



Bill Heebner Memorial Winter Freeze Masters Meet

Sponsored by the Blue Wave and Phoenixville Y Masters Swim Teams.
Recognized by DV-LMSC for 085-R002

Date and Time: Sunday, January 18, 2015
Warm –up 8:30 A.M.
Start: 9:00 A. M.

Meet Director: Jim McGuigan Phone 610-937-7829 (mc437@comcast.net)

Location: Phoenixville Area YMCA, 400 E. Pothouse Rd., Phoenixville PA. 19460 (610-933-5861)

Facility: 6 lane, certified **25-meter** pool. Locker rooms - bring your own lock. Electronic timing. 6+ Lane warm-up (8:30-9:00) Myrin pool, 6 lanes (9:00-12:00) Heritage pool, 1 lane thereafter in Heritage pool. Warm-ups permitted only in designated areas. Bleacher seating.

Eligibility: This meet is open to all swimmers 18 years or older.

Seeding: Swimmers will be seeded by time submitted, slow to fast regardless of age and sex. If time unknown, please estimate. DO NOT ENTER NT. This is a METER POOL. Estimate meter times by multiplying SCY times by 1.11. Participants will be limited to five individual events and two relays. Relay's are women's, men's, or mixed (2 women/2 men). Relay participants must swim in at least one individual event. Ages are determined by age on 12/31/2015. Relay age group determined by total ages of swimmers

Order of Events	1.	400 Free (positive check-in)	8.	100 Back	15. 1500 Free (positive check-in)
	2.	400 IM (positive check-in)	9.	100 IM	max # of heats is 3
	3.	50 Back	10.	100 Fly	need to register early!
	4.	100 Free	11.	50 Breast	
	5.	200 IM	12.	200 Free	
	6.	100 Breast	13.	50 Fly	
	7.	50 Free	14.	200 Free Relay	

All events are timed finals. Meet will be conducted according to 2015 U.S.M.S. Rules. Event 1 starts at 9:00 A.M. Event 3 will start no earlier than 10:00 A. M. There will be a 10-minute warm-up between events 2 and 3. There will be a 10-minute warm-up between events 14 and 15.

Awards: Ribbons for individual 1st, 2nd and 3rd. Individual Age groups: 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, 85-90, etc. Relay age groups: 72+, 100+, 120+, 160+, 200+, 240+, 280+, 320+, etc. Awards for Team 1st, and 2nd. Awards will not be mailed.

Final Results Results will be posted to the Phoenixville Y Swim Team web site www.payswim.org for free down load. Results will be submitted for Top Ten consideration in accordance with USMS rules. USMS registered swimmers must include with their entry a copy of their 2015 registration for Top Ten consideration.

Entry Fee's: Entry fee of \$5:00 per individual event. \$5.00 for relays plus a one time surcharge of \$5.00 to cover electronic timing. No charge for heat sheets. **Make checks payable to: Parents Aquatic Club or PAC**

No Deck Entries Permitted.

DIRECTIONS:

From King of Prussia/ PA Turnpike: At exit stay to the right. After the toll take the first exit onto N. Gulph road. This turns into PA Rt 23, which then goes through Valley Forge Park. After Valley Forge stay on 23 past the dam. Turn left at the light onto Whitehorse Rd. Go to the next light and then turn right onto Pothouse Rd. The Y is on the Left.

From the Schuylkill Expressway: Take I76 north to US 202 South. Proceed to US 422 west. Exit 422 west onto PA 23 West. Follow preceding directions from Valley Forge Park.

From the North: From Reading take US422 south to PA 29 south, From Bethlehem take PA 100 to Pa 29 south. Go through Phoenixville past the hospital. After the school turn left at the light onto Pothouse Rd. The Y is on the right.

From the South: From US 202 or US 30, take PA 29 north. Go under the turnpike, over the train tracks and turn right at the light (Rt29 N). Follow this and go under a train trestle and up a hill where you'll turn right at the light onto Pothouse Rd. The Y is on your right.

From the West: Take PA 23 into Phoenixville. Go past the hospital and turn right at the first light (Sunoco Station) onto PA 29 south. Go past the school and turn left at the first light onto Pothouse Rd. The Y is on the right.

The Winter Freeze Swim Meet (THIS PAGE MUST BE RETURNED WITH YOUR ENTRY)

Entry Deadline Entry form must be **RECEIVED by January 12, 2015.** No entries accepted after the meet is seeded. No deck or e-mail entries. No electronic entries

Entries: Fill out table below, max of 5 individual events, two relays. Entry fee = \$5.00 Ind. Event, \$5.00/relay. Relays add age group to event description. Please do not enter with "NT", estimate your times.

	Event #	Event Description	Seed Time	Entry Fee
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____

Electronic Timing _____ \$5.00

Total Entry = _____

Make checks payable to: Parents Aquatic Club or PAC

Mail entries to: Jim McGuigan 29 S. Forge Manor Drive, Phoenixville, PA 19460

Release from liability: Must be signed and dated before swimmer may compete.

Release by Participant from Liability: 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 risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC. THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE _____

PRINT NAME _____ AGE (on 12/31/2015) _____ SEX _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

E-Mail Address (print neatly) _____ ☐ Check for e-mail Results only

PHONE # _____ TEAM _____

EMERGENCY CONTACT; Name (print) _____

Phone # _____