



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**YMCA MASTERS NATIONAL MEET  
MEET APRIL 14 – 17, 2016  
ENTRIES WILL CLOSE MARCH 18, 2016**

**SELBY AQUATIC CENTER**

Evalyn Sadlier Jones Branch  
8301 Potter Park drive  
Sarasota FL 34238

**WE HOPE YOU TO SEE YOU THERE**

# 2016 Notes

ENTRIES DUE MARCH 18, 2016

!!!!Entries will be online with Club assistant. Entries open 12/15/2015  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=1709&smid=2950](https://www.clubassistant.com/club/meet_information.cfm?c=1709&smid=2950)  
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 18– the day entries are due and the membership must be valid through April 17, 2016.

During the entry process you will be asked for an electronic signature verifying that you are a member of the YMCA on March 18, 2016 and thru April 17, 2016

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 ([claudiam@fioptics.com](mailto:claudiam@fioptics.com)). Must be received by April 8, 2016.

**All relay entries are due by 1 PM the day before they are swum.** Only swimmers on the roster March 18 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 2016 YMCA Masters meet during specified warmup, warm down and competition hours.

**Social** - Our Meet Social for 2016 will be held at the beautiful and #1 ranked beach in the world (2011)—Siesta Beach. Guests will enjoy food, drink and socializing in the newly renovated picnic area then relax and view the fabulous sunsets Siesta is known for.

The Social will start at 6pm with Sunset scheduled for 7:55 PM—don't miss it! The address for Siesta Beach is 948 Beach Road—Sarasota, FL 34242. Parking is free.

<http://www.bestbeaches.org/best-beaches/siesta-key-beaches/>

Tickets \$21 – please order as you do your entries.

## YMCA MASTERS NATIONAL MEET April 14-17, 2016

*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 Sarasota YMCA– Selby Aquatic Center. The facility consists of:

- 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 covered 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.

### **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**

Every athlete **MUST** be a current member of the YMCA that they are representing and that membership must be effective March 18 through April 17, 2016.

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 THE CERTIFICATE OF LIABILITY INSURANCE REQUIREMENT WILL NOT BE ALLOWED TO SWIM AT THE MEET.**

**Check the  
website for  
correct  
wording.**

**The athlete  
must inform  
the YMCA that  
they need the  
Certificate of  
Insurance.**

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 18, 2016. Send it to:

YMCA of the USA  
Attn: Robin Lee  
101 North Wacker Drive  
Chicago, IL 60606

**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

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 Sarasota YMCA or their respective officers, meet committee, employees, agents and directors, or any individuals officiating, as a condition of my participation in the 2016 YMCA Masters National Swimming Meet to be held April 14-17, 2016.

**MEMBERSHIP  
SIGNATURE**

You will also be asked for an electronic signature verifying that your membership is current and will be current through April 17, 2016. Membership statement:

I verify that I am a member of \_\_\_\_\_ YMCA, Association I.D. Number \_\_\_\_\_ and my membership is current through April 17, 2016.

**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. Individual Event Entry Fee - \$8.50

A swimmer's age group is determined by that swimmer's age on the last day of the meet, April 13, 2014. 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**

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 18, 2016. 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 [claudiam@fioptics.com](mailto:claudiam@fioptics.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 Sarasota 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).

## **WARM-UP TIMES**

All pools – competition and warm-up warm-down areas are reserved for participants in the 2016 YMCA Masters meet.

Wednesday – 4 PM to 7 PM

Thursday-Sunday: 6:30-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 1<sup>st</sup> through 8th place in both individual and relay events.

## **AWARDS WILL NOT BE MAILED**

**PICK UP AWARDS PROMPTLY.** 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 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 lead off splits will be automatic. 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**

**There is ample parking at the facility. All parking is free.**

**RESULTS**

Final results will be posted in printable format on the web site [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org).

Results will also be found on SwimPhone and Meet Mobile.

**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 help from the funds raised by Stay with Us. We hope you will consider using our hotels.

# YMCA MASTERS NATIONAL MEET 2016 ORDER OF EVENTS

WOMEN	MEN		EVENT	
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### 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	BACKSTROKE
207	208	200	YARD	BREASTSTROKE
209	210	200	YARD	FREESTYLE
211	212	50	YARD	BUTTERFLY
213	214	400	YARD	FREESTYLE RELAY

### SATURDAY, APRIL 16, 2016

301		500	YARD	FREESTYLE (WOMEN)* (see note below) (15 MINUTE WARM-UP)
303	304	200	YARD	FREESTYLE RELAY
305	306	100	YARD	BREASTSTROKE
307	308	200	YARD	BUTTERFLY
309	310	200	YARD	BACKSTROKE
311	312	50	YARD	FREESTYLE
313	314	100	YARD	INDIVIDUAL MEDLEY
315	316	200	YARD	MEDLEY RELAY

### SUNDAY, APRIL 17, 8:00 AM

402		500	YARD	FREESTYLE (MEN) * (see note below) (15 MINUTE WARM-UP)
403		200	YARD	MIXED FREESTYLE RELAY
405	406	100	YARD	BACKSTROKE
407	408	200	YARD	INDIVIDUAL MEDLEY
409	410	100	YARD	BUTTERFLY
411	412	50	YARD	BREASTSTROKE
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.