

LYNCHBURG Y INVITATIONAL

HOSTED BY LY SWIMMING

January 7-8, 2006

Location: Jamerson Branch of the YMCA of Central Virginia

Host: LY Swimming and the YMCA of Central Virginia

Sanction: Sanction for approval held under USA Swimming, Inc. and VSI:
Meet Approval #VS-06-03A. **Time Trial** #VS-06-04T.

Meet Directors: Lisa and TJ Liston
434-384-6338
TJListon@adelphia.net

Meet Referee: Mary Turner

Safety Marshals: 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.

Facility: The Jamerson Y pool has 8 competition lanes. All are bottom striped and wall targeted with non-turbulent lane lines. Over head lighting is present. Bleacher seating, deck space and the gym is available for seating. Three 25 yard lanes available for warm up and warm down. Directions to the facility are available at www.swim4ly.com

Rules: The stricter of the 2005-2006 USA Swimming Rules and Regulations or the 2005 NCAA Swimming Rules will apply. Virginia Swimming, Inc. Safety and Warm-up procedures will be in effect.

Fees: \$2.00 swimmer fee, \$4.00 per event and \$13.00 for relays. Double the entry fees for late entries and time trials. Make checks payable to: **LY Swimming**

Format: Timed finals for all events. Distance events, #35-36, 61-62, will require a positive check-in 30 minutes before the completion of that session's warm-up. They will be swum slow to fast in event order.

Seeding: The meet will be seeded according to USAS guidelines.

Eligibility: This meet is a closed competition offered to YMCA teams and only those swimmers that have full membership privileges. All swimmers must be full privilege members of the YMCA they represent in competition and must be current on account with that YMCA and YMCA's swim team by the first day of the meet. Age on December 1, 2005 will determine the age for the entire meet.

Swimmers with Disability: Athlete members that meet the membership rules with disabilities are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete's coach is also responsible for notifying the session referee of any disability prior to the competition.

Entries: Hytek disk entries are preferred. If not, please use a VSI master entry sheet and complete it including the swimmer's full name, age, USAS number and sanctioned yard times. Also include a copy of your team's YMCA certificate of membership for all swimmers. Swimmers may enter a maximum of 4 individual events and 1 relay per day. Teams may enter up to 2 relays per relay event. Entries will be processed in the order they are received. The meet will be limited to the first 450 swimmers entered. The Meet Director reserves the right to limit entries in any event if deemed necessary. Checks should be made payable to **LY Swimming**. Hytek event file will be on the www.swim4LY.com web site.

Entry Deadline: Entries should be postmarked by Thursday December 29th, 2005.

Entries and fees should be mailed to:

TJ Liston

1240 Krise Circle

Lynchburg, Va 24503

Email: TJListon@adelphia.net

Please sign the signature release line on all certified or express mail. Late entries will be accepted at twice the entry fee at the meet director's discretion.

Time Trials: Time trials will be conducted at the discretion of the meet referee/ director.

Timing: Colorado Timing Systems will be used. Timers from other teams are encouraged and are much appreciated. A one lane timer display is present.

Awards: Medals for 1-3 and Ribbons 4th-8th place for all individual events and Ribbons for relays 1-3rd. 8 & Unders will be awarded separately. Mystery prizes will also be given out.

Distance Events: All events 400 yards and longer, will be deck seeded and will require a positive check within 30 minutes of the start of that session's warm up. Swimmers failing to check in will be allowed to swim the event. Anyone missing a checked in event will be barred from swimming their next event. The meet referee will rule over any such decisions. The Meet Director reserves the right to limit the distance events based on time constraints.

Warm Up Schedule:

	Warm-ups:	Events Start
Saturday		
First Session	12:00 noon	1:00 PM
Second Session	4:00 PM	5:00 PM
Sunday:		
First session	8:00 AM	9:00 AM
Second Session	1:00 PM	2:00 PM

Officials: Visiting officials are welcome and should check in with the meet referee upon arrival. LY's officials' chairman, Bob Dray, may be contacted at BDrayJr@aol.com

Warm-up Procedures: VSI LSC and USAS safety guidelines will be followed. General warm up may be in place. Otherwise lane assignments may be distributed in the coach's packet.

Lynchburg YMCA Invite, January 7-8, 2006

Saturday January 7, 2006

Session 1: Warm Up NOON Start 1:00

1-2	12 & U	200 M R
3-4	10 & U	200 M R
5-6	8 & U	100 MR
7-8	11-12	200 free
9-10	9-10	200 free
11-12	11-12	50 back
13-14	9-10	50 back
15-16	8 & U	25 back
17-18	11-12	100 breast
19-20	9-10	100breast
21-22	11-12	50 fly
23-24	9-10	50 fly
25-26	8 & U	25 fly
27-28	11-12	100 free
29-30	10 & U	100 free

**Session 2: Warm Up not before 4:00PM
Start 1 hour later**

31-32	Sr	200 M R
33-34	13-14	200 M R
35-36	SR	*400 IM
37-38	13-14	50 free
39-40	SR	50 free
41-42	13-14	100 back
43-44	SR	100 back
45-46	13-14	200 fly
47-48	SR	200 fly
49-50	13-14	100 breast
51-52	SR	100 breast
53-54	13-14	200 free
54-56	SR	200 free

* limited to 3 heats both sexes

Sunday January 8, 2006

Session 3: Warm Up 8AM, 9AM Start

57-58	SR	200 F R
59-60	13-14	200 FR
61-62	SR	*500 free
63-64	13-14	200 breast
65-66	SR	200 breast
67-68	13-14	100 fly
69-70	SR	100 fly
71-72	13-14	200 back
73-74	SR	200 back
75-76	13-14	100 free
77-78	SR	100 free
79-80	13-14	200 IM
81-82	SR	200 IM

* limited to 3 heats both sexes

Session 4: Warm Up 1PM, 2PM Start

83-84	12 & U	200 Fr Rel
85-86	10 & U	200 Fr Rel
87-88	8 & U	100 Fr Rel
89-90	11-12	100 back
91-92	9-10	100 back
93-94	11-12	50 breast
95-96	9-10	50 breast
97-98	8 & U	25 breast
99-100	11-12	100 fly
101-102	9-10	100 fly
103-104	11-12	50 free
105-106	9-10	50 free
107-108	8 & U	25 free
109-110	11-12	100 IM
111-112	10 & U	100 IM

LY MEET TALLY SHEET

AGE GROUP	BOYS	GIRLS	TOTAL	\$ TOTAL
<u>8 & Under:</u>	_____	_____	X \$ 4.00=	_____
<u>9-10:</u>	_____	_____	X \$4.00=	_____
<u>11-12:</u>	_____	_____	X \$4.00=	_____
<u>13-14:</u>	_____	_____	X \$4.00=	_____
<u>Senior:</u>	_____	_____	X \$4.00=	_____
<u>Relays:</u>	Total relays	X	\$13.00=	_____
<u>Swimmer & Facility fee:</u>	Total swimmers	X	\$2.00=	_____
<u>Total payable to: LY Swimmimg =</u>				_____

Send payment with entries to: **TJ Liston**
1240 Krise Circle
Lynchburg, Va 24503
Email: TJListon@adelphia.net

RELEASE: In consideration of the acceptance of this entry, we hereby waive and release any and all claims against LY Swimming Parents group, the YMCA of Central Virginia, YMCA National, VSI-LSC, USA Swimming and any individual or organization associated with the running and participation of the swim meet or time trials, and their officers, agents and representatives for any and all injuries which may be sustained at this meet or while in transit to and from this meet. Furthermore, I acknowledge that all swimmers are full privilege members of the YMCA they represent in competition and are current on account with that YMCA and YMCA's swim team by the first day of this swim meet.

CLUB: _____ **DATE:** _____
Signature of Coach or Club Official: _____

Time Line: An updated timeline will be emailed out to all teams. Please provide a current email address for your team contact person.

Name _____ Email: _____
Snail Mail: _____

LY January 06 Meet Invite Page:

<http://www.swim4ly.com/LY%20January%20Invite-06.htm>

Down load meet information: [Click here for the January LY Meet Info](#)

Team Manager Event File: [Click to Download](#)

Hotel's giving Swim Team Rates, mention the LY Swim Meet:

Wingate Hotel 3777 Candler's Mountain Rd, Lynchburg, 24502 -
(434) 845-1700

[Days Inn](#) 3320 Candler's Mountain Rd, Lynchburg, 24502 -
(434) 847-8655

Kirkley Hotel & Conference Center, formerly the Radisson,
(434) 237-6333

Holiday Inn Express 5600 Seminole Ave, Lynchburg, 24502 -
(434) 237-7771

Hampton Inn 5604 Seminole Ave, Lynchburg, 24502 - (434)
237-2704