

	4th ANNUAL MARY MCLAUGHLIN REED YMCA INVITATIONAL February 5, 2011 SANCTION NO. VS-11-03Y	Hosted by:  Southside Virginia Family YMCA
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APPROVAL:	Held under the approval of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-03Y
LOCATION:	Southside Virginia Family YMCA, 580 Commerce Road, Farmville, VA. 23901 (434) 392-3456
FACILITY:	<ul style="list-style-type: none"> • 25 yard, 4-lane indoor pool with non-turbulent lane lines, 3 feet at the shallow end and 5 feet at the diving end with Paragon starting blocks designed for the 5 foot depth. Triple watch system will be used for times. • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
MEET DIRECTOR:	Name: Patsy Watson Email: pwatson@southsidevafamilyymca.org Phone: (434) 392-3456
HOST COACHES	<ul style="list-style-type: none"> • Patsy Watson, Head Coach • Michael DeNise, Assistant Head Coach and Aquatics Director • Elise Hemmer, Assistant Coach
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all swimmers who are full-privileged members of the YMCA team they represent. A list of swimmers should be printed from Team Manager and signed by the Y's Executive Director certifying the swimmer's membership/eligibility. • No proof of times is required. • Age on February 5, 2011 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:	All swimmers will swim in a single afternoon session.
WARM-UP:	<ul style="list-style-type: none"> • Afternoon session: Warm-ups at begin at 12:45 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 event # 70, with the distance session competition starting 10 minutes thereafter. • The approximate start time for the distance sessions will be emailed to the contact person of the participating clubs. • Lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating clubs. • Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams would be notified not later than Wednesday, February 3, 2011
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, JANUARY 31, 2011 <ul style="list-style-type: none"> • Entries must be submitted in 25 yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams submit entries as an e-mail attachment • A confirmation email will be sent upon receipt of entries. • 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.

	<ul style="list-style-type: none"> • Coach's 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 "BB" time. • Swimmers may enter a maximum of <i>3 individual events</i> and <i>2 relay events</i> 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 and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or to the first 150 swimmers, not including the host team whichever is sooner. • 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: pwatson@southsidevafamilyymca.org • Mail entries to: Patsy Watson 580 Commerce Road Farmville, Va. 23901 • 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. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms.
FEES:	<p>Entry Fee: \$15 per swimmer</p> <ul style="list-style-type: none"> • Proceeds will be for the Y Capital Campaign in memory of Mary McLaughlin Reed. • Checks should be made payable to: Southside Virginia Family YMCA • Payment must be received by Thursday, February 4, 2010 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"> • Individual events: Ribbons will be awarded for first through first through third place with "participant ribbons" rewarded to all after that. <ul style="list-style-type: none"> ○ 13 & over individual events will be given separate awards for the 13-14 and 15 & over age groups ○ 11 & over individual events will be given separate awards for 11-12, 13-14, and 15 & over age groups. ○ 9 & over individual events will be given separate awards for 9-10, 11-12, 13-14, and 15 & over age groups. ○ Heat winner ribbons will be awarded to all events. • Relay events: Ribbons will be awarded for first through third place.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded. • Each team must provide their own "Clerk Assistant" to help the younger swimmers get behind the blocks for their events. Older swimmers should report directly to the blocks for their events. • Events #71, 72, 73, and 74 will require a positive check-in to swim. • Positive check-in will close 1 hour prior to the anticipated time of the start of Event # 71. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events #71, 72, 73, and 74 will be swum fastest to slowest and alternating heats of girls and boys.
RULES:	The current USA Swimming Rules and Regulations will apply.

OFFICIALS:	<p>Meet Referee: William Eugene Watson Email: gwatson@wawatson.com Phone: (434) 390-1094</p> <ul style="list-style-type: none"> • If you have officials attending and able to work please contact the meet referee. We ask that each team provide at least 2 timers to help run the 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 Gene Watson, Meet Referee, no later than Thursday, February 3, 2011. • Officials meeting 1:45 PM coaches' meeting 1:50 PM
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	Clubs will be required to provide 2 timers each.
GENERAL:	<ul style="list-style-type: none"> • A meet program will be sold at the meet for \$4. • Concessions will be available.
FACILITY RULES:	<ul style="list-style-type: none"> • Shoes must be worn by all persons when outside of the pool and locker room area. • No glass containers will be allowed on the pool deck. • Due to limited spectator seating, we ask that swimmers rest in the "holding areas" on the indoor track and multipurpose room.
DIRECTIONS:	<ul style="list-style-type: none"> • FROM THE WEST: Rt. 460 East; take the 2nd Farmville exit; at the end of the exit ramp turn right onto Rt. 15 South; go to the stop light and turn right onto Commerce Road. • FROM THE EAST: Rt. 360 West; take Rt. 307 North; take Rt. 460 West; take the 2nd Farmville exit; at the end of the exit ramp, cross Rt. 15 S and turn left onto Rt. 15 South; go to the stop light and turn right onto Commerce Road. • FROM THE SOUTH: Rt. 360 East; Take the exit marked "to Culpeper, Farmville"-Rt. 15 North; follow into Farmville; after passing the "blue" water tower; take a left at the 2nd stop light onto Commerce Road. • FROM THE NORTH: Rt. 15 South from Dillwyn; approximately 15-20 miles at the stop light, go through the stop light and get on the Farmville Rt. 460 By-pass; take the first exit towards Farmville; at the end of the exit ramp take a right onto Rt. 15 South and at the stop light turn right onto Commerce Road.

ORDER OF EVENTS
4th Annual Mary McLaughlin Reed
YMCA Invitational
VS-11-03Y
Saturday, February 5, 2011

Afternoon Session
Warm-up: 12:45 PM; Start: 2:00 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8 & under 200 Freestyle relay	2
3	10 & under 200 Freestyle relay	4
5	12 & under 200 Freestyle relay	6
7	12 & over 400 Freestyle relay	8
9	8 & under 25 Butterfly	10
11	9-10 50 Butterfly	12
13	11-12 50 Butterfly	14
15	9 & over 100 Butterfly	16
17	11 & over 200 Butterfly	18
19	6 & under 25 Backstroke	20
21	7-8 50 Backstroke	22
23	9-10 50 Backstroke	24
25	11-12 50 Backstroke	26
27	9 & over 100 Backstroke	28
29	11 & older 200 Backstroke	30
31	6 & under 25 Freestyle	32
33	7-8 25 Freestyle	34
35	9-10 50 Freestyle	36
37	11-12 50 Freestyle	38
39	13 & over 50 Freestyle	40
41	9 & over 100 Freestyle	42
43	11 & over 200 Freestyle	44

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	8 & under 25 Breaststroke	46
47	9-10 50 Breaststroke	48
49	11-12 50 Breaststroke	50
51	9 & over 100 Breaststroke	52
53	11 & over 200 Breaststroke	54
55	8 & under 100 Individual Medley	56
57	9-10 100 Individual Medley	58
59	11-12 200 Individual Medley	60
61	9 & over 200 Individual Medley	62
63	11 & over 400 Individual Medley	64
65	10 & under 100 Medley relay	66
67	12 & under 200 Medley relay	68
69	12 & over 400 Medley Relay	70

Distance Session		
Warm-up: 15 min; Start: 10 min thereafter		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
71	10 & under 500 Freestyle	72
73	11 & over 50 Freestyle	74

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SWIM WEEKEND SUMMARY FORM

The following forms are included with our registration:

- Emailed entries to pwatson@southsidevafamilyymca.org
- Hard copy of entry forms or a file has been sent via email with entries
- Entry list of swimmers certified by Y's Executive Director.
- Check for entry fees

The following fees are included:

Meet entries

\$15 X _____ swimmers = \$ _____

Total \$ _____

Make Check Payable to: SVFY

Mail to: Attn: Patsy Watson, Swim Weekend, 580 Commerce Road, Farmville, Va. 23901