



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA MASTERS NATIONAL MEET MEET APRIL 11-14, 2019

ROSEN AQUATIC COMPLEX

8422 International Drive
Orlando, FL 32819

PLEASE NOTE:

THIS MEET IS OPEN ONLY TO YMCA MEMBERS. YOU DO NOT
HAVE TO BE A MEMBER OF USMS.

WE HOPE YOU TO SEE YOU THERE!

2019 NOTES

ENTRIES DUE TUESDAY, MARCH 12, 2019

!!!!Entries will be online with Club assistant.

https://www.clubassistant.com/club/meet_information.cfm?c=1

When entering, choose your YMCA from the drop-down list. Please verify the address for your YMCA. If the address is missing, please supply the address.

Eligibility – Membership – A swimmer must be a member of the YMCA they are representing on March 12, 2019 and the membership must be valid through April 14, 2019.

During the entry process you will be asked for an electronic signature verifying that you are a member of the YMCA on March 12, 2019 and April 11, 2019

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. Send relay entries prior to the meet to Claudia Multer (claudia.multer@gmail.com). Must be received by April 8, 2019.

All relay entries are due by 1 PM the day before they are swum. Only swimmers on the roster March 12, 2019 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.

All pools – open only to participants in the 2019 YMCA Masters meet during specified warmup, warm down and competition hours.

Social - Our Meet Social for 2019 will be held on Saturday, April 13 (site TBD)

The Social will start at 6 pm.

Tickets \$25 – please order as you do your entries.

YMCA MASTERS NATIONAL MEET April 11-14, 2019

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

MEET FACILITY	Conducted at the Rosen Aquatic Center, Orlando, FL <ul style="list-style-type: none">• A 16-lane championship course.• Separate warm-up/warm down lanes available throughout the meet.• Colorado Timing System will be used as the primary time, with a backup and a watch time on each lane.• There is more than ample stadium seating for those who wish to use it.
RULES	Current "Rules That Govern YMCA Competitive Sports" will apply. Current USMS technical rules will apply unless otherwise noted in this meet information. Note the eligibility stated below overrides eligibility rule in Rules that Govern YMCA Competitive Sports.
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	YMCA - Every athlete MUST be a current member of the YMCA that they are representing, and that membership must be effective March 12, 2019 through April 14, 2019. 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. USMS - You do not have to be a USMS member, but the entry program will ask for your number if you have one.
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.
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 April 9, 2019. Send it to:
The athlete must inform the YMCA that they need the Certificate of Insurance.	YMCA of the USA Attn: Robin Lee 101 North Wacker Drive Chicago, IL 60606

Liability Release:

**WAIVER
SIGNATURE**

You will be asked for an electronic signature twice in the entry process. One signature is the liability release that was always on the paper entry form

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 YMCA of Central Florida or their respective officers, meet committee, employees, agents and directors, or any individuals officiating, as a condition of my participation in the 2019 YMCA Masters National Swimming Meet to be held April 11-14, 2019

**MEMBERSHIP
SIGNATURE**

You will also be asked for an electronic signature verifying that your membership is current and will be current through April 14, 2019. Membership statement:

I verify that I am a member of _____ YMCA, Association I.D. Number _____ and my membership is current through April 14, 2019.

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. Individual Event Entry Fee - \$8.50

**INDIVIDUAL
ENTRIES**

A swimmer's age group is determined by that swimmer's age on the last day of the meet, April 14, 2019. 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. The entry program will ask for that information.

**RELAY
ENTRIES**

All members of a relay must be from the same YMCA in order to compete. 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 12, 2019. Relays going for a USMS record must be registered on the same USMS team.

Relay Event Entry Fee \$20.00

Teams wishing to enter relays prior to the meet may submit them by emailing claudia.multer@gmail.com.

Coaches will be able to see their team roster on Club Assistant

REGISTRATION

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. Registration will be conducted at Rosen Aquatic Complex from 4:00 PM to 6:30 PM, Wednesday, and registration will continue Thursday through Sunday from 7:00 AM to 11:00 AM (or until the conclusion of competition).

WARM-UP TIMES

All pools – competition and warm-up warm-down areas are reserved for participants in the 2019 YMCA Masters meet.
Wednesday – 4:00 PM to 7:00 PM
Thursday-Sunday: 7:00 AM-end of session
Warm-Up/Warm-Down lanes will be specified
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.

THERE WILL BE A CHAMPIONSHIP PATCH FOR FIRST PLACE WINNERS.
LIMIT: One patch per person.

PICK UP AWARDS PROMPTLY. Medals that have not been picked up **will not be mailed.**

AWARDS WILL NOT BE MAILED

Important: Awards will close 20 minutes after conclusion of the last event. Do not leave the site and come back to pick up awards. 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.

RECORDS

YMCA records are posted on the web site. Records for each event will be updated automatically. Lead-off splits of relays will be automatic. Initial splits will be recognized if you stop at the starter's podium on your course and fill in the information on the spreadsheet.

SPLITS

Relay splits are not automatic. (They will need to be requested.)
Initial splits can be requested by seeing the referee on each pool.
They will keep a list on the clipboard which will be turned in to the scoring room.

PARKING

Ample free parking at the facility.

RESULTS

Final results will be posted in printable format on the web site
www.ymcaswimminganddiving.org.

Results will also be found on SwimPhone and Meet Mobile.

HOUSING

Please use the reservation link below or contact the hotel directly to make your hotel reservations. Mention that you are with the YMCA Masters Nationals to secure the group rate. You will need a credit card to hold your reservation.

Reservation Link: <https://pse.tournamenthotels.com/pse/Event/2331>

Reservation Deadline: Monday, April 1

Group Rate: The group rate is valid from Monday, April 8 until Sunday, April 14. As a courtesy, if you'd like to extend your stay in Orlando, the hotel will honor the group rate up to three days before Monday, April 8 and three days after Sunday, April 17, based on availability.

YMCA MASTERS NATIONAL MEET 2019 ORDER OF EVENTS

WOMEN MEN

EVENT

THURSDAY, APRIL 11, 2019 8:00 AM

101	102	1650	YARD	FREESTYLE	* (see note below)
103	104	1000	YARD	FREESTYLE	* (see note below)

FRIDAY, APRIL 12, 2019 8:00 AM

201	202	400	YARD	INDIVIDUAL MEDLEY	* (see note below)
203		200	YARD	MIXED MEDLEY RELAY	
205	206	50	YARD	BREASTSTROKE	
207	208	100	YARD	BUTTERFLY	
209	210	200	YARD	BACKSTROKE	
211	212	200	YARD	FREESTYLE	
213	214	400	YARD	FREESTYLE RELAY	

SATURDAY, APRIL 13, 2019 8:00 AM

	302	500	YARD	FREESTYLE (MEN)*	(see note below) (15 MINUTE WARM-UP)
303	304	200	YARD	FREESTYLE RELAY	
305	306	50	YARD	BACKSTROKE	
307	308	200	YARD	BUTTERFLY	
309	310	100	YARD	INDIVIDUAL MEDLEY	
311	312	200	YARD	BREASTSTROKE	
313	314	100	YARD	FREESTYLE	
315	316	200	YARD	MEDLEY RELAY	

SUNDAY, APRIL 14, 2019 8:00 AM

401		500	YARD	FREESTYLE (WOMEN) *	(see note below) (15 MINUTE WARM-UP)
403		200	YARD	MIXED FREESTYLE RELAY	
405	406	100	YARD	BREASTSTROKE	
407	408	50	YARD	BUTTERFLY	
409	410	100	YARD	BACKSTROKE	
411	412	50	YARD	FREESTYLE	
413	414	200	YARD	IM	

* 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.