



WAYNESBORO YMCA SMAC FALL INVITE
Age Group Meet
November 22-23, 2008
SANCTION NO. VS-09-20



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| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-20 |
| LOCATION: | Waynesboro YMCA, 648 S. Main St., Waynesboro, VA 22980 (540) 942-5107 |
| FACILITY: | Indoor 25 yard 6 lane pool with Competitor lane lines. Colorado automatic Timing System with 2 line scoreboard. |
| MEET DIRECTOR: | Name: Ryan Sprang Email: ryans@smacswimming.org Phone: 540-942-5107 |
| ELIGIBILITY: | <ul style="list-style-type: none"> • Open to all USA Swimming/VSI registered swimmers • All swimmers participating in this meet must be registered by the first day of the meet. • No on deck registration will be permitted. • Age on November 22, 2008 will determine age for the entire meet. |
| DISABILITY SWIMMERS: | <ul style="list-style-type: none"> • Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. |
| FORMAT: | <ul style="list-style-type: none"> • All 10 & younger swimmers will swim in the morning. • All 11-12 and 13-14 swimmers will swim in the afternoon. • All events will be timed finals. |
| WARM-UPS: | <ul style="list-style-type: none"> • Morning sessions: Warm-ups from 8:10-9:00 am; competition starts at 9:15 am. There will be two 25 minute warm-up sessions. • Afternoon sessions: Warm-ups from 12:15-1:15 pm; competition starts at 1:30 pm. There will be two 30 minute warm-up sessions • Lane assignment and warm-up times for individual clubs will be posted on the Waynesboro YMCA SMAC (smacswimming.org) website no later than Wednesday November 19th, 2008 and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 12, 2008</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk. • A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • Coaches Times (CT) and "No Time" entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 5 <i>individual events</i> and 1 <i>relay event</i> per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Email and/or mail entries to: David Bihl, davidbihl@yahoo.com • Mail entries to: David Bihl c/o SMAC Swimming 648 S. Wayne Ave. Waynesboro, VA 22980 (cell) (717) 350-3896 • IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a |

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| | signature is NOT required for delivery as this will delay the receipt of your entries. |
| FEES: | <p>Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Waynesboro YMCA SMAC. • Payment must be received by Wednesday, November 19, 2008 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet. |
| AWARDS: | <ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through sixth place. <ul style="list-style-type: none"> ○ 10 & Younger events will be given separate awards for 9-10, 7-8, and 6 & Younger age groups. ○ 8 & Younger events will be given separate awards for 7-8 and 6 & Younger age groups. • Relay events: Ribbons will be awarded for first through third place. |
| SEEDING: | <ul style="list-style-type: none"> • All events will be pre-seeded. 8 & Younger swimmers in the morning sessions must report to the Clerk of Course next to the blocks and they will be escorted to the blocks from there. 9 and 10 year old swimmers may report directly to the blocks for their events. • Swimmers in the afternoon sessions should report directly to the blocks for their events. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Meet Referee on the provided forms. |
| PENALTIES: | <p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded. • Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. • Clubs entering swimmers not legally registered with United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered. • If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. |
| RULES: | <ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • The overhead start procedure will be used for all sessions, at the discretion of the Referee. • In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area. |
| OFFICIALS: | <p>Meet Referee: David Bihl Email: davidbihl@yahoo.com Phone: (717) 350-3896 (cell)</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. We encourage trainees and dry-deck officials as well as certified wet-deck officials. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to David Bihl no later than Monday November 17, 2008. • Officials meeting will be held 30 minutes prior to the start of each session. Coaches meeting will be held 15 minutes prior to the start of the 1st session on Saturday morning. |
| SAFETY: | <ul style="list-style-type: none"> • VSI Safety and Warm-up procedures will be in effect. • Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules. • Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet. |
| TIMERS: | <p>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. The number of timers required per club and their lane assignments will be posted on the Waynesboro YMCA SMAC website no later than Wednesday, November 19, 2008 and will also be emailed to the contact person of each of the individual clubs.</p> |

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| GENERAL: | <ul style="list-style-type: none"> • Concessions will be available at the top of the stairs next to the gym. • Swimmers and spectators may sit in the pool area, in the observation room overlooking the pool, and in an additional room also available on the pool level. • Coaches and Officials hospitality will be available on the pool level in a separate room. • The Clerk of Course will be located next to the starting blocks for the morning sessions and will escort swimmers to the blocks from there. • Heat shirts will be available for \$5.00 in the observation room. • T-shirts may be available for sale in the observation room, depending on the number of entries received. |
| FACILITY RULES: | <ul style="list-style-type: none"> • No smoking or running in the facility. • Everyone will be expected to abide by the facility rules. • Swimmers, coaches, and teams will be held responsible for any damage. |
| DIRECTIONS: | <p>Take exit 96 off US Interstate 64. Go north towards Waynesboro. Take the second left (Windsor) and go straight until the road "T"s into Lyndhurst Rd. Turn right onto Lyndhurst (changes to Wayne Ave). The YMCA is ½ mile on the right.</p> |
| HOTELS: | <p>Days Inn Waynesboro (540) 943-1101 Best Western Waynesboro (540) 942-1100 Holiday Inn Express Waynesboro (540) 932-7170 Comfort Inn Waynesboro (545) 932-3060 Quality Inn Waynesboro (540) 942-1171 Super 8 Waynesboro (540) 943-3888 Hampton Inn Fishersville (540) 213-9500</p> |

Waynesboro YMCA SMAC Fall Invite

Order of Events

Saturday, November 22, 2008

Morning Session

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|---------------------------|-------------|
| 1 | 9-10 50 yd Freestyle | 2 |
| 3 | 8 & Y 25 yd Freestyle | 4 |
| 5 | 9-10 100 yd Butterfly | 6 |
| 7 | 8 & Y 50 yd Butterfly | 8 |
| 9 | 9-10 100 yd Ind. Medley | 10 |
| 11 | 8 & Y 100 yd Ind. Medley | 12 |
| 13 | 9-10 50 yd Breaststroke | 14 |
| 15 | 8 & Y 25 yd. Breaststroke | 16 |
| 17 | 9-10 100 yd Backstroke | 18 |
| 19 | 8 & Y 50 yd Backstroke | 20 |
| 21 | 10 & Y 200 yd Freestyle | 22 |
| 23 | 8 & Y 100 Free Relay | 24 |
| 25 | 10 & Y 200 Free Relay | 26 |

Afternoon Session

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|---------------------------|-------------|
| 27 | 11-12 100 yd Freestyle | 28 |
| 29 | 13-14 100 yd Freestyle | 30 |
| 31 | 11-12 50 yd Butterfly | 32 |
| 33 | 11-12 200 yd Ind. Medley | 34 |
| 35 | 13-14 200 yd Ind. Medley | 36 |
| 37 | 11-12 50 yd Breaststroke | 38 |
| 39 | 13-14 200 yd Breaststroke | 40 |
| 41 | 11-12 100 yd Backstroke | 42 |
| 43 | 13-14 100 yd Backstroke | 44 |
| 45 | 11-12 200 yd. Free Relay | 46 |
| 47 | 13-14 200 yd Free Relay | 48 |
| 49 | 11-12 400 yd Ind. Medley | 50 |
| 51 | 13-14 400 yd Ind. Medley | 52 |

Sunday, November 23, 2008

Morning Session

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|--------------------------|-------------|
| 53 | 9-10 100 yd Freestyle | 54 |
| 55 | 8 & Y 50 yd Freestyle | 56 |
| 57 | 9-10 50 yd Butterfly | 58 |
| 59 | 8 & Y 25 yd Butterfly | 60 |
| 61 | 9-10 200 yd Ind. Medley | 62 |
| 63 | 8 & Y 50 yd Breaststroke | 64 |
| 65 | 9-10 100 yd Breaststroke | 66 |
| 67 | 8 & Y 25 yd Backstroke | 68 |
| 69 | 9-10 50 yd Backstroke | 70 |
| 71 | 8 & Y 100 yd Freestyle | 72 |
| 73 | 9-10 200 yd Med. Relay | 74 |
| 75 | 8 & Y 100 yd Med. Relay | 76 |

Afternoon Session

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|---------------------------|-------------|
| 77 | 11-12 200 yd Freestyle | 78 |
| 79 | 13-14 200 yd Freestyle | 80 |
| 81 | 11-12 100 yd Butterfly | 82 |
| 83 | 13-14 100 yd Butterfly | 84 |
| 85 | 11-12 100 yd Ind. Medley | 86 |
| 87 | 13-14 100 yd Breaststroke | 88 |
| 89 | 11-12 100 yd Breaststroke | 90 |
| 91 | 13-14 200 yd Backstroke | 92 |
| 93 | 11-12 50 yd Backstroke | 94 |
| 95 | 13-14 50 yd Freestyle | 96 |
| 97 | 11-12 50 yd Freestyle | 98 |
| 99 | 13-14 200 yd Med. Relay | 100 |
| 101 | 11-12 200 yd Med. Relay | 102 |
| 103 | 11-12 500 yd Freestyle | 104 |
| 105 | 13-14 500 yd Freestyle | 106 |