2023 YMCA NATIONAL MASTERS MEET

April 20-23, 2023

Fort Lauderdale Aquatic Center

501 Seabreeze Dr.

Fort Lauderdale, FL 33316

Welcome back to the HOME of

YMCA Nationals!

This meet is open to YMCA Members only.
Membership to USMS is not required.

2023 Updates and Reminders

Entry Deadline: **April 7, 2023**

Entries are submitted online through Club Assistant:
https://www.clubassistant.com/club/meet_information.cfm?c=1709&smid=15348

When entering, choose your YMCA from the drop-down list.
IMPORTANT - Please know the current and correct name of your YMCA. Check with your YMCA before entering if you are unsure of the correct name. Be aware if you are representing a branch or a metropolitan association (for example, the Lowe's Branch YMCA or the YMCA of Greater Charlotte).

Entry Fees:
Registration fee - $50 per swimmer.
Individual entries - $10 per event.
Relay entries - $24 per event.

Registration and individual entry fees are paid at the time of entry in Club Assistant.

Relays:
Relay fees are paid at the meet, no later than the day prior to the relay event.
Electronic payment will be required. Credit card will be available.
No cash or checks will be accepted at the meet.

Relay entries may be submitted until the day prior to the relay event.
Early relay entries will be accepted until April 7, 2023. Please send early relay entries to:
Terri Shannon at meetentries@miamioh.edu.

Social:
The Meet Social will be held on Saturday, April 22 at the Ft. Lauderdale Aquatic Center from 5:00 PM to 8:00 PM.
$30.00 per person (Food, non-alcoholic beverages, entertainment included).
Guests are welcome. Cash Bar will be available.

YMCA NATIONAL MASTERS MEET INFORMATION
April 20-23, 2023

Approved and hosted by the YMCA Swimming and Diving Advisory Committee.
Recognized by Florida LMSC for United States Masters Swimming, Inc.

Meet Facility:
Conducted at the Fort Lauderdale Aquatic Center. The Aquatic Center features:
- A 20-lane competition course, separated into two 10-lane courses.
- Separate warm-up/cool down lanes available throughout the meet.
- Omega Timing System will be used as the primary time, with a backup button and a watch time on each lane.
- Ample stadium seating for those who wish to use it.

Meet Committee:
Meet Director - Terri Shannon
Assistant Meet Director - Mike Leonard
Meet Referee/Head of Officials – Tom Janszen
Registration & Awards – Karen Janszen
Facility Director – Laura Voet
Y-USA Technical Advisor – Jim Ryan
Y-USA Manager of Competitive Events – Meredith Griffin

Rules:
Current "Rules That Govern YMCA Competitive Sports" will apply, with the exception of the eligibility statement below.
Current USMS technical rules will apply unless otherwise noted in this meet information.

Disability:
Swimmers with hearing or sight concerns are welcome and 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 in good standing of the YMCA that they are representing, and that membership must be effective as of March 20, 2023 and continue through at least April 23, 2023. **You will be asked to verify your membership and provide your membership number during your online entry.**
A swimmer must be age 18 or older on the last day of the meet. All swimmers are strongly encouraged to have a physical examination/medial evaluation prior to competing in the meet.
USMS: You do not have to be a USMS member, but the meet entry program will ask for your number if you have one.

Certificate of Liability Insurance:
Each YMCA, with at least one athlete entered in the meet, must have a "Certificate of Liability Insurance" on file with the YMCA of the USA. Minimum amount of coverage is $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 April 7, 2023.
  ➤ The certificate must be emailed to finance@ymca.net.
Swimmers from YMCAs that do not meet the Certification of Liability Insurance requirement will not be allowed to swim at the meet.

Individual Entries:
Individual Event Entry fee is $10.00.

A swimmer may enter no more that five (5) individual events per day, and no more than twelve (12) individual entries for the entire meet.

A swimmer's age group is determined by that swimmer's age on the last day of the meet, April 23, 2023. 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.

The Meet Entry Deadline is **April 7, 2023**.
No changes or additions to individual events will be accepted after this date.

Relay Entries:
Relay Event Entry Fee $24.00
All relay fees are paid at the meet, no later than 12:00 Noon the day prior to the relay event.
Electronic payment will be required. Credit card will be available.
No cash or checks will be accepted at the meet.

All members of a relay must be from the same YMCA.
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.
All relay competitors must be on the meet roster on April 7, 2023.

Relays going for a USMS record must be registered on the same USMS team.
Mixed relays going for a USMS record must be two women and two men.

Relay entries may be submitted until the day prior to the relay event.
Coaches will be able to see their team roster on Club Assistant.

Teams wishing to enter relays prior to the meet may submit them by emailing Terri Shannon at meetentries@miamioh.edu.
Early relay entry deadline is April 7, 2023.

Meet Check-In:
ALL PARTICIPANTS MUST CHECK IN BEFORE THEY CAN SWIM IN THE MEET. Heat sheets and tickets for the Social will be distributed at Meet Check-In. Coaches may also pick up their relay cards at Meet Check-In.
Meet Check-In will be conducted at Fort Lauderdale Aquatic Center during the following times:
- Wednesday, April 19 - 4:00 PM to 6:00 PM
- Thursday, April 20 through Sunday, April 23 - 7:00 AM to 11:00 AM (or until the conclusion of competition).

Note: Swimmers may not add or change individual events after the Meet Entry Deadline on April 7, 2023.

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.

Competition:
Competition is in two courses, each with 10 lanes and 25 yards long.
Odd numbered heats will compete in the ODD pool *(closest to the dive tower)*.
Even numbered heats will compete in the EVEN pool *(closest to the 50M pool)*

Scoring and Awards:

Medals will be awarded to 1st – 3rd places in individual and relay events.
Ribbons will be awarded for 4th – 8th places in individual and relay events.

There will be a Championship Patch for First Place winners.
LIMIT: **One patch per person per meet.**

Awards will close 20 minutes after conclusion of the last event. Do not leave the site and come back to pick up awards. The medals will be packed up and we can no longer access them. Awards that have not been picked up will NOT be mailed.

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.

Records:

YMCA records are posted on the YMCA Swimming and Diving website under *Reference*. 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 before you swim.

Parking:

There is very limited parking at the aquatic center.
There are nearby parking lots and garages. The closest are:
Ft. Lauderdale Beach Park – 700 Seabreeze Blvd.
Las Olas Garage – 200 E. Las Olas Circle.
The City of Ft. Lauderdale accepts credit cards and Pay by Phone at its parking facilities. Use the following links:
Ft. Lauderdale Parking Locator
Pay by Phone

Results:

Final results will be posted in printable format on the website
www.ymcaswimminganddiving.org under *National YMCA Meets*.
Results will also be found on SwimPhone and Meet Mobile.

Housing:

There are many hotels in the area and many are within walking distance.
Hotel information will be posted on the website.

YMCA National Masters Meet
2023 Order of Events

THURSDAY, APRIL 20, 2023 - 8:00 AM		
Women	**Men**	**Event**
101	102	1650 Yd. Freestyle* (see note below)
		-- 15 Minute Warm-up and Devotion --
103	104	1000 Yd. Freestyle (see note below)

FRIDAY, APRIL 21, 2023 - 8:00 AM		
Women	**Men**	**Event**
201	202	400 Yd. Individual Medley* (see note below)
		-- 15 Minute Warm-up and Devotion --
203		Mixed 200 Yd. Freestyle Relay
205	206	100 Yd. Backstroke
207	208	50 Yd. Butterfly
209	210	200 Yd. Freestyle
211	212	100 Yd. Breaststroke
213	214	200 Yd. Freestyle Relay

SATURDAY, APRIL 22, 2023 - 8:00 AM		
Women	**Men**	**Event**
301	xxxxx	Women's 500 Yd. Freestyle* (see note below)
		-- 15 Minute Warm-up and Devotion --
302		Mixed 200 Yd. Medley Relay
303	304	200 Yd. Butterfly
305	306	50 Yd. Backstroke
307	308	100 Yd. Freestyle
309	310	200 Yd. Breaststroke
311	312	100 Yd. Individual Medley
313	314	400 Yd. Freestyle Relay

SUNDAY, APRIL 23, 2023 - 8:00 AM		
Women	**Men**	**Event**
xxxxx	402	Men's 500 Yd. Freestyle* (see note below)
		-- 15 Minute Warm-up and Devotion --
403	404	200 Yd. Medley Relay
405	406	200 Yd. Individual Medley
407	408	50 Yd. Breaststroke
409	410	100 Yd. Butterfly
411	412	50 Yd. Freestyle
413	414	200 Yd. Backstroke

*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.