

2025 Bill Heebner Memorial Winter Freeze Masters Meet



Sunday, January 12, 2025

USMS Sanction : #TBD

Phoenixville Area YMCA Masters

Swim Meet Registration



Registration Schedule

Hosted by the Phoenixville Area YMCA (PAY) Swim Team (*your credit card will be charged by 'Phoenixville YMCA Masters Meet' and it will appear as "Phoenixville Masters Meet" on your statement for any entries this swim meet.*)

Sanctioned by Delaware Valley LMSC for USMS, Inc. (#TBD)

Meet Directors: Kate Baganski 610-212-2587 kbaganski@verizon.net and David Rue david.rue@philaymca.org

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

Facility: 6 lane, certified **25-meter** pool. Facility opens at 8:00AM. Locker rooms - bring your own lock. Electronic timing. 6+ Lane warm-up (8:00-8:30 for Event 1 and 10:00-10:30 for Event 2+ then between events as needed) Myrin pool, 2 lanes thereafter in the

adjacent warm Heritage pool. Warm-ups permitted only in designated areas. Bleacher seating. 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 106.2.1.

Timing System: Times from this competition will be eligible for world records, USMS records and USMS Top-10 consideration in accordance USMS Rule 103.18.5 as an automatic primary timing system will be used with button and a minimum of one watch will be used for each lane.

Eligibility: This meet is open to US Masters Swimmers age 18 years or older. All entrants must be registered with USMS for 2025. Swimmers who are 2024 members must renew their USMS memberships on or after November 1, 2024, for the 2025 membership year. To renew your USMS membership, go to <https://www.usms.org/join-usms/join-or-renew>.

Seeding: Swimmers will be seeded by time submitted, slow to fast regardless of age and sex. If time unknown, please estimate. 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 12/31/2025. Relay age group determined by total ages of swimmers.

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.

Sanction: This is a Masters Sanctioned swim meet. All swimmers must be registered with US Masters Swimming, Inc. For USMS registration information, go to <http://www.dvmasters.org/join.php>.

Final Results: Results will be posted to www.dvmasters.org. Results will also be submitted for Top Ten consideration in accordance with USMS rules.

Entry Fees: A flat entry fee of \$35.00 will be charged for all swimmers for up to 5 events. Relays will be charged \$8.00 each. ***Your credit card statement will be charged by 'PhoenixVII Masters Meet' for this swim meet.***

Deck Entries: Deck entries will be permitted for a flat fee of \$45.00, for up to 5 events, until 9:15AM the day of the meet.

Entry Deadline: Electronic Entry form must be completed by 9PM on Thursday, January 9, 2025. Entries received after this date will be considered deck entries and participants charged a flat fee of \$45.00.

Entries: Max of 5 individual events. Please do not enter with "NT". Provide an estimate for your times.

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 passing Phoenixville High 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.

All events are timed finals. Meet will be conducted according to 2025 USMS Rules.

* Maximum of 3 heats for the 1500 Free. ***Please register early.***

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COVID-19 Statement: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. The Phoenixville Area YMCA (PAY) Swim Team, the Phoenixville YMCA, Greater Philadelphia YMCA, and U.S. Masters Swimming cannot prevent you (or your family from becoming exposed to, contracting, or spreading COVID-19 while participating in USMS Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USMS sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19 by attending and/or participating in this event.

Meet Host's Assumption of Risk Disclaimer- By attending or participating in this competition, you voluntarily assume all risks associated with exposures to COVID-19 and forever release and hold harmless USA Swimming, USMS, Greater Philadelphia YMCA, Phoenixville YMCA, PAY Swimming, and each of their Officers, Directors, Agents, Employees, or other representatives from any liability or claims including for personal injuries, death, disease, or property losses, or any other loss, including but not limited to claims of negligence, and give up any claims you make have to seek damages, whether known or unknown, foreseen, or unforeseen, in connection therewith.

Session 1 - Event 1 1500 Free

Warm-ups start at 8:00 AM
Meet Session starts at 8:30 AM

#	Sex	Event
1	Mixed	1500 MFree

Session 2 - Event 2-25

Warm-ups start at 10:00 AM
Meet Session starts at 10:30 AM

#	Sex	Event
2	Mixed	400 MMedley Relay
3	Mixed	100 MBreast
4	Mixed	25 MFree
5	Mixed	50 MBack
6	Mixed	100 MFly
7	Mixed	400 MFree
8	Mixed	50 MBreast
9	Mixed	200 MIM
10	Mixed	100 MFree
11	Mixed	200 MBack
12	Mixed	50 MFly
13	Mixed	400 MIM
14	Mixed	25 MBreast
15	Mixed	200 MFree Relay
16	Mixed	200 MBreast
17	Mixed	50 MFree
18	Mixed	200 MFly
19	Mixed	100 MBack
20	Mixed	100 MIM
21	Mixed	200 MFree
22	Mixed	25 MBack
23	Mixed	200 MMedley Relay
24	Mixed	25 MFly
25	Mixed	400 MFree Relay

Note: If paying by credit card, your credit card statement will reflect a charge from "PHOENXVLL MASTERS MEET."