

	Winchester Long Course Invitational A/BB/B/C Meet June 20-22, 2014 SANCTION NO. VS-14-68	Hosted by 
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SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-14-68 • USA Swimming, Inc., Virginia Swimming, Inc., and Jim Barnett Park 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:	Jim Barnett Park, 1001 East Cork Street, Winchester, VA 22601
FACILITY:	<ul style="list-style-type: none"> • Outdoor, 50 meters, 8 lanes, 11 feet deep at the start end and 3.5 feet deep at the turn end, with non-turbulent lane lines. Colorado Timing System for all events except 50M events, which will be buttons and watches. • 6 lanes will be used for competition with 1 lane available at all times throughout the meet for continuous warm-up and cool down. The Meet Director reserves the right to use a seventh and/or eighth lane for competition should it becomes necessary to keep the sessions under 4 hours. • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).
MEET DIRECTOR:	Melanie A. Morrow 132 Morning Glory Dr Winchester, VA 22602 wstlongcourse@yahoo.com (703) 727 4482
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming athletes registered before the first day of the meet. No on deck USA swimming athlete registration will be permitted. • 11 & Older swimmers entered into the 800 Free (events 1-2) or the 1500 Free (events 3-4) must have the age appropriate "B" time in the 200 Free • 9-12 year old swimmers entered into the 400 Free (events 27-28) must have the age appropriate "B" time in the 200 Free. • Age on June 20, 2014 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 • 11 & Older swimmers entered into the 800 Free or 1500 Free will swim on Friday evening • All 12 & Younger swimmers will swim on Saturday and Sunday morning. • All 13 & Older swimmers will swim on Saturday and Sunday afternoon.

	<ul style="list-style-type: none"> Distance events will be held during a mid-day session on Saturday for swimmers of all ages. Relay events will be held during a mid-day session on Sunday for swimmers of all ages.
WARM-UP:	<p>Warm Up times are designated only for those athletes participating in the session immediately following.</p> <ul style="list-style-type: none"> Friday Evening Distance session: Warm-ups at 4:30 pm; competition starts at 5:00 pm. Morning sessions: Warm-up start at 7:10 am; competition starts at 8:00 am. Mid-day session : Warm-up start not before 11:30 am; competition starts not before 12:15 pm Afternoon sessions: Warm-up start not before 1:30 pm; competition starts not before 2:30 pm. If the previous session runs late, following warm-ups will begin immediately after the session ends. Lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating clubs and posted on the WST website (www.winchesterswimteam.com) prior to June 19, 2014
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 10, 2014</p> <ul style="list-style-type: none"> Entries must be submitted via email in long course meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email of the person to contact for questions must accompany the entries. “No Time” (NT) entries will not be accepted. Coach Time (CT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an “A” 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 one individual event on Friday, 4 individual events on Saturday and Sunday and 2 relay events for the Sunday mid-day session Relay teams must be designated A, B, or C if more than one per club is entered per event (maximum of 3 relay teams per club). Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4 hour session time 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. Relays may be eliminated and relay fees refunded. Email entries to: wstlongcourse@yahoo.com. If you do not receive a confirmation email within 24 hours, please resubmit and contact the Meet Director 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 Prior to the start of each session.
FEES:	<p>Individual events: \$4.50 Relay events: \$12.00 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: Winchester Swim Team Mail payment to: <p>Winchester Swim Team PO Box 3157 Winchester, Va 22604</p> <ul style="list-style-type: none"> Payment must be received by Tuesday, June 16, 2014 for all 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:	<p>Individual events: Ribbons will be awarded for first through sixth place.</p> <ul style="list-style-type: none"> 11 & Over events will be given separate awards for 11-12, 13-14 and 15 & Over age groups.

	<ul style="list-style-type: none"> • 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. • Heat winners will be awarded for all 10 & Under individual events. • Relay events: Ribbons will be awarded for first through sixth place.
SEEDING:	<ul style="list-style-type: none"> • All events 200 meters and shorter will be pre-seeded. • Swimmers should report to Clerk of Course/Staging Area directly behind the blocks for their events. • Positive check in will be required for all individual events 400 meters and longer • Positive check-in will close 30 minutes prior to the start of the session in which the events are swum. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Event #1-2 (11&O 800 Free) and 3-4 (11&O 1500 Free) will be swum fastest to slowest alternating 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 swum 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 before the first day of the meet may be fined \$100 per swimmer in each event(s) swum • 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. • Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms 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 who have valid USA Swimming credentials but who 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.
OFFICIALS:	<p>Meet Referee: Mike Romanowski Email: m_romanowski@verizon.net Phone: (703) 594-2487</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions 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 our official's coordinator, Kim Dooley, email: jjdandkkd@hotmail.com, as soon as possible. • Officials meetings will be held one hour prior to the start of each session.
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. • The number of timers required per club and their lane assignments will be emailed to the contact person of each of the individual clubs and be posted on winchesterswimteam.com no later than June 19 2014 • Swimmers are required to provide their own Lap Counter and 2 Lane Timers for the 800M and

	1500M Free events and 2 timers for the 400M Free and 400M IM events.		
GENERAL:	<ul style="list-style-type: none"> • Concessions with food and beverages for swimmers and spectators will be on site. • Complimentary culinary delights for coaches and registered officials who are working the meet will be provided. • A swimsuit and accessories kiosk will be set up at the meet. • T-shirts for purchase will also be available. • There is ample lawn space for the setup of canopies or other shelter for teams on meet days. You may leave tents and chairs overnight; however, you do so at your own risk. • Recycling bins will also be located throughout the lawn space 		
FACILITY RULES:	<ul style="list-style-type: none"> • Winchester Parks and Rec. rules and regulations will apply. Please obey all posted signs. • No glass or smoking or pets inside pool fence or near entrance. • No alcohol in the park • There are no photos or videos of any type allowed behind the blocks at any time. 		
DIRECTIONS:	<p>Pool is located in Jim Barnett Park in Winchester off East Cork Street.</p> <ul style="list-style-type: none"> • I-81 South: Take exit 313 onto Rt. 50 West. Go through two lights and stay right at the fork going past Shenandoah University. Turn right at next light onto Pleasant Valley Road (4-lane road). Go approx. 1 mile and turn right at first light (Cork St.). Go 0.1 miles and turn right at first light into Jim Barnett Park. Go 0.1 mile and turn left at brick building. Parking lot and pool are on the right just past the building. • 50West/17 North: Go past I-81 interchange and follow directions from 50 West above. • I-81 North: Take exit 315. Turn onto Route 7 going west into Winchester. Go approx 1 mile (through 6 lights) Turn left at 7th light at Pleasant Valley Road (4-lane road). Take left at second light (Cork St). Follow remaining directions as above. • Route 7 (from northern Virginia and points east): Go past I-81 interchange, then follow directions above (I-81 North:) going west on Route 7 from I-81N. 		
HOTELS:	Courtyard by Marriot Country Inn & Suites Fairfield Inn Hampton Inn Hilton Garden Inn & Suites Wingate Inn George Washington Hotel	I-81 Exit 317 on Rt 37S I-81 Exit 310 on Rt 11S I-81 Exit 313 on Rt 522S I-81 Exit 315 on Rt 7W I-81 Exit 313 on Rt 50W I-81 Exit 313 off Pleasant Valley Rd I-81 Ex.313 Downtown Winchester	(540) 678-8822 (540) 869-7657 (540) 665-8881 (540) 678-4000 (540) 722-8881 (540) 678-4283 (540) 678-4700

WINCHESTER LONG COURSE INVITATIONAL ORDER OF EVENTS

Friday June 20, 2014

Evening Distance Session Warm Up: 4:30pm; Start: 5:00pm
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<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & Over 800 Freestyle*	2
3	11 & Over 1500 Freestyle*	4

Saturday June 21, 2014

Morning Session		
Warm Up: 7:10am; Start: 8:00am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	10 & Under 50 Butterfly	6
7	11-12 50 Butterfly	8
9	11-12 200 Butterfly	10
11	10 & Under 200 Individual Medley	12
13	11-12 200 Individual Medley	14
15	10 & Under 100 Breaststroke	16
17	11-12 100 Breaststroke	18
19	10 & Under 50 Backstroke	20
21	11-12 50 Backstroke	22
23	11-12 200 Backstroke	24
25	10 & Under 100 Freestyle	26
27	11-12 100 Freestyle	28

Sunday June 22, 2014

Morning Session		
Warm Up: 7:10am; Start: 8:00am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	10 & Under 100 Butterfly	56
57	11-12 100 Butterfly	58
59	10 & Under 200 Freestyle	60
61	11-12 200 Freestyle	62
63	10 & Under 50 Breaststroke	64
65	11-12 50 Breaststroke	66
67	11-12 200 Breaststroke	68
69	10 & Under 100 Backstroke	70
71	11-12 100 Backstroke	72
73	10 & Under 50 Freestyle	74
75	11-12 50 Freestyle	76

Mid-Day Session		
Warm Up 11:30am; Start 12:15pm		
(Times are approx.—No Earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	13 & Over 400 Freestyle*	30
31	12 & Under 400 Freestyle*	32
33	11 & Over 400 Individual Medley	34

Mid-Day Session		
Warm Up 11:30am; Start 12:15pm		
(Times are approx.—No Earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
77	10 & Under 200 Freestyle Relay	78
79	11-12 200 Freestyle Relay	80
81	13 & Over 400 Freestyle Relay	82
83	10 & Under 200 Medley Relay	84
85	11-12 200 Medley Relay	86
87	13 & Over 400 Medley Relay	88

Afternoon Session Warm Up 1:30pm; Start 2:30pm (Times are approx.—No Earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	13-14 200 Butterfly	36
37	15 & Over 200 Butterfly	38
39	13-14 100 Freestyle	40
41	15 & Over 100 Freestyle	42
43	13-14 200 Backstroke	44
45	15 & Over 200 Backstroke	46
47	13-14 100 Breaststroke	48
49	15 & Over 100 Breaststroke	50
51	13-14 200 Individual Medley	52
53	15 & Over 200 Individual Medley	54

Afternoon Session Warm Up 1:30pm; Start 2:30pm (Times are approx.—No Earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
89	13-14 100 Butterfly	90
91	15 & Over 100 Butterfly	92
93	13-14 200 Freestyle	94
95	15 & Over 200 Freestyle	96
97	13-14 100 Backstroke	98
99	15 & Over 100 Backstroke	100
101	13-14 200 Breaststroke	102
103	15 & Over 200 Breaststroke	104
105	13-14 50 Freestyle	106
107	15 & Over 50 Freestyle	108

* Requires qualifying time (age appropriate “B” time in the 200 Freestyle)