



Greater Holyoke YMCA Dive into the New Year

Site: Donald R. Taber Aquatic Center

USMS Recognition #: Pending

Greater Holyoke YMCA,

171 Pine Street

Holyoke, MA 01040

413-534-5631 (Y Phone)

413-536-9622 (Y Fax)



Info: Michelle Toner – Meet Manager/Masters Coach
MToner@HolyokeYMCA.org
Kerry Cordis – Holyoke YMCA – 413-534-5631 x103 (YMCA)
KCordis@HolyokeYMCA.org

This meet is open to:

- YMCA Members and Non-Members ages 18 and older as of the day of the meet.

The meet will be recognized by USA Master's Swimming, so any records or qualifying times will count toward national and regional championships. You do not need to be a registered member of USA Master's Swimming to participate in the meet. There will not be any extra fees required due to the recognition of the meet by USA Masters Swimming.

We would like all entries by Wednesday, December 30th, but we will accept entries the morning of the meet up to 8:30am.

Sessions: Sunday – Warm Up at 8:00 AM, Meet Start at 9:00 AM

Facility: 25 Yard, 6 Lanes, 7 ½ Feet Wide
7 to 5 foot in Depth
6 Lane Colorado System with 6 Lane Display
Seating for 300
Limited parking at the Y

Entries: 5 event limit. Please complete attached entry cover form.

Checks for entries should be made payable to Holyoke YMCA.

Mail entries to: Greater Holyoke YMCA
171 Pine Street
Holyoke, MA 01040
Attention – Kerry Cordis

Greater Holyoke YMCA

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www.holyokeymca.org



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Warm Up: Absolutely NO DIVING during warm up. One-way sprints for are swimmers will be conducted at 8:45 AM or 15 minutes prior to the meet start.

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.

Distance Events (500 yard freestyle): lap counters will be provided, but swimmers are responsible for providing their own person to count laps.

Directions

From the Mass Pike:

- Take Exit 4 (West Springfield)
- Follow Signs to Route 91 North
- Follow Directions Below "I-91 Heading North"

From Interstate 91 Heading North

- Take Exit 16 – Route 202 North, Holyoke Center
- Take right at the bottom of the ramp on Route 202 North
- Proceed through 8 traffic lights on Route 202 North
- The YMCA is on the corner of Route 202 (Beech Street) and Appleton Street.

From Interstate 91 Heading South

- Take Exit 17 (Route 141, Holyoke)
- At the end of the ramp, turn left and proceed down the hill under Route 91
- Go through the traffic lights at the bottom of the hill (light at Route 5 / Northampton Street)
- Proceed several blocks and bear to the right at a fork in the road (follow Route 141/Appleton Street)
- Proceed to the 4th traffic light and take a left onto 202 North (Beech Street).

Limited parking is available in the YMCA lots – Street parking available!

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