



**The PARENTS AQUATIC CLUB of the Phoenixville YMCA Swim Team  
& the Phoenixville YMCA Masters**

*present*

**BILL HEEBNER MEMORIAL  
WINTER FREEZE MASTERS MEET**

**Recognized by DV-LMSC for \_\_\_\_\_**

**Sunday, January 22, 2017  
8:00 AM Warm Up ~ 8:30 AM Meet Start**

**Eligibility:** The Winter Freeze is open to all swimmers 18 and older.

**Meet Location:** Phoenixville YMCA, 400 E. Pothouse Rd., Phoenixville, PA 19460  
**For GPS & Mapping: Use 160 E. Pothouse Road, Phoenixville, PA 19460**  
Day of Meet Phone: 610-933-5861

**Facilities:** Pool: Six lane, certified 25-meter pool with Kiefer lane lines and Daktronics electronic timing & scoreboard; touchpads at start end; semi-automatic 3-button system at 25M race end.  
Depth at start end – 10'; 25M turn/25M finish end – 4'.  
Swimmer Seating: Swimmers and spectators can be seated in bleachers on pool deck.  
Snack Bar: Snacks will be provided throughout the meet.  
Locker Room: Renovated Men's & Women's Locker Rooms are adjacent to the pool. **Please bring a lock to secure belongings or bring on to the pool deck.**  
Parking: Ample parking is available and we request that swimmers park in the lower lot to allow Phoenixville Y members to utilize the upper lot.  
Handicapped parking is available in the upper lot.

**Meet Directors:** Tez Seiberlich: [tez.mere@verizon.net](mailto:tez.mere@verizon.net) 610-457-2141  
Greg Christian: [gchristian1@comcast.net](mailto:gchristian1@comcast.net) 610-909-4518

**Meet Session:** 30 Minute Warm Up: 8:00 – 8:30 AM  
Event 1: 400 IM – 8:30 AM  
Positive Check-in no later than 8:15AM  
15 Minute Warm Up: Immediately following 400 IM  
Events 2 – 21 No earlier than 9:00  
10 Minute Warm Up: Immediately following Event #21  
Event 22: 800 Free – Positive Check In prior to Event # 10

**Seeding:** Swimmers will be seeded by time submitted, slow to fast, regardless of age and sex, except for the following events: 400 Free, 400 IM, 800 Free.

**Entries:** This is a meter pool. All times should be submitted in Meters. Converted times are acceptable. Failure to convert times will result in incorrectly seeded swimmers. Estimate meter times by multiplying existing SCY times by 1.11.

**Entry Limits:** Participants will be limited to six individual events and one relay. Relays are women's, men's or mixed (2 men/2 women). Relay participants must swim in at least one individual event.

**Ages are determined as of 12/31/2017.** Relay age group is determined by cumulative ages of swimmers.

**Event Order:**

1	400 IM	Pos. Check In	12	100 Fly	
2	100 Free		13	100 Back	
3	50 Breast		14	25 Breast	
4	50 Back		15	200 Free	
5	200 IM		16	50 Fly	
6	25 Fly		17	25 Back	
7	400 Free	Pos. Check In	18	100 IM	
8	200 Back		19	50 Free	
9	25 Free		20	200 Breast	
10	100 Breast		21	200 Fly	
11	200 Med R		22	800 Free*	Pos. Check In

**\*800 Free is limited to the fastest 18 entries.**

**Format:** All events are timed finals. Meet will be conducted using 2016 USMS Rules.

**Entry Submission:** We highly encourage swimmers to submit their entries electronically using Hy-Tek or by sending an e-mail to the meet director. Entries should include:

Swimmer Name	DOB	Team	Sex	Event #	Entry Time in Meters (or NT)
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Entries should be e-mailed to: [tez.mere@verizon.net](mailto:tez.mere@verizon.net)

**Payment should be submitted to the entry table at the meet.**

If electronic or e-mail entry is absolutely not possible, mailed entries should arrive at the Y NO LATER THAN January 19<sup>th</sup>. They can be mailed along with payment issued to **Phoenixville YMCA** to:

**Tez Seiberlich  
Meet Director – Winter Freeze  
Phoenixville YMCA  
400 E. Pothouse Road  
Phoenixville, PA 19460**

**Entry Fees:** Individual Events (50M and longer): \$5.00 each  
Individual Events (25M): \$3.00 each  
Relay Events: \$8.00 per team.  
Electronic Timing System Surcharge: \$5.00 per swimmer  
**Checks should be issued to: Phoenixville YMCA**

**Entry Deadline:** Deadline for entries to be submitted electronically via e-mail or Hy-Tek is Friday, January 20<sup>th</sup>. Mailed entries must arrive at the Y by January 19<sup>th</sup>.

**Deck Entries:** Deck entries will be accepted only if time and lanes are available.  
Please check in with the meet director upon arrival.  
**Deck Entry Fee:** \$8.00

**Results:** Results will be posted to the Phoenixville YMCA Swim Team website at <http://www.payswim.org> for free download. Results will be submitted for Top Ten consideration in accordance with USMS rules. USMS-registered swimmers must provide a copy of the USMS registration/ID with their entry, or upon check-in/payment, to be considered for Top Ten rankings. Swims are not eligible for FINA records since this meet is not sanctioned.

**Directions:** Phoenixville YMCA is located between Whitehorse Road and Rt. 29 on Pothouse Road in Phoenixville, just 8 minutes from Valley Forge Park, less than two minutes from Rt. 23, Valley Forge Road. Located five minutes away, downtown Phoenixville offers some fun places to eat. **For GPS**, please use the 160 E. Pothouse Road address for most accurate directions.

**Liability:** All swimmers will be asked to sign the Release from Liability when they check in at the meet.

**Directions:** **From PA Turnpike:** Take TP to Valley Forge exit. Stay to the right and exit onto Gulph Road. Follow straight into Valley Forge Park; curve left and follow Rt. 23 to Whitehorse Road. Go left; follow to first light, go right onto Pothouse Road. The Y is within ½ mile on the left.  
**\*EZ Pass customers** exit at Malvern; follow Rt. 29 N. At 2<sup>nd</sup> light, go right onto Whitehorse Rd. Follow to Pothouse Rd and go left. Y on your left.  
**From Rt. 76E/202** in King of Prussia – Take Rt. 422 West to Rt. 23 exit ramp. Go left at light and follow Rt. 23 through Valley Forge Park to Whitehorse Road – follow directions above.  
**From Rt. 202S** – Follow to Malvern and follow Rt. 29 North. At Whitehorse Road, one mile past Turnpike EZPass ramp, go right. Follow to Pothouse Road; go left. Y is on your left.  
**From 422W** – Follow to Collegeville/Rt. 29 South. Follow 29 (curves/turns) to Pothouse Road, just past Phoenixville Hospital and High School. Y is on your right.

# WINTER FREEZE MANUAL MAIL-IN ENTRY FORM:

Name: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: \_\_\_\_ USMS # \_\_\_\_\_

Team (if applicable): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Events:

Event #	Event Name	Seed Time	Entry Fee

Note: All relay entries will be registered and paid for at the entry table the day of the meet.

Total # Entries: \_\_\_\_ (cannot exceed 6 Individual)

\_\_\_\_ # Entries x \$5.00      \$ \_\_\_\_\_

\_\_\_\_ # Entries x \$3.00      \$ \_\_\_\_\_

Electronic Timing Fee:                      \$ 5.00

**TOTAL FEES:**                      \$ \_\_\_\_\_

\*Payment to be made to: Phoenixville YMCA.

Mail entries to: Tez Seiberlich  
Winter Freeze Masters Meet  
Phoenixville YMCA  
400 E. Pothouse Road  
Phoenixville, PA 19460