



A/BB/B/C Meet
June 20-22, 2008
SANCTION NO. VS-08-60



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-08-60
LOCATION:	War Memorial Pool, Ridgeview Park, Waynesboro, VA 22980 (540) 949-7665
FACILITY:	Outdoor, 8-lane, 50 meter pool with non-turbulent lane lines and 2 line scoreboard. No warm-up/cool-down lanes will be available. Limited concrete deck space, but ample amounts of grassy area for tents and canopies. Colorado Timing System will be used.
MEET DIRECTOR:	David Bihl Email: davidbihl@yahoo.com Phone: (717) 350-3896 (mobile)
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 June 20, 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 events will be timed finals. • All 10 & younger swimmers and 11-12 Girls will swim on Friday, Saturday, and Sunday morning. • 11-12 Boys and all 13 & older swimmers will swim on Friday, Saturday, and Sunday afternoon. • All swimmers in the distance events will swim on Friday, Saturday, and Sunday 20 minutes after the end of the afternoon sessions.
WARM-UPS:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 6:30 am; competition starts at 8:00 am. • Afternoon sessions: Warm-ups at 12:30 pm; competition starts at 2:00 pm. • Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on the Waynesboro YMCA SMAC website no later than June 19, 2008, and will also be emailed to the contact person of the participating clubs. ○ The distance sessions will start no earlier than the estimated times. • Lane assignment and warm-up times for individual clubs will be posted on the Waynesboro YMCA SMAC website no later than June 18, 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 TUESDAY, JUNE 10, 2008</p> <ul style="list-style-type: none"> • Entries must be submitted in Long Course Meters 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 Time (CT) and "No Time" (NT) 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 3 events per day. • Entries will be processed in the order received. This meet will be limited to a total of 750 swimmers. • The 1500 Free may be limited to the 6 fastest heats for boys and girls and will be swum 2 per lane. <ul style="list-style-type: none"> ○ Proof of time is required for the 1500 Free. Please submit times in the actual course (LCM, SCY, SCM) the time was achieved. ○ All non-conforming times will be converted for purposes of seeding. • 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. • Email entries to: davidbihl@yahoo.com. • Mail entries to: David Bihl Waynesboro YMCA 648 S. Wayne Ave. Waynesboro, VA 22980 (540) 942-5107 • 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:	<p>Individual events: \$3.00 Swimmer surcharge: \$2.00 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 June 17, 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"> • Medals will be awarded for first through 3rd place. • Ribbons will be awarded for 4th through 8th place. • 13 & Older events will be given separate awards for 13-14 and 15 & Over age groups. • 12 & Under events will be given separate awards for 11-12, 9-10, and 8 & Under age groups. • 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups.
SEEDING:	<ul style="list-style-type: none"> • All 100 meter or shorter events will be pre-seeded. • All 200 meter or longer events will be deck seeded. Coaches will be provided scratch sheets to report any scratches prior to the end of warm-ups of each session. • Events 27-30 (400 Free), 59-60 (13 & over 400 IM), and 93-94 (11 & over 400 Free) will require a positive check-in to swim. • Positive check-in will close at 2:00 pm the day of the event. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • All events are timed finals. There will be no clerk of course. Swimmers should report directly to the blocks for their events. • Deck entries will be permitted, for swimmers already entered in the meet, to the extent of open lanes. No additional heats will be added.

	<ul style="list-style-type: none"> ○ Deck entries will only be added for 200 meter and longer events after the events have been scratched/checked-in and deck seeded. ○ Deck entries must be submitted to the Administrative Referee on the provided forms. • The 1500 Free will be swum alternating girls and boys races, fastest to slowest, as follows: <ul style="list-style-type: none"> ○ This event will be swum 2 swimmers per lane. ○ Each swimmer in the event must provide a person to count laps and lane timers.
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: Kevin Hogan Email: swim@embarqmail.com Phone: (434) 964-1944</p> <ul style="list-style-type: none"> • 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 David Bihl, Email: davidbihl@yahoo.com or phone: (717) 350-3896 by Monday June 9, 2008. • There will be an officials' meeting approximately 45 minutes prior to the start of each session. • There will be a coaches' meeting immediately following the close of warm-ups for Session 1.
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:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session except for the 1500 Free. • Clubs which travel in chartered buses are asked to ensure they have an appropriate number of timers and officials available for all sessions in which they have swimmers entered. • The number of timers required per club and their lane assignments will be posted on the Waynesboro YMCA SMAC website no later than Wednesday June 18, 2008, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available for \$10. • Concessions, swim shop (Kastaway) and meet T-shirts will be available. • Lunches will be provided for coaches and officials. Dinner will be provided only for coaches and officials working the evening distance sessions. • Vendors will be set up in the baby pool area.
FACILITY RULES:	<ul style="list-style-type: none"> • THE BABY POOL IS OFF LIMITS TO SWIMMERS AND SPECTATORS. • No smoking or glass containers in pool area. • Please do not use any tape in the pool area. • No banners or signs of any kind may be attached to the pool fencing. • Swimmers, coaches, and/or teams may be held responsible for any damages.

	<ul style="list-style-type: none"> • Tarps will be allowed outside pool area only. • No parking of vehicles on the entrance road between the park entrance and the parking lots next to the swimming pool. There is ample parking on the grass (weather permitting) and in the three paved parking lots. • Park closes at dark or upon completion of the evening sessions. • No vehicles or participants are allowed in the park boundaries between dusk and dawn. • No alcoholic beverages are allowed in park. • Please clean your team area and picnic pavilions before leaving the park.
DIRECTIONS:	Take exit 94 off I-64 onto US 340 North (Rosser Ave.) into Waynesboro. Go approx. 2 miles and turn right at the stoplight onto 13 th St. Take the first right onto Linden Ave., which will take you to the grassy parking area at the pool.
HOTELS:	<ul style="list-style-type: none"> • 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 • Additional Hotels can be found along the I-81 & I-64 corridors in Charlottesville, Staunton, Lexington, and Harrisonburg. • RV and camping sites: <ul style="list-style-type: none"> ○ Waynesboro 340 North Campground: (540) 943-9573 ○ Misty Mountain Camp Resort: (888) 647-8900 ○ Shenandoah National Park (National Park Service): 1-800-365-CAMP ○ Sherando Lake (US Forest Service) (540) 291-2188

2008 Coventry Commonwealth Games of Virginia

June 20-22, 2008

Order of Events

Session 1 – Friday Morning

Girls	Event	Boys
1	11-12 100 Backstroke	4
3	10 & Under 100 Backstroke	8
5	11-12 100 Breaststroke	12
7	10 & Under 100 Breaststroke	16
9	11-12 200 Freestyle	20
11	10 & Under 200 Freestyle	24
13	11-12 200 Breaststroke	28

Session 3 – Friday Evening

Girls	Event	Boys
27	12 & Under 400 Freestyle	32
29	13 & Older 400 Freestyle	36

Session 4 – Saturday Morning

Girls	Event	Boys
31	10 & Under 50 Butterfly	36
33	11-12 50 Butterfly	40
35	10 & Under 50 Backstroke	44
37	11-12 50 Backstroke	48
39	10 & Under 200 Ind. Medley	52
41	11-12 100 Freestyle	56
43	10 & Under 100 Freestyle	60
45	11-12 200 Butterfly	64

Session 6 – Saturday Evening

Girls	Event	Boys
59	13 & Older 400 Ind. Medley	72

Session 7 – Sunday Morning

Girls	Event	Boys
61	10 & Under 50 Freestyle	72
63	11-12 50 Freestyle	76
65	10 & Under 50 Breaststroke	80
67	11-12 50 Breaststroke	84
69	11-12 200 Individual Medley	88
71	10 & Under 100 Butterfly	92
73	11-12 100 Butterfly	96
75	11-12 200 Backstroke	100

Session 9 – Sunday Evening

Girls	Event	Boys
93	13 & Over 1500 Freestyle	112

Session 2 – Friday Afternoon

Girls	Event	Boys
15	11-12 100 Breaststroke	16
17	13-14 100 Freestyle	18
19	15 & Older 200 Freestyle	20
21	11-12 200 Freestyle	22
23	13 & Older 200 Breaststroke	24
25	11-12 200 Breaststroke	26
27	13-14 100 Backstroke	28
29	15 & Older 100 Backstroke	30
31	11-12 100 Backstroke	32
33	13 & Older 200 Butterfly	34

Session 5 – Saturday Afternoon

Girls	Event	Boys
47	13 & Older 50 Butterfly	52
49	11-12 50 Butterfly	56
51	13 & Older 50 Breaststroke	60
53	11-12 50 Backstroke	64
55	13-14 200 Individual Medley	68
57	15 & Older 200 Ind. Medley	72
59	11-12 100 Freestyle	76
61	13-14 200 Freestyle	80
63	15 & Older 100 Freestyle	84
65	11-12 200 Butterfly	88

Session 8 – Sunday Afternoon

Girls	Event	Boys
77	11-12 50 Freestyle	84
79	13-14 50 Freestyle	88
81	15 & Older 50 Freestyle	92
83	13 & Over 50 Backstroke	96
85	11-12 50 Breaststroke	100
87	13-14 100 Breaststroke	104
89	15 & Older 100 Breaststroke	108
91	11-12 200 Individual Medley	112
93	13-14 100 Butterfly	116
95	15 & Older 100 Butterfly	120
97	11-12 100 Butterfly	124
99	13 & Older 200 Backstroke	128
101	11-12 200 Backstroke	132