

All Aboard! Last Stop for New England's  
March 9-11<sup>th</sup>

**Presented by:** Melrose YMCA Sharks

**Date: Friday-Sunday, March 9-11**

Friday – 5:00-7:30                      5pm warm up, 5:45 start  
Open Session

Saturday – 1:00pm – 4:00pm 1pm warm up 1:45 start  
8 and Under, 13-14, 15 and Over Session

Sunday – 12:00pm – 4:00pm 12pm warm up 12:45 start  
9-10, and 11-12 Session

**Site: Melrose YMCA** 476 Main Street, Melrose, MA 02176

**Facility:** The Melrose YMCA has a 4 lane 25 yard pool. Parking is provided in the YMCA parking lot behind the building. We have an electronic timing system with a display board to show the times achieved.

**Meet Directors:** Debbie Emerson and Laura McCormack

Please email all entries to Debbie Emerson at [Debbie.emerson@gmail.com](mailto:Debbie.emerson@gmail.com). All questions please email Laura at [LMcCormack1@gmail.com](mailto:LMcCormack1@gmail.com) or call 781-820-0763.

**Entries:** Swimmers may enter up to 4 events in their age group. There is a \$5.00 event fee per event entered. Age is determined by swimmer's age as of 12/1/2011. Please be aware that the meet file is set up to 3 seconds over the qualifying time. If you have swimmers that you feel will make the cut but are over the 3 second limit, please feel free to sign them up. However, should the meet be oversubscribed they will be cut from the meet.

**Entry Fee:** \$5.00 per each event for electronic entries or hand written entries. If electronic entries are used, a hard copy of entries must accompany check. Make Check payable to the Melrose YMCA. Please make out one check per team entry. All entries must be postmarked **Tuesday, February 28th**

Please mail entries and checks to                      Kevin Cohan  
Melrose YMCA Sharks Treasurer  
66 Beech Ave  
Melrose, MA 02176

**Format:** All events are timed finals. Coaches must turn their scratch sheets to the Clerk at the end of warm up.

**Warm Ups:** Lane assignments and warm up times will be posted prior to each warm up session. There will be one way sprints at the conclusion of each session. There will be no diving during warm up, except the sprints at the end.

**Miscellaneous:** Melrose YMCA Sharks and the Melrose YMCA assume no responsibility for lost or stolen items.

**Concession:** The Melrose YMCA Sharks swim team will operate a concession stand with snacks and drinks.

**Admission:** \$3 spectator fee and \$1 heat sheet.

**Officials and Timers:** Officials that are interested in helping should email Laura at [LMcCormack1@gmail.com](mailto:LMcCormack1@gmail.com) and check in at the start of each session. We may also need additional timers and will solicit if needed at the beginning of each session.

**Melrose YMCA Swim Team**  
**All Aboard, Last Stop to New England**  
**Melrose YMCA, 497 Main Street, Melrose 02176**  
**March 9-11**

**Contact Information**

Team Name : \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Deck Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Email \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Email \_\_\_\_\_

Address: \_\_\_\_\_

**Entry Fees**

\_\_\_\_\_ Individual Electronic Entries @ \$5.00 = \$ \_\_\_\_\_

\_\_\_\_\_ Individual Non Electronic Entries @\$6.00 = \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

Make Checks Payable to : Melrose YMCA  
Mail entries and checks to :  
Kevin Cohan  
Melrose YMCA Sharks Treasurer  
66 Beech Ave  
Melrose, MA 02176

Entry Deadline: February 28th