 2013

Meet April 11-14, 2013

Social will be held Friday, April 12 on the
upper deck at the pool.

We will have the same order of events as
last year.

Let's celebrate all the good years we have
had in Fort Lauderdale.



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2013 Notes

Eligibility – Membership – A swimmer must be a member on March 15 – the day entries are due and the membership must be valid through April 14, 2013.

This year we are allowing 5 individual events per day and 12 total individual events per meet.

Relays -- You May enter relays prior to the meet or at the meet.

All relay entries are due by 1 PM the day before they are swum. Only swimmers on the roster March 15 are eligible for relays. The relay cards will be available the next morning. Pick them up and take them to the blocks. Names can be changed on the card. The cards will be picked up at the blocks after the event and changes will be made in the computer.



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**YMCA MASTERS NATIONAL
SWIMMING MEET
April 11-14, 2013**

*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. Swimmers must be a member of a YMCA the day entries are due (March 15, 2013) through April 14, 2013. 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 THE CERTIFICATE OF LIABILITY INSURANCE 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 15, 2013. 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 five (5) individual events per day, and no more than twelve (12) 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 14, 2013. 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. All relay competitors must be on the roster March 15, 2013.

NEW this year – You may enter your relays with the individual entries on March 15 OR you may enter your relays by the 1 PM the day before they are swum. Payment must accompany relay entries.

**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", Optional – may be sent later
5. "Team Fee Summary Form", and

One check or money order per team covering all fees for the meet. Make checks payable to "2013 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.

NOTE: you may enter social tickets in events 451, 452, 43, 454. This makes it easy to balance the money.

ENTRY FEES

Entry fees are:

- \$30.00 surcharge per individual
- \$8.00 per individual event,
- \$24.00 per relay event,
- SOCIAL (\$20)
- Final results will be posted on the web at www.ymcaswimminganddiving.org in a printable format.



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REGISTRATION

Registration will be conducted at Fort Lauderdale Aquatic Complex from 4:00 PM to 6:30 PM, Wednesday, and registration will continue on Thursday through Sunday from 7:00 AM 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 –Sign in at the pool and the meet will be billed for your admission fee.

Thursday-Sunday: 6:30 – 7:45 a.m. Championship Course Pool
8 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 1st 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.fortlauderdale.gov/flac will also post a pdf file of the results

HOUSING

Check the website for housing information. The Stay with us program does benefit the swimming program. This past year some of the funds helped fund swimmers who could not afford to attend nationals. (age group). Learn to Swim programs have received from the funds raised by Stay with Us. We hope you will consider using our hotels.

YMCA MASTERS SWIMMERS

SIGN UP NOW
FOR THE
2013
YMCA MASTERS
NATIONAL SWIMMING MEET

FORT LAUDERDALE AQUATIC COMPLEX
FORT LAUDERDALE, FLORIDA
APRIL 11-14, 2013

Social

Held at the pool on the upper deck

Saturday, April 14, 2013

ENTRY DEADLINE IS MARCH 15, 2013

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 _____ email: _____
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, 2013

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 Individual Entry Form

**Fort Lauderdale Aquatic Complex
Fort Lauderdale, Florida
April 11 - 14 2013**

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 4/14/2013)	Birth date (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 5 individual events per day and no more than 12 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 11, 2013

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

(circle gender) Friday, April 12, 2013

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 Backstroke	
209/210	100 Breaststroke	
211/212	50 Freestyle	
213/214	200 Freestyle Relay	See Relay Form

(circle gender) Saturday, April 13, 2013

W / M	Event	Entry Time
302	500 Freestyle (Women)	
303/304	400 Freestyle Relay	See Relay Form
305/306	100 Individual Medley	
307/308	200 Butterfly	
309/310	100 Backstroke	
311/312	50 Breaststroke	
313/314	200 Freestyle	
315/316	200 Medley Relay	See Relay Form

(circle gender) Sunday, April 14, 2013

W / M	Event	Entry Time
401	500 Freestyle (Men)	
403/404	200 Mixed Freestyle Relay	See Relay Form
405/406	200 Breaststroke	
407/408	100 Butterfly	
409/410	50 Backstroke	
411/412	200 Individual Medley	
413/414	100 Freestyle	

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 completion) 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 2013 YMCA Masters National Swimming Meet to be held April 11-14, 2013.

Signature _____ Date _____

Meet surcharge (required)	<u>1</u>	x \$30	\$30
Number of Individual Events	_____	x \$8 =	_____
Limit 5 per day Max 12	_____		_____
Social	_____	x \$20	_____
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 five events per day, 12 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 15, 2013 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 213 200 YD FREE	SATURDAY EVENT 303 400 YD FREE	SATURDAY EVENT 315 200 YD MEDLEY	FRIDAY EVENT 214 200 YD FREE	SATURDAY EVENT 304 400 YD FREE	SATURDAY EVENT 316 200 YD MEDLEY	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 213 200 YD FREE	SATURDAY 303 400 YD FREE	SATURDAY 315 200 YD MEDLEY	FRIDAY 214 200 YD FREE	SATURDAY 304 400 YD FREE	SATURDAY 316 200 YD MEDLEY	FRIDAY 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 PARTICIPANTS _____ x \$30.00 = _____
TOTAL NUMBER OF INDIVIDUAL EVENT ENTRIES _____ x \$8.00 = _____
TOTAL NUMBER OF RELAY TEAM EVENT ENTRIES _____ x \$30.00 = _____

TOTAL NUMBER ATTENDING SOCIAL _____ x \$20.00 _____

TOTAL FEES ENCLOSED = _____

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

**MAKE CHECK PAYABLE TO:
"2013 YMCA MASTERS 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 2013 ORDER OF EVENTS

WOMEN	MEN	EVENT	
THURSDAY, APRIL 11, 8:00 AM			
101	102	1650 YARD	FREESTYLE * (see note below)
103	104	1000 YARD	FREESTYLE * (see note below)
FRIDAY, APRIL 12, 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	BACKSTROKE
209	210	100 YARD	BREASTSTROKE
211	212	50 YARD	FREESTYLE
213	214	200 YARD	FREESTYLE RELAY
SATURDAY, APRIL 13, 8:00 AM			
302		500 YARD	FREESTYLE (WOMEN)* (see note below) (15 MINUTE WARM-UP)
303	304	400 YARD	FREESTYLE RELAY
305	306	100 YARD	INDIVIDUAL MEDLEY
307	308	200 YARD	BUTTERFLY
309	310	100 YARD	BACKSTROKE
311	312	50 YARD	BREASTSTROKE
313	314	200 YARD	FREESTYLE
315	316	200 YARD	MEDLEY RELAY
SUNDAY, APRIL 14, 8:00 AM			
401		500 YARD	FREESTYLE (MEN) * (see note below) (15 MINUTE WARM-UP)
403		200 YARD	MIXED FREESTYLE RELAY
405	406	200 YARD	BREASTSTROKE
407	408	100 YARD	BUTTERFLY
409	410	50 YARD	BACKSTROKE
411	412	200 YARD	INDIVIDUAL MEDLEY
413	414	100 YARD	FREESTYLE

* 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 Roster Form Full Privilege Members

*** TYPE OR PRINT LEGIBLY **** ENTRY DEADLINE IS MARCH 14, 2013 ***

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 and their membership is valid through April 14, 2013

Executive Director _____ Date _____