

Nebraska Masters
Short Course Yards (SCY) State Championship
Dillon Family Aquatics Center. Fremont, NE
Sunday December 17th, 2023

Location: Fremont Family YMCA. Fremont, Nebraska. 1558 E. Military St. 68025

Register: You can register by mail or email with the entry form. Make sure you enter all events and times accurately. Early mail-in registration will end December 13th (Example: Event 6 Women's 50 Free – 38.90). Enter "NT" if you do not have a time. \$60-Late Payment will be accepted after December 13th and the day of the meet before warm-ups.

Facility: Dillon Family Aquatics Center is in Fremont, Nebraska. Pool has a total of 12 lanes Short Course Yards (SCY). The meet will be swum SCY, with 8 lanes used for competition. Colorado Timing System with automated touch pads at the start end only, electronic button timers for back up. Lane Zero and lane eleven on the outside of the pool will be open for continuous warm up/cool down.

Time: Early check In for 1650 begins at 7:30 am. Check-in begins at 9am for the rest of the meet. Deck entries close firmly at 9:30am. First warm-up is 9:30am – 10:20am. Meet Starts at 10:30am. (event limited to first 8 entries per gender?)

Eligibility: US Masters Recognized meet, Recognition number 292-R003.

Rules: The current USMS rules will govern the conduct of the meet. Heats will be seeded, slowest to fastest. Please enter a goal time for accurate seeding. Entries with no times will be seeded in the slowest heats. Results will be broken out by age group and gender (i.e. Men/Women, 19-24, 25-29, 30-34, 35-39 etc.).

NOTE: Your age for this meet is your age on 12/17/2022.

Entry Fees: \$40 Early Entry fee. You can swim up to a Maximum of 6 events total, relays not included. Relays will be \$5 per swimmer. Deck entries for up to 6 events the day of the meet = \$60. Please pay with Cash or Check or Card.

Limits: The 1650 will be held first with early warm ups starting at 7:45 am, 1650 will start at 8:30. Swimmers may swim up to six events not including relays. Please be aware that this meet will run fast. If you enter back-to-back events, your rest time will be very short (or nonexistent).

Deadline: Register by e-mail to mirandal@fremontfamilyymca.org by midnight Thursday, December 7st, 2023 for the early entry fee. Late and deck entries will be accepted at the meet by 9:30am at the \$60 rate.

Meet Director:

- Miranda Long. mirandal@fremontfamilyymca.org

ORDER OF EVENTS – Short Course Yards

Event 1= 1650 – Mixed **(Break)**

Event 2= Women's 200 Medley Relay

Event 3=Men's 200 Medley Relay

Event 4=Mixed Medley Relay

Event 5=Women's 50 Back

Event 6= Men's 50 Back

Event 7= Women's 50 Free

Event 8= Men's 50 Free

Event 9= Women's 200 Breast

Event 10= Men's 200 Breast

Event 11= Women's 100 Fly

Event 12= Men's 100 Fly

Event 13= Women's 100 IM

Event 14= Men's 100 IM

Event 15= Women's 200 Free

Event 16= Men's 200 Free

Event 17= Women's 100 Back

Event 18= Men's 100 Back

Event 19= Women's 50 Breast

Event 20= Men's 50 Breast

Event 21=Women's 400 IM

Event 22= Men's 400 IM

BREAK

Event 23=Women's 500 Free

Event 24=Men's 500 Free

Event 25=Women's 200 Free Relay

Event 26=Men's 200 Free Relay

Event 27=Mixed 200 Free Relay

Event 28=Women's 50 Fly

Event 29= Men's 50 Fly

Event 30=Women's 100 Breast

Event 31=Men's 100 Breast

Event 32=Women's 100 Free

Event 33=Men's 100 Free

Event 34=Women's 200 Back

Event 35=Men's 200 Back

Event 36=Women's 200 Fly

Event 37=Men's 200 Fly

Event 38=Women's 200 IM

Event 39=Men's 200 IM

Nebraska Masters State (SCY)
EARLY REGISTRATION AND PAYMENT
Dillon Family Aquatics Center. Fremont, NE
Sunday December 17th, 2023

\$40 fee for up to 6 events (not including relays)

Name: _____

Age: _____ DOB: _____

Email: _____

Emergency Contact: _____ Phone: _____

If you are a USMS member, provide USMS number and Club _____

Event #	Description	Time
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____

Relays: will be paid and entered day of meet, \$5 per swimmer.

- Please make check made payable to Fremont Family YMCA

Mail checks to:

Attn: Miranda
Fremont Family YMCA
Dillon Family Aquatic Center
806 N Lincoln Ave.
Fremont, NE 68025

WAIVER: In consideration of your acceptance of my entry, I hereby from myself, my heirs and executors, waive and release any and all rights and claims for damages against the Fremont Family YMCA, all sponsors, meet officials, volunteers and workers from any injuries suffered by participant listed above in connection with the event. I further certify that the above parties are in good enough physical condition to participate in the event.

Signature _____ Date _____