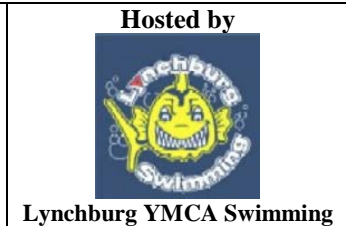




**2011 SEASON OPENER
A/BB/B/C Meet
September 23-25, 2011
SANCTION NO. VS-12-01**



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-01USA Swimming, Inc., Virginia Swimming, Inc., and the Jamerson YMCA shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502 (434) 582-1900
FACILITY:	<ul style="list-style-type: none">The Jamerson YMCA has an indoor, 25-yard, 8 lane competition pool, and 9 feet deep at the start end to 4 feet deep at the turn end. 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 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.The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, 104.2.2C(4). The copy of such certification is on file with USA Swimming
MEET DIRECTOR:	TJ & Lisa Liston Phone: (434) 384-6338 Email: LisaLListon@aol.com or CoachListon@comcast.net
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming athletes registered by the first day of the meet.No on deck USA Swimming athlete registration will be permitted.Age on September 23, 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:	<ul style="list-style-type: none">Friday evening session offers events for 9 & over swimmersSaturday and Sunday morning sessions offer senior eventsSaturday and Sunday afternoon sessions offer events for 12 & under swimmersAll events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">Friday evening session: Warm-ups: 4:30 pm; competition starts: 6:00 pm.Morning sessions: Warm-ups: 7:00 am; competition starts: 8:30 amAfternoon sessions: Warm-ups: not before 12:30 am; competition starts: not before 1:45 pmLane assignment and warm-up times including any necessary time adjustments for individual clubs will be posted on the LY website at www.lyswimming.org no later than Tuesday, September 20, 2011, 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.Depending on the number of entries received, the meet director reserves the right to change the start time and format of warm-ups. Teams will be notified of any necessary adjustments no later than Tuesday, September 20, 2011.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, SEPTEMBER 17, 2011</p> <ul style="list-style-type: none">Entries must be submitted in using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheetTeams submit entries via email.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"> • “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of <i>5 individual events</i> per day. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour session timeline limit. • 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: TJ Liston, Email: CoachListon@comcast.net • 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: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: YMCA of Central Virginia • Mail payment to: TJ Liston 1240 Krise Circle Lynchburg, VA 24503 • Payment must be received by September 20, 2011 for 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 eighth place. • Senior events will be given separate awards for 14 & Under and the 15 & Over age groups. • 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. • Mystery prizes will be awarded.
SEEDING:	<ul style="list-style-type: none"> • All events, except # 5 & 6 (11 & over 500 free) and 15 & 16 (Senior 400 IM) will be pre-seeded. • All swimmers should report directly to the blocks for their events. • Events 5 & 6 (500 free) and 15 & 16 (400 IM) will require a positive check-in to swim. • Positive check-in will close at the beginning of competition for each session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • SWIMMERS WHO CHECK-IN AND FAIL TO SHOW UP TO SWIM THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT. • Events 5 & 6 (500 free) will be swum fastest to slowest, alternating heats of girls and boys.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for 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 USA 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. • All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> ○ Swimmers unaccompanied by a USA-S coach must be certified by a USA-S 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. • The overhead start procedure will be used for the morning sessions, and may be used for the afternoon sessions at the discretion of the Referee. • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet <ul style="list-style-type: none"> ○ Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director

	<ul style="list-style-type: none"> ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Roy Fisher Email: rfisher@BGF.com Phone: (434) 525-5456</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team Officials Chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Terri Proffitt, Email: tpworkathome@aim.com, no later than Tuesday, September 20, 2011. • Officials' meetings and coaches' meetings will be announced at the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	Timers from participating teams are welcomed and encouraged.
GENERAL:	<ul style="list-style-type: none"> • Hospitality for coaches and officials will be provided • Heat sheets will be sold and concessions will be available • A swim vendor will also be on site.
FACILITY RULES:	<ul style="list-style-type: none"> • 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. • Please note that there is no smoking allowed anywhere on the YMCA grounds. • 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 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 or in the warm down pool area.
DIRECTIONS:	Directions are available on the team website at www.lyswimming.org
HOTELS:	<ul style="list-style-type: none"> • Wingate Hotel, 3777 Candler's Mtn. Road, (434) 845-1700 • Days Inn, 3320 Candler's Mtn. Road, (434) 847-8655

LYNCHBURG SEASON OPENER ORDER OF EVENTS

Friday, September 23, 2011

Evening Session		
Warm-up: 4:30 pm; Start: 6:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	Senior 200 Individual Medley	2
3	9-12 200 Individual Medley	4
5	11 & Over 500 Freestyle	6

Saturday, September 24, 2011

Sunday, September 25, 2011

Morning Session		
Warm-up: 7:00 am; Start: 8:30 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	Senior 100 Freestyle	8
9	Senior 200 Butterfly	10
11	Senior 100 Backstroke	12
13	Senior 100 Breaststroke	14
15	Senior 400 Individual Medley	16

Morning Session		
Warm-up: 7:00 am; Start: 8:30 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	Senior 200 Freestyle	42
43	Senior 100 Butterfly	44
45	Senior 200 Backstroke	46
47	Senior 200 Breaststroke	48
49	Senior 50 Freestyle	50

Afternoon Session		
Warm-up: 12:30 pm; Start: 1:45 pm		
<small>(Times are not earlier than)</small>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	8 & Under 25 Butterfly	18
19	8 & Under 25 Backstroke	20
21	11-12 100 Freestyle	22
23	10 & Under 100 Freestyle	24
25	11-12 50 Breaststroke	26
27	10 & Under 50 Breaststroke	28
29	11-12 100 Backstroke	30
31	9-10 100 Backstroke	32
33	11-12 50 Butterfly	34
35	10 & Under 50 Butterfly	36
37	11-12 100 Individual Medley	38
39	10 & Under Individual Medley	40

Afternoon Session		
Warm-up: 12:30 pm; Start: 1:45 pm		
<small>(Times are not earlier than)</small>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	8 & Under 25 Freestyle	52
53	8 & Under 25 Breaststroke	54
55	11-12 200 Freestyle	56
57	10 & Under 200 Freestyle	58
59	11-12 100 Breaststroke	60
61	9-10 100 Breaststroke	62
63	11-12 50 Backstroke	64
65	10 & Under 50 Backstroke	66
67	11-12 100 Butterfly	68
69	9-10 100 Butterfly	70
71	11-12 50 Freestyle	72
73	10 & U 50 Freestyle	74