



**New Year YMCA Invite  
January 6-7, 2007  
SANCTION NO. VS-07-02Y**

**Hosted by**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-VS-07-02Y</b>
<b>LOCATION:</b>	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, Virginia 24502 (434) 583-1900
<b>FACILITY:</b>	The Jamerson YMCA has an indoor, 8 lane competition pool. All are bottom striped and wall targeted with non-turbulent lane lines. Bleacher seating is available on deck and the gym will be available for seating as well. Three 25 yard lanes are available for continuous warm up and warm down. Colorado Automatic Timing System with a 4 panel scoreboard. Lanes 1-4 are displayed simultaneously and then rotate to lanes 5-8 for simultaneous display.
<b>MEET DIRECTOR:</b>	TJ & Lisa Liston, 1240 Krise Circle, Lynchburg VA 24503 434-384-6338 email: <a href="mailto:TJListon@adelphia.net">TJListon@adelphia.net</a> or <a href="mailto:LisaLListon@aol.com">LisaLListon@aol.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>This meet is a closed competition offered to YMCA teams and only those swimmers that have full membership privileges.</li> <li>All swimmers participating in this meet must be full privileged members of their YMCA.</li> <li>Age on December 1<sup>st</sup> 2006 will determine age for the entire meet.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All events will be timed finals.</li> <li>Morning sessions: Warm-ups at 7:30AM; competition starts at 9:00AM.</li> <li>Afternoon sessions: Warm-ups at 1:00PM ; competition starts at 2:30PM.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the LY website no later than January 2<sup>nd</sup> 2007, and will also be emailed to the contact person of the participating clubs.</li> <li>If adjustments need to be made to the warm up times and competition start once entries are received, each team will be notified and changes will be posted at <a href="http://www.swim4ly.com">www.swim4ly.com</a></li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Friday, December 29<sup>th</sup>, 2006</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li> <li>A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>No Time (NT) entries will be accepted.</li> <li>Swimmers may enter a maximum of 5 individual events and 1 relay event per day.</li> <li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event however only one relay per team will score.</li> <li>Entries will be processed in the order received. This meet will be limited to a total of 450 swimmers.</li> </ul> <p>Also please include a copy of your teams YMCA certificate of membership for all swimmers. Since USAS registered athletes will receive approved swims and official times <b><u>please delete any USAS registration numbers from all non-registered USAS swimmers for entry purposes.</u></b> This can be done under the athlete name function on hytek. Also submit a complete written list of all athletes that are NOT USAS registered.</p> <ul style="list-style-type: none"> <li>The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding.</li> </ul>

	<ul style="list-style-type: none"> <li>Email entries to: <a href="mailto:Patbrm@aol.com">Patbrm@aol.com</a></li> <li>Mail entries and fees to: Pat Brame, 1220 Abbey Place, Forest, VA 24551</li> <li><b>IMPORTANT:</b> If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: <b>YMCA of Central Virginia</b></li> <li>Payment must be received by Tuesday, January 2, 2007 for email entries. Payment must be included with all mailed entries.</li> <li>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through eighth place.</li> <li>Relay events: Ribbons will be awarded for first through fourth place.</li> <li>Team trophies will be awarded for the 1<sup>st</sup> -3<sup>rd</sup> place combined teams</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except events #35,36 (400 IM) and #81,82 (1650 free), will be pre-seeded.</li> <li>All Swimmers should report directly to the blocks for their events.</li> <li>The 400 IM and 1650 freestyle will require a positive check-in to swim. The number of heats may be limited at the Meet Director's discretion due to the timeline.</li> <li>Positive check-in will close 30 minutes prior to the start of competition in Saturday afternoon and Sunday morning's sessions.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>Swimmer shall be disqualified from the event entered illegally and the event shall be rescored and awarded.</li> <li>Club may be fined \$100 for each offense, and a record of such offenses shall be kept as part of the official meet results.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USAS Rules and Regulations will apply.</li> <li>The overhead start procedure will be used for the Saturday afternoon and Sunday morning sessions, and may be used for the other sessions at the discretion of the Referee.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referees: Bob Dray, email at: <a href="mailto:BDrayJr@aol.com">BDrayJr@aol.com</a> phone: 434-525-5041</b> <b>Roy Fisher, email at <a href="mailto:rfisher@BGF.com">rfisher@BGF.com</a> phone: 434-525-5456</b></p> <ul style="list-style-type: none"> <li>Officials at all positions will be required for this meet.</li> <li>Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Bob Dray at <a href="mailto:BDrayJr@aol.com">BDrayJr@aol.com</a> no later than Wednesday, December 27th, 2006.</li> <li>Any necessary coaches' meetings and officials' meetings will be announced during meet warm ups.</li> </ul>
<b>SAFETY:</b>	<p>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.</p>
<b>TIMERS:</b>	<p>Timers from participating teams are welcomed and encouraged.</p>
<b>GENERAL:</b>	<p>Hospitality for coaches and officials will be provided. Heat sheets will be sold and concessions will be available. A swim vendor will be on sight.</p>
<b>FACILITY RULES:</b>	<p>Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room of the building not directly associated with the meet.</p> <p>Please note that the YMCA prohibits food of any kind in the pool area; permissible beverages inside the pool area are limited to those in closed, plastic containers. Consumption of food is allowed in the gym and concessions area ONLY.</p> <p>Access to the pool deck will be strictly controlled. Swimmers, coaches, officials, and event staff only</p>

	<p>will be permitted on the deck during warm ups and the competition. SPECTATORS MUST REMAIN IN THE BLEACHERS OR THE GYM. No spectator's chairs will be allowed to be set up on the pool deck.</p> <p>Swimmers and families are NOT ALLOWED to set up in the warm down pool area.</p>
<b>DIRECTIONS:</b>	Directions are available on the team website at <a href="http://www.swim4ly.com">www.swim4ly.com</a>
<b>HOTELS:</b>	<p>Wingate Hotel, 3777 Candler's Mtn. Road, (434) 845-1700</p> <p>Days Inn, 3320 Candler's Mtn. Road, (434) 847-8655</p> <p>Kirkley Hotel &amp; Conference Center, (434) 237-6333</p> <p>Holiday Inn Express, 5600 Seminole Avenue, (434) 237-7771</p> <p>Hampton Inn, 5604 Seminole Avenue, (434) 237-2704</p> <p>Extended Stay America, 1910 University Blvd. (434) 239-8863</p>

# YMCA of Central Virginia Invite

## ORDER OF EVENTS

Saturday, January 6, 2007

### Morning Session

Warm-up: 7:30 AM; Start: 9:00 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12&U 200 Medley Relay	2
3	10&U 200 Medley Relay	4
5	8&U 100 Medley Relay	6
7	11-12 200 Free	8
9	10 & U 200 Free	10
11	11-12 50 Back	12
13	10 & U 50 Back	14
15	8&U 25 Back	16
17	11-12 100 Breast	18
19	10 & U 100 Breast	20
21	11-12 50 Fly	22
23	10 & U 50 Fly	24
25	8&U 25 Fly	26
27	11-12 100 Free	28
29	10&U 100 Free	30

### Afternoon Session

Warm-up: 1:00 PM; Start: 2:30 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	Senior 200 Medley Relay	32
33	14 & U 200 Medley Relay	34
35	Senior 400 IM*	36
	14 & U 400 IM*	
37	Senior 50 Free	38
39	14 & U 50 Free	40
41	Senior 100 Back	42
43	14 & U 100 Back	44
45	Senior 200 Fly	46
47	14 & U 200 Fly	48
49	Senior 100 Breast	50
51	14 & U 100 Breast	52
53	Senior 200 Free	54
55	14 & U 200 Free	56

**\*seeded and swum together,  
awarded separately**

Sunday, January 7, 2007

### Morning Session

Warm-up: 7:30 AM; Start: 9:00 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	Senior 200 Free Relay	58
59	14 & U 200 Free Relay	60
61	Senior 200 Breast	62
63	14 & U 200 Breast	64
65	Senior 100 Fly	66
67	14 & U 100 Fly	68
69	Senior 200 Back	70
71	14 & U 200 Back	72
73	Senior 100 Free	74
75	14 & U 100 Free	76
77	Senior 200 IM	78
79	14 & U 200 IM	80
81	Senior 1650 Free*	82
	14 & U 1650 Free*	

### Afternoon Session

Warm-up: 1:00 PM; Start: 2:30 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
83	12&U 200 Free Relay	84
85	10&U 200 Free Relay	86
87	11-12 100 Back	88
89	10 & U 100 Back	90
91	11-12 50 Breast	92
93	10 & U 50 Breast	94
95	8&U 25 Breast	96
97	11-12 100 Fly	98
99	10 & U 100 Fly	100
101	11-12 50 Free	102
103	10 & U 50 Free	104
105	8&U 25 Free	106
107	11-12 100 IM	108
109	10&U 100 IM	110