



LYNCHBURG YMCA LONG COURSE MEET
June 22-24, 2018
SANCTION NO. VS-18-114

Hosted by



Lynchburg YMCA

SANCTION:	<ul style="list-style-type: none"> Held under the approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: VS-18-114. USA Swimming, Inc., Virginia Swimming, Inc., Lynchburg YMCA Swimming, the YMCA of Central Virginia, and Liberty University 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:	Liberty University Natatorium, 3853 Candler's Mountain Rd, Lynchburg, VA 24502
FACILITY:	<ul style="list-style-type: none"> The Liberty University facility provides a 9-lane, 50-meter competition pool with moveable bulkhead, separate 8-lane 25-yard diving well, and supporting amenities including hospitality and concession stand. Indoor 9-lane 50-meter racing course with 7 ft. continuous depth; overflow gutters with non-turbulent lane markers. Indoor 8-lane 25-yard diving well pool for continuous warm-up and cool down. Paddock starting blocks with track plates, Colorado backstroke wedges, and Daktronics timing system. Spectator wrap-around three-sided seating for 1,400. Two video boards allow for two simultaneous course displays plus the ability to scroll preliminary results. The natatorium combines a 1-2 micron regenerative filter with an ultraviolet light disinfect system, ensuring premium water quality during heavy usage. 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 22, 2018 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 Friday, Saturday, and Sunday. All 12 and younger swimmers will swim in the afternoon session Friday, Saturday, and Sunday. All distance sessions will begin 20 minutes 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: Warm-ups not before 12:00 pm, competition starts not before 1:00 pm. Distance sessions: The pool will be opened for 15 minutes of open warm-ups for competitors in distance events immediately following the finish of the morning 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 19, 2018 and will also be emailed to the contact person of the participating clubs.

	<ul style="list-style-type: none"> • 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 19, 2018 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 and distance session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 12, 2018.</p> <ul style="list-style-type: none"> • Entries must be submitted in long course meters 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. • Email entries to: Ryan Woodruff, ryan.d.woodruff@gmail.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 Clerk-of-Course on the provided forms.
FEES:	<p>Individual events: \$6.50 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 19, 2018 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: 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 200 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 400 meter or longer events will require a positive check-in to swim. Positive check-in will close 20 minutes prior 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.

	<ul style="list-style-type: none"> • The 400 Freestyle, 400 IM, and 1500 freestyle will be swum with the three fastest heats of girls slowest to fastest, three heats of boys slowest to fastest, and then all remaining heats fastest to slowest, alternating heats by gender.
PENALTIES:	<ul style="list-style-type: none"> • Any swimmer who positively checks in declaring their intent to swim (400m or more) and does not show up to compete will forfeit their next event. • 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. • 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. • 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. • 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. • 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 12. • 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 45 minutes prior to the start of each session. • There will be a coaches' meeting at 7:30am on Friday morning near the timing booth.
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, June 19 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. Concessions will be available during the meet at Liberty University concessions. Concessions will open for warm-ups and during competition each day for hot/cold drinks, snacks, etc.

	<ul style="list-style-type: none"> • Swim & Tri will be the meet vendor for swim gear. Additional vendors may also 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. • No glass containers of any kind are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand. • No spectators/parents will be allowed on deck unless working the meet. • No smoking is allowed on the campus. • No flash photography.
DIRECTIONS:	Directions are available on the team website, lyswimming.org
HOTELS:	<ul style="list-style-type: none"> • Hotel information is available upon request.

**2018 LY LONG COURSE MEET
ORDER OF EVENTS
June 22-24, 2018**

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 12:00pm; Start: Not before 1:00 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 12:00pm; Start: Not before 1:00 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

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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 12:00pm; Start: Not before 1:00 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