

# High Ridge Dolphins Masters Meet

Sunday, March 10, 2013

Sanction Number #213-S008

**Time:** Warm-ups 7-8am. Competition begins at 8am.  
All swimmers must check in by 7:30am.

**Location:** High Ridge YMCA, 2424 W. Touhy Ave., Chicago, IL 60645.  
The Y is located at the intersection of Touhy and Western Ave.  
Enter the parking lot off of Western, just north of the intersection.

**Facility:** 5-lane, 25 yard pool with non-turbulent lane lines. The meet will be run using 4 lanes, with lane 5 open for warm-up/cool-down throughout the duration of the meet. 3 watch times will be used for timing in all lanes. This facility has been measured in all competition lanes as required by the 2013 USMS rules for Top Ten and records recognition.

**Meet Conduct:** 2013 USMS Rules will govern the conduct of this meet. All events will be timed finals. All events will be mixed, and swum slowest to fastest.

**Eligibility:** Must be over 18 years of age and a 2013 USMS member. In accordance with USMS rules, a photocopy of your USMS card must be provided with your entry and waiver. The ILMSA Consolidated Entry Card must be used to enter the meet. To download the form, go to  
<http://www.ilmsa.com/files/meets/ConsolidatedEntryCard.pdf>.

**Entries:** \$25 flat entry fee for advanced entries. Swimmers may enter up to 5 individual events, plus relays. There will be a \$5 surcharge for deck entries. Deck entries will be accepted until 7:30am the day of the meet.

Checks payable to **High Ridge YMCA**.

Individual event entries must be received by March 4, 2013, and should be mailed with signed Consolidated Entry Form and copy of 2013 USMS card to:

Amy Goodwin 5781 N. Rogers Ave. Chicago, IL 60646

E-mail entries must be received by March 7, 2013, and should be sent with signed Consolidated Entry Form and copy of 2013 USMS card attached to the e-mail to: Amy Goodwin [fish3@hotmail.com](mailto:fish3@hotmail.com)  
Entry fee will be due at check in by 7:30am the day of the meet.

**Relays:** Relay entries will be due by 8am for the Medley Relay and before the 100 Fly for the Free Relay. All relays will be deck seeded. There is no entry fee for relays.

<b>Order of Events:</b>	1. 100 IM	7. 100 Fly
	2. 50 Fly	8. 50 Back
	3. 100 Back	9. 100 Breast
	4. 50 Breast	10. 50 Free
	5. 100 Free	11. 200 IM
	6. 200 Mixed Medley Relay	12. 200 Mixed Free Relay

**Questions:** Contact Amy Goodwin, Meet Director  
Email: [fish3@hotmail.com](mailto:fish3@hotmail.com)

Phone: 773-343-7705

**Officials:** John Imperial, Debby Hamp