

NEW YEAR YMCA INVITATION January 5-6, 2008 APPROVED NO. VS-08-02Y



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., APPROVED NO: VS-08-02Y				
LOCATION:	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, Virginia 24502 (434) 583-1900				
FACILITY:	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.				
MEET DIRECTOR:	TJ & Lisa Liston Address: 1240 Krise Circle, Lynchburg VA 24503 Phone: (434) 384-6338 Email: TJListon@adelphia.net or LisaLListon@aol.com				
ELIGIBILITY:	This meet is a closed competition offered to YMCA teams and only those swimmers that have full membership privileges.				
	• All swimmers participating in this meet must be full privileged members of their YMCA.				
	Age on January 5, 2008 will determine age for the entire meet.				
DISABILITY SWIMMERS:	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:	All events will be timed finals.				
WARM-UP:	Morning sessions: Warm-ups at 7:30 AM; competition starts at 9:00 AM.				
	Afternoon sessions: Warm-ups at 1:00 PM ; competition starts at 2:30 PM.				
	 Lane assignment and warm-up times for individual clubs will be posted on the LY website no later than Tuesday, January 1, and will also be emailed to the contact person of the participating clubs. 				
	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 www.swim4ly.com				
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, DECEMBER 28, 2007.				
	 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. 				
	• 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 of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.				
	No Time (NT) entries will be accepted.				
	• Swimmers may swim a maximum of 5 individual events and 1 relay event per day.				
	• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.				
	Entries will be processed in the order received. This meet will be limited to a total of 450 swimmers.				
	• 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.				
	Please delete any USAS registration numbers from all non-USAS registered swimmers for entry purposes. This can be done under the athlete name function on hytek. Also, please submit a				

	complete written list of all athletes that are NOT USAS registered. This will help us ensure that the USAS registered athletes get official times for their swims.				
	Email entries to: <u>Patbrm@aol.com</u>				
	Mail entries and fees to: Pat Brame 1220 Abbey Place Forest, VA 24551				
	• IMPORTANT: 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.				
FEES:	Individual events: \$3.00 Relay events: \$12.00				
	Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)				
	Checks should be made payable to: YMCA of Central Virginia				
	 Payment should be received by Wednesday, January 2, 2007 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:	 Individual events: Ribbons will be awarded for first through eighth place. 				
	Senior events will be given separate awards for 14 & under and 15 & over.				
	 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. 				
	Relay events: Ribbons will be awarded for first through fourth place.				
	• Team trophies will be awarded for 1 st -3 rd place.				
SEEDING:	 All events, except events #31-32 (12 & under 500 free), #37-38 (SR 400 IM), #49-50 (SR 500 free), #65-66 (SR 1650 free) will be pre-seeded. 				
	All Swimmers should report directly to the blocks for their events.				
	• The 500 freestyle, 400 IM, and 1650 freestyle will require a positive check-in to swim.				
	Positive check-in time will be announced.				
	SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.				
	• SWIMMERS WHO CHECK IN AND FAIL TO SHOW FOR THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT.				
	• Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available.				
RULES:	The current USA Swimming Rules and Regulations will apply.				
	 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. 				
OFFICIALS:	Meet Referees: Bob Dray Roy Fisher				
	Email: <u>bdrayjr@aol.com</u> Email: <u>rfisher@bgf.com</u> Phone: (434) 525-5041 Phone: (434) 525-5456				
	Officials at all positions will be required for this meet.				
	 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 <u>BDrayJr@aol.com</u> no later than Thursday, December 27, 2007.				
	 Any necessary coaches' meetings and officials' meetings will be announced during meet warm ups. 				
SAFETY:	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.				
TIMERS:	Timers from participating teams are welcomed and encouraged.				
GENERAL:	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.				
FACILITY	Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are				
RULES:	 not permitted in any room of the building not directly associated with the meet. 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.					
	• Access to the pool deck will be strictly controlled. Swimmers, coaches, officials, and event staff only 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.					
	• Swimmers and families are NOT ALLOWED to set up in the warm down pool area.					
DIRECTIONS:	Directions are available on the team website at <u>www.swim4ly.com</u>					
HOTELS:	S: • Wingate Hotel, 3777 Candler's Mtn. Road, (434) 845-1700					
	• Days Inn, 3320 Candler's Mtn. Road, (434) 847-8655					
	Hampton Inn, 5604 Seminole Avenue (434) 237-2704					
	Holiday Inn Express, 5600 Seminole Avenue, (434) 237-7771					

Saturday, September 29

Session 1: Warm Up 7:30AM Start 9:00AM Session 2: Warm up 1:00PM Start 2:30PM					
Event #			Event #		
1-2	12 & U	200 Medley Relay	33-34	SR	200 Medley Relay
3-4	10 & U	200 Medley Relay	35-36	13-14	200 Medley Relay
5-6	8 & U	100 Medley Relay	37-38	SR	400 IM
7-8	11-12	200 free	39-40	SR	100 back
9-10	10 & U	200 free	41-42	SR	200 fly
11-12	11-12	50 back	43-44	SR	200 free
13-14	10 & U	50 back	45-46	SR	100 breast
15-16	8 & U	25 back	47-48	SR	50 free
17-18	11-12	100 breast	49-50	SR	500 free
19-20	9-10	100 breast			
21-22	11-12	50 fly			
23-24	10 & U	50 fly			
25-26	8 & U	25 fly			
	4.4.4.9	100 11			

- 27-28 11-12 100 IM
- 29-3010 & U100 IM31-3212 & U500 free

Sunday, September 30

Session	3: Warm Up	7:30AM Start 9:00AM	Session 4:	Warm Up 1:00PM Start 2:30PM
51-52	SR	200 Free Relay	67-68	12 & U 200 Free Relay
53-54	13-14	200 Free Relay	69-70	10 & U 200 Free Relay
55-56	SR	200 IM	71-72	8 & U 100 Free Relay
57-58	SR	100 free	73-74	11-12 100 free
59-60	SR	200 back	75-76	10 & U 100 free
61-62	SR	100 fly	77-78	11-12 50 breast
63-64	SR	200 breast	79-80	10 & U 50 breast
65-66	SR	1650 free	81-82	8 & U 25 breast
			83-84	11-12 100 fly
			85-86	9-10 100 fly
			87-88	11-12 50 free
			89-90	10 & U 50 free
			91-92	8 & U 25 free
			93-94	11-12 100 back
			95-96	9-10 100 back
			97-98	11-12 200 IM

99-100

10 & U 200 IM