



# LYNCHBURG YMCA INVITATIONAL

January 7-9, 2011

SANCTION NO. VS-11-02Y

Hosted by:



Lynchburg YMCA  
Swim Team

<b>SANCTION:</b>	Held under the approval of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-11-02Y</b>
<b>LOCATION:</b>	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502, Phone: (434) 582-1900
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>The Jamerson YMCA has an indoor, 8 lane competition pool, 9 to 4 feet in depth, start end to turn end. All lanes are bottom striped and wall targeted with non-turbulent lane lines.</li> <li>Bleacher seating is available on deck and the gym will be available for seating as well. Three 22 yard lanes are available for continuous warm up and warm down.</li> <li>Colorado Automatic Timing System with a 4 panel scoreboard. Lanes 1-4 are displayed simultaneously and then rotate to lanes 5-8 for complete display.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming</li> </ul>
<b>MEET DIRECTOR:</b>	TJ & Lisa Liston Phone: (434) 384-6338 Email: <a href="mailto:CoachListon@comcast.net">CoachListon@comcast.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 YMCA competition offered to YMCA teams only and only those swimmers that have full membership privileges</li> <li>USA Swimming athletes competing in this meet must be registered by the first day of the meet.</li> <li>No on deck USA Swimming athlete registration will be permitted.</li> <li>Age on January 7, 2011, will determine age for the entire meet.</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>FORMAT:</b>	All events will be timed finals.
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>Friday evening Warm-ups at 4:30 PM; competition starts at 6:00 PM.</li> <li>Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:30 AM.</li> <li>Afternoon sessions: Warm-ups at 12:30 PM; competition starts at 1:40 PM.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the LY website at <a href="http://www.lyswimming.org">www.lyswimming.org</a> no later than Wednesday, January 5, 2011 and will also be emailed to the contact person of the participating clubs.</li> <li>The meet director reserves the right to adjust meet warm up times and start times after all entries are received. 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.lyswimming.org">www.lyswimming.org</a></li> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS SUNDAY, JANUARY 2, 2011</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 submit entries as an e-mail attachment.</li> <li>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.</li> <li>"No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record.</li> <li>Swimmers may enter a maximum of <i>5 individual events</i> and <i>1 relay event</i> per day.</li> <li>Relay teams must be designated A or B if more than one per club is entered per event. A limit of</li> </ul>

	<p>two relays per event per team may be entered. Only one relay per team per event may score.</p> <ul style="list-style-type: none"> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <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> <li>• <b><u>Please delete any USA-S registration numbers from all non-USA-S registered athletes for entry purposes.</u></b> This can be done under the athlete name function on Hy-Tek. <ul style="list-style-type: none"> <li>○ Also, please submit a complete written list of all athletes that are NOT USAS registered.</li> <li>○ This will help us ensure that the USAS registered athletes get official times entered in the USAS database.</li> </ul> </li> <li>• Email entries to: <a href="mailto:CoachListon@comcast.net">CoachListon@comcast.net</a></li> <li>• Mail entries and fees to: TJ Liston 1240 Krise Circle Lynchburg, VA 24503</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> <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>FEES:</b>	<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"> <li>• Checks should be made payable to: YMCA of Central Virginia.</li> <li>• Payment must be received by Wednesday, January 5, 2011 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. <ul style="list-style-type: none"> <li>○ Senior individual events will be given separate awards for 14 &amp; Under and 15 &amp; Over age groups.</li> <li>○ 9-12 individual events will be given separate awards for 9-10 and 11-12 age groups.</li> <li>○ 11 &amp; Over individual events will be given separate awards for 11-12, 13-14, and 15 &amp; Over age groups.</li> <li>○ 10 &amp; Under individual events will be given separate awards for 9-10 and 8 &amp; Under age groups.</li> </ul> </li> <li>• Relay events: Ribbons will be awarded for first through third place.</li> <li>• Team trophies will be awarded for first, second, and third place.</li> <li>• <b>SCORING:</b> Individual events will be scored through 16 places. <ul style="list-style-type: none"> <li>○ First through eighth place will score 20-17-16-15-14-13-12-11, respectively.</li> <li>○ Ninth through sixteenth place will score 9-7-6-5-4-3-2-1, respectively.</li> <li>○ Only ONE relay, per event per team may score.</li> <li>○ First through eighth place relays will score 18-14-12-10-8-6-4-2, respectively.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except events #3-4 (9-12 500 free), #5-6 (11 &amp; Over 1000 Free), #21-22 (SR 400 IM), and #67-68 (SR 500 free) will be pre-seeded.</li> <li>• Swimmers should report directly to the blocks for their events.</li> <li>• The 400 IM, 1000 Freestyle, and 500 Freestyle will require a positive check-in to swim.</li> <li>• Positive check-in for the SR 400 IM, the SR 500 Freestyle and the 1000 Freestyle will close by the end of warm ups for their respective sessions. Positive check in for the 9-12 500 free will close at 5:30 PM on Friday evening.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>SWIMMERS WHO CHECK IN AND FAIL TO SHOW UP FOR THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT INDIVIDUAL EVENT.</b></li> <li>• Events #3-4 (9-12 500 free), and events #5-6 (11 &amp; Over 1000 Free) will be swum fast to slow,</li> </ul>

	alternating girls and boys.
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> <li>• 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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• Swimmers in the meet unaccompanied by a USAS or YMCA coach must be certified by their coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> <li>• The overhead start procedure will be used at the discretion of the Referee.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referees: Roy Fisher                      Terri Proffitt</b>  <b>Email: <a href="mailto:rfisher@bgf.com">rfisher@bgf.com</a>                  Email: <a href="mailto:tpworkathome@aim.com">tpworkathome@aim.com</a></b>  <b>Phone: (434) 525-5456                      Phone: (434) 386-4467</b></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet.</li> <li>• Officials must be certified as YMCA or USAS officials.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials to Terri Proffitt at <a href="mailto:tpworkathome@aim.com">tpworkathome@aim.com</a> no later than December 30, 2010.</li> <li>• Any necessary coaches' meetings or officials' meetings will be announced during warm ups.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	Timers from participating teams are welcome and encouraged. <b>All volunteer timers will receive a t-shirt for their help.</b>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Hospitality for coaches and officials will be provided.</li> <li>• Heat sheets will be sold and concessions will be available.</li> <li>• A swim vendor will be on site.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• 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 swim meet.</li> <li>• 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.</li> <li>• <b>SMOKING IS PROHIBITED</b> anywhere on the grounds of the YMCA.</li> <li>• 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. <b>SPECTATORS MUST REMAIN IN THE BLEACHERS OR THE GYM.</b> No spectator's chairs will be allowed to be set up on the pool deck or in the warm down pool area.</li> </ul>
<b>DIRECTIONS:</b>	Directions are available on the team website at <a href="http://www.lyswimming.org">www.lyswimming.org</a>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Wingate Hotel, 3777 Candler's Mtn. Road, (434) 845-1700</li> <li>• Days Inn, 3320 Candler's Mtn. Road, (434) 847-8655</li> <li>• Kirkley Hotel, (434) 237-6333</li> <li>• Sleep Inn (434) 846-6900</li> <li>• Best Western (434) 237-2986</li> <li>• Craddock Terry Hotel (434) 455 -1500</li> </ul>

**EVENTS**  
**Friday, January 7**

**Session 1: Warm up 4:30 PM Start 6:00 PM**

**Event#**

1-2	9-12	200 IM
3-4	9-12	500 free
5-6	11 & Over	1000 Free

**Saturday, January 8**

**Session 2: Warm Up 7:00 AM Start 8:30 AM**

**Event #**

7-8	SR 200 Medley Relay
9-10	13-14 200 Medley Relay
11-12	SR 200 free
13-14	SR 100 breast
15-16	SR 100 back
17-18	SR 200 fly
19-20	SR 50 free
21-22	SR 400 IM

**Session 3: Warm up 12:30 PM Start 1:40 PM**

**Event #**

23-24	8 & U 100 Medley Relay
25-26	10 & U 200 Medley Relay
27-28	12 & U 200 Medley Relay
29-30	8 & U 25 back
31-32	8 & U 25 fly
33-34	11-12 200 free
35-36	9-10 200 free
37-38	11-12 50 back
39-40	10 & U 50 back
41-42	11-12 100 breast
43-44	9-10 100 breast
45-46	11-12 50 fly
47-48	10 & U 50 fly
49-50	11-12 100 IM
51-52	10 & U 100 IM

**Sunday, January 9**

**Session 4: Warm Up 7:00 AM Start 8:30 AM**

53-54	SR 200 Free Relay
55-56	13-14 200 Free Relay
57-58	SR 200 IM
59-60	SR 100 free
61-62	SR 200 back
63-64	SR 100 fly
65-66	SR 200 breast
67-68	SR 500 free

**Session 5: Warm Up 12:30 PM Start 1:40 PM**

69-70	8 & U 100 Free Relay
71-72	10 & U 200 Free Relay
73-74	12 & U 200 Free Relay
75-76	8 & U 25 free
77-78	8 & U 25 breast
79-80	11-12 100 free
81-82	10 & U 100 free
83-84	11-12 50 breast
85-86	10 & U 50 breast
87-88	11-12 100 fly
89-90	9-10 100 fly
91-92	11-12 50 free
93-94	10 & U 50 free
95-96	11-12 100 back
97-98	9-10 100 back