



SUBWAY
COMMONWEALTH GAMES OF VIRGINIA
A/BB/B/C Meet
June 21-23, 2013
SANCTION NO. VS-13-65



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-13-65USA Swimming, Inc., Virginia Swimming, Inc., and War Memorial Pool 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:	War Memorial Pool, Ridgeview Park, Waynesboro, VA 22980. (540) 949-7665
FACILITY:	<ul style="list-style-type: none">Outdoor 8-lane, 50 meter pool, 13 feet deep at the start end and 3.5 feet deep at the turn end of the pool with Kiefer Wave Eater 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.The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations, Article 104.2.2C(4)</i>.
MEET DIRECTOR:	Name: Catie Young Email: meetdirector@smacswimming.org Phone: (540) 649-3962
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming athletes registered prior to the first day of the meet.No on deck USA Swimming athlete registration will be permitted.Age on June 21, 2013 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 12 and younger swimmers will swim in the morning session.All 13 and older swimmers will swim in the afternoon session.All swimmers in the distance events will swim in the distance session, which will start 30 minutes after the conclusion of the afternoon sessions.All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">Morning sessions: Warm-ups at 6:30 am; competition starts at 8:00 am.Afternoon sessions: Warm-ups not before 12:00 noon; competition starts not before 1:30 pm.Distance sessions: The pool will be opened for 25 minutes of open warm-ups immediately following the finish of the afternoon session(s), with the distance session competition starting 5 minutes thereafter.The approximate start time for the distance sessions will be posted on the SMAC website (smacswimming.org) no later than Tuesday, June 18, 2013, 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 SMAC website no later than Tuesday, June 18, 2013, 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:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY JUNE 11, 2013. <ul style="list-style-type: none">Entries must be submitted in long course meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.

	<ul style="list-style-type: none"> • Teams 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. • Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "BB" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • "No Time" (NT) entries will not be accepted. • Swimmers may enter a maximum of 5 individual events per day. This number includes evening distance events. • 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: davidbihl@yahoo.com • 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 Meet Referee on the provided forms.
FEES:	<p>Individual events: \$4.00 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: SMAC (Shenandoah Marlins Aquatic Club). • Mail payment to: David Bihl Waynesboro YMCA 648 S. Wayne Avenue Waynesboro, VA 22980 (540) 942-5107 • Payment must be received by Tuesday, June 18, 2013 for entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Medals/ribbons will be awarded for first through eighth place <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. ○ 11 & Over events will be given separate awards for 11-12, 13-14, and 15 & Over age groups. ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups.
SEEDING:	<ul style="list-style-type: none"> • All 100 meter or shorter events will be pre-seeded. • There will be no clerk of course. Swimmers should report directly to the blocks for their events. • All 200 meter or longer events will be require a positive check-in to swim Positive check-in will close at the end of warm-ups for the session in which the event will be swum. Positive check-in for distance events will close at 3:00 pm the day of the event. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • The 1500 Free will be swum alternating girls and boys races, fastest to slowest.
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 all sessions at the discretion of the Referee. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged. • 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 ○ Coaches with expired or non-current credentials will be required to leave the deck area. • No VSI non-athlete member in good standing may be barred from participating in the meet as an official as certified.
OFFICIALS:	<p>Meet Referee: David Bihl Email: davidbihl@yahoo.com Phone: (434) 987-0883 (mobile)</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions of 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 the Meet Referee no later than Tuesday, June 11, 2013. • There will be an officials' meeting 1 hour prior to the start of each session. • There will be a coaches' meeting immediately following the close of warm-ups for Session 1.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
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, including for the 400 Freestyle and 400 IM distance event sessions. • The number of timers required per club and their lane assignments will be posted on the SMAC website no later than Tuesday June 18, 2013 and will also be emailed to the contact person of each of the individual clubs. • Swimmers in the 1500 Free will need to provide 2 timers and a lap counter.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available for \$10. • Concessions, swim shop 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. The baby pool area is restricted for visiting vendors. • 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. • 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.

	<ul style="list-style-type: none"> • No alcoholic beverages are allowed in the 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"> • Best Western PLUS Waynesboro (540) 942-1100 – SPONSOR & PREFERRED HOTEL • Comfort Inn Waynesboro (545) 932-3060 • Days Inn Waynesboro (540) 943-1101 • Holiday Inn Express Waynesboro (540) 932-7170 • Marriott Residence Inn Waynesboro (540) 943-7426 • 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

Order of Events

2013 Subway Commonwealth Games of Virginia

June 21-23, 2013

Session 1 – Friday Morning Warm-up: 6:30 am; Start: 8:00 am		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	11-12 50 Freestyle	2
3	10 & Under 50 Freestyle	4
5	11-12 100 Breaststroke	6
7	10 & Under 100 Breaststroke	8
9	11-12 200 Individual Medley	10
11	10 & Under 200 Ind. Medley	12
13	11-12 200 Butterfly	14

Session 2 – Friday Afternoon Warm-up: 12:00 pm; Start: 1:30 pm		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
15	13 & Over 50 Freestyle	16
17	13 & Over 50 Breaststroke	18
19	13 & Over 100 Backstroke	20
21	13 & Over 200 Ind. Medley	22
23	13 & Over 200 Butterfly	24

Session 2 warm-up and start times are approximate

Session 3 – Friday Distance Start 20 minutes following Session 2		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
25	12 & Under 400 Freestyle	26
27	13 & Over 400 Freestyle	28

Session 4 – Saturday Morning Warm-up: 6:30 am; Start: 8:00 am		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
29	11-12 50 Butterfly	30
31	10 & Under 50 Butterfly	32
33	11-12 100 Backstroke	34
35	10 & Under 100 Backstroke	36
37	11-12 200 Freestyle	38
39	10 & Under 200 Freestyle	40
41	11-12 200 Breaststroke	42

Session 5 – Saturday Afternoon Warm-up: 12:00 pm; Start 1:30 pm		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
43	13 & Over 50 Backstroke	44
45	13 & Over 100 Breaststroke	46
47	13 & Over 100 Butterfly	48
49	13 & Over 200 Freestyle	50

Session 5 warm-up and start times are approximate

Session 6 – Saturday Distance Start 20 minutes following Session 5		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
51	11 & Over 400 Ind. Medley	52

Session 7 – Sunday Morning Warm-up: 6:30 am; Start: 8:00 am		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
53	11-12 50 Backstroke	54
55	10 & Under 50 Backstroke	56
57	11-12 50 Breaststroke	58
59	10 & Under 50 Breaststroke	60
61	11-12 100 Butterfly	62
63	10 & Under 100 Butterfly	63
65	11-12 100 Freestyle	66
67	10 & Under 100 Freestyle	68
69	11-12 200 Backstroke	70

Session 8 – Sunday Afternoon Warm-up: 12:00pm; Start 1:30 pm		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
71	13 & Over 50 Butterfly	72
73	13 & Over 100 Freestyle	74
75	13 & Over 200 Breaststroke	76
77	13 & Over 200 Backstroke	78

Session 8 warm-up and start times are approximate

Session 9 – Sunday Distance Start 20 minutes following Session 8		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
79	11 & Over 1500 Freestyle	80