

	2017 VIRGINIA COMMONWEALTH GAMES June 23-25, 2017 SANCTION NO. VS-17-77	 LYNCHBURG PARKS & REC	Hosted by &  Lynchburg YMCA
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SANCTION:	<ul style="list-style-type: none"> • Held under the approval of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-17-77. • USA Swimming, Inc., Virginia Swimming, Inc., Lynchburg YMCA Swimming, the Jamerson YMCA, and the City of Lynchburg 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:	Miller Park Pool, 2100 Park Avenue, Lynchburg, VA 24501 (434) 455-5858
FACILITY:	<ul style="list-style-type: none"> • Outdoor 50-meter, 8-lane competition pool, 9 feet deep at the start end to 4 feet in depth at the turn end. All lanes are bottom-striped and wall- targeted with non-turbulent lane lines. • Large concrete deck space, and ample amounts of grassy area for tents and canopies. • Colorado Automatic Timing System with a 2-line scoreboard will be used. • 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:	Ryan Woodruff Phone: (919) 943-6420 E-mail: ryan.d.woodruff@gmail.com
ELIGIBILITY:	<ul style="list-style-type: none"> • This meet is open to all USA Swimming athletes registered before the first day of the meet. • No on deck USA Swimming athlete registration will be permitted. • Age on June 23, 2017 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 13 and older swimmers will swim in the morning session • All 12 and younger swimmers will swim in the afternoon session. • Warm-ups for the distance sessions will start immediately after the conclusion of the morning sessions. • All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 7:00 am; competition starts at 8:00 am. • Afternoon sessions “approximate”; Warm-ups not before 11:00 am, competition starts not before 12:00 pm. • Distance sessions: The pool will be opened for 20 minutes of open warm-ups for competitors in distance events immediately following the finish of the afternoon session, with competition starting 5 minutes thereafter. • The approximate start times for the distance sessions will be posted on the LY website at www.lyswimming.org no later than Tuesday, June 20, 2017 and will also be emailed to the contact person of the participating clubs. • Lane assignment and warm-up times for individual clubs will be posted on the LY website at www.lyswimming.org no later than Tuesday, June 20, 2017 and will also be emailed to the contact person of the participating clubs. • 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 www.lyswimming.org • 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 13, 2017.

	<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. • 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. • “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 5 individual events 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. Relays may also be eliminated if necessary and relay fees will be refunded should this happen. • Email entries to: <u>Ryan Woodruff, ryan.d.woodruff@gmail.com</u> • 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>Individual events: \$5.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Checks should be made payable to: YMCA of Central Virginia.</p> <ul style="list-style-type: none"> • Mail payment to: Ryan Woodruff 105 Fox Hollow Road Lynchburg, VA 24503 • Payment must be received by Tuesday, June 21, 2017 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 acceptance 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 individual events will be given separate awards for 11-12, 13-14, and 15 & Over age groups. ○ 10 & Under individual events will be given separate awards for 9-10 and 8 & Under age groups. ○ Open events will be given one set of awards.
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 require a positive check-in to swim. Positive check-in will close 20 minutes prior to the end of warm-ups for the session in which the event will be swum. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • The 400 Freestyle, 400 IM, and 1500 freestyle will be swum fastest to slowest, alternating heats by gender.
PENALTIES:	<ul style="list-style-type: none"> • Penalties for using fraudulent and/or non-verifiable entry times: <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. ○ Clubs 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 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. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval • Any swimmer entered in the meet must be certified by a USA Swimming 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. • The overhead start procedure will be used at the discretion of the Referee. • 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>. • Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. • In accordance with VSI best practices, all swimmers should shower before entering the pool. 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.
OFFICIALS:	<p>Meet Referee: Mary Turner Email: myturner525@gmail.com Phone: (434) 352-5451</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Officials must be USA Swimming certified. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Kris Sennett, Ksennett@liberty.edu, no later than Tuesday, June 14. • Online sign-up for officials will be available on lyswimming.org on the Event page for the meet. • Officials' meetings will take place on deck 30 minutes prior to the start of each session. • There will be a coaches' meeting at 7:30am on Friday morning near the mushroom fountain.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be requested to provide timers in rough 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 posted on lyswimming.org no later than Tuesday, January 3 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Hospitality for coaches and officials will be provided for breakfast and lunch. • Heat sheets will be sold and concessions will be available
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 swim meet. • Please note that there is no smoking allowed anywhere within the gates of the Miller Park pool area. • Permissible beverages inside the pool area are limited to those in closed, plastic containers. • 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. • The deep end will be open for continuous warm-up and warm down. No horseplay permitted. • The diving board will be off limits at all times. • No pets are allowed inside the gates of the pool area. • Shade tents are permitted, but only in grassy areas or at least 12 feet from the edge of the pool. Tents must be anchored to the ground and may be left in the pool area overnight as long as they are taken down or disassembled.

DIRECTIONS:	Directions are available on the team website, lyswimming.org
HOTELS:	<ul style="list-style-type: none">• Hotel information is available at commonwealthgames.org/hotels

**2017 COMMONWEALTH GAMES
ORDER OF EVENTS
June 23-25, 2017**

Session 1 – Friday Morning Warm-up: 7:00 a.m.; Start: 8:00 a.m.		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	13 & Over 50 Freestyle	2
3	13 & Over 50 Breaststroke	4
5	13 & Over 100 Backstroke	6
7	13 & Over 200 Individual Medley	8
9	13 & Over 200 Butterfly	10

Session 2 – Friday Distance Warm-up: 25 minutes following Session 1		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
11	Open 400 Freestyle*	12

*Swimmers must provide own timer and counter

Session 3 – Friday Afternoon Warm-up: Not before 11:00am; Start: Not before 12:00 pm		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
13	11-12 50 Freestyle	14
15	10 & Under 50 Freestyle	16
17	11-12 100 Breaststroke	18
19	10 & Under 100 Breaststroke	20
21	11-12 200 Individual Medley	22
23	10 & Under 200 Individual Medley	24
25	11-12 200 Butterfly	26

Session 4 – Saturday Morning Warm-up: 7:00 a.m.; Start: 8:00 a.m.		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
27	13 & Over 50 Backstroke	28
29	13 & Over 100 Breaststroke	30
31	13 & Over 100 Butterfly	32
33	13 & Over 200 Freestyle	34

Session 5 – Saturday Distance Warm-up: 25 minutes following Session 1		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
35	Open 400 Individual Medley**	36

**Swimmers must provide own timer

Session 6 – Saturday Afternoon Warm-up: Not before 11:00am; Start: Not before 12:00 pm		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
37	11-12 50 Butterfly	38
39	10 & Under 50 Butterfly	40
41	11-12 100 Backstroke	42
43	10 & Under 100 Backstroke	44
45	11-12 200 Freestyle	46
47	10 & Under 200 Freestyle	48
49	11-12 200 Breaststroke	50

Continued on next page

**2017 COMMONWEALTH GAMES
ORDER OF EVENTS
June 23-25, 2017**

Session 7 – Sunday Morning		
Warm-up: 7:00 a.m.; Start: 8:00 a.m.		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
51	13 & Over 50 Butterfly	28
53	13 & Over 100 Freestyle	30
55	13 & Over 200 Breaststroke	32
57	13 & Over 200 Backstroke	34

Session 8 – Sunday Distance		
Warm-up: 25 minutes following Session 1		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
59	Open 1500 Freestyle***	36

***Swimmers must provide own counter and timer

Session 9 – Sunday Afternoon		
Warm-up: Not before 11:00am; Start: Not before 12:00 pm		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
61	11-12 50 Backstroke	62
63	10 & Under 50 Backstroke	64
65	11-12 50 Breaststroke	66
67	10 & Under 50 Breaststroke	68
69	11-12 100 Butterfly	70
71	10 & Under 100 Butterfly	72
73	11-12 100 Freestyle	74
75	10 & Under 100 Freestyle	76
77	11-12 200 Backstroke	78