

Greater Holyoke YMCA

Winter Warm Up Master's Meet

USMS Recognition #: Pending
Site: Donald R. Taber Aquatic Center
Greater Holyoke YMCA, 171 Pine Street, Holyoke, MA 01040
413-534-5631 (Y Phone) 413-536-9622 (Y Fax)

Meet Contacts:
Meet Director/Masters Coach:
Michelle Toner: MTONER@HolyokeYMCA.org

Meet Manager/Holyoke YMCA Aquatics Director:
Kerry Cordis: 413-534-5631 x103 (YMCA)
KCordis@HolyokeYMCA.org



SEA DRAGONS
Holyoke YMCA Masters Swimming



This meet is open to:

- YMCA Members and Non-Members ages 18 and older as of the day of the meet.
- You do not need to be a registered member of USMS to participate in the meet.
- This meet is pending recognition by U.S. Master's Swimming.

We would like all entries by Wednesday, February 22nd, but we will accept entries the day of the meet up to 12:30pm.

Sessions: Sunday - Warm Up at 12:00 PM, Meet Start at 1:00 PM

Facility: 25 Yard, 6 Lanes, 7 ½ Feet Wide
7 to 5 foot in Depth
6 Lane Colorado System with Display
5 Lanes will be used for competition, 1 continuous warm up/warm down lane
Seating for 300

Entries: 5 event limit. Please complete attached entry 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

Warm Up: Absolutely NO DIVING during warm up. One-way sprints for are swimmers will be conducted at 12:45 AM or 15 minutes prior to the meet start.

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

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.

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171 Pine Street
Holyoke, MA 01040
www.holyokeymca.org

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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 is available!

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