



Lynchburg YMCA Invitational
January 8-10, 2010
VSI SANCTION NO. VS-10-04-Y



Hosted by:
Lynchburg YMCA Swim Team

SANCTION:	Held under the approval of USA Swimming/Virginia Swimming, Inc., SANCTION NO:
LOCATION:	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502, Phone: (434) 582-1900
FACILITY:	<ul style="list-style-type: none">• The Jamerson YMCA has an indoor, 8 lane competition pool. All are bottom striped and wall targeted with non-turbulent lane lines.• Bleacher seating is available on deck and they gym will be available for seating as well. Three 25 yard 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>, Article 104.2.2(C).
MEET DIRECTOR:	TJ & Lisa Liston Phone: (434) 384-6338 Email: CoachListon@comcast.net or LisaLListon@aol.com
ELIGIBILITY:	<ul style="list-style-type: none">• This meet is a closed YMCA competition offered to YMCA teams only and only those swimmers that have full membership privileges.• All swimmers participating in this meet must be full privileged members of their YMCA.• Age on January 8, 2010, 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.• Lane assignment and warm-up times for individual clubs will be posted on the LY website at www.lyswimming.org no later than Wednesday, January 6, 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.
WARM-UPS:	<ul style="list-style-type: none">• Friday evening Warm-ups at 4:30 PM; competition starts at 6:00PM.• Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:30 AM.• Afternoon sessions: Warm-ups at 12:30 PM; competition starts at 1:40 PM.• 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
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, JANUARY 2, 2010 <ul style="list-style-type: none">• Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.• Teams may submit entries as an e-mail attachment (preferred).• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• No Time (NT) entries will be accepted for events in which a swimmer does not have a time of record.• Swimmers may enter a maximum of 5 individual events and 1 relay event per day.• Relay teams must be designated A or B if more than one per club is entered per event. A limit of two relays per event per team may be entered. Only one relay per team per event may score.• Entries will be processed in the order received. This meet will be limited to a total of 450

	<p>swimmers.</p> <ul style="list-style-type: none"> 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. <u>Please delete any USAS registration numbers from all non-USAS registered athletes for entry purposes.</u> This can be done under the athlete name function on hytek. Also, please submit a complete written list of all athletes that are NOT USAS registered. This will help us ensure that the USAS registered athletes get official times entered in the USAS database. Email entries to: CoachListon@comcast.net Mail entries and fees to: TJ Liston 1240 Krise Circle Lynchburg, VA 24503 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 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: YMCA of Central Virginia. Payment must be received by Wednesday, January 6, for email entries. Payment must be included with all mailed 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 15 & Over age groups. 11 & Older events will be given separate awards for 11-12, 13-14, and 15 & Older age groups. 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. Relay events: Ribbons will be awarded for first through fourth place. Team trophies will be awarded for 1st, 2nd, and 3rd place. SCORING: Individual events will be scored through 16 places. 1-8th place will score 20-17-16-15-14-13-12-11, respectively. 9th-16th place will score 9-7-6-5-4-3-2-1, respectively. Only ONE relay, per event per team may score. 1st through 8th place relays will score 40-34-32-30-28-26-24-22, respectively.
SEEDING:	<ul style="list-style-type: none"> All events, except events #1-2 (11-12 400 IM), #3-4 (11 & older 1000 free), #19-20 (SR 400 IM), #51-52 (9-12 500 free), and #67-68 (SR 500 free) will be pre-seeded. Swimmers should report directly to the blocks for their events. The 400 IM, 1000 freestyle, and 500 freestyle will require a positive check-in to swim. Positive check-in for the SR 400 IM, the 500 freestyles and the 1000 freestyle will close by the end of warm ups for their respective sessions. Positive check in for the 11-12 400 IM will close at 5:20PM on Friday evening. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. SWIMMERS WHO CHECK IN AND FAIL TO SHOW UP FOR THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT INDIVIDUAL EVENT. Events #1-2 (11-12 400 IM), #3-4 (11 & older 1000 free) and #51-52 (9-12 500 free) will be swum fast to slow, alternating girls and boys. Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available.
RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations will apply. The overhead start procedure will be used at the discretion of the Referee.
OFFICIALS:	<p>Meet Referees: Roy Fisher Terri Proffitt Email: rfisher@aol.com Email: tpworkathome@aim.com Phone: (434) 525-5456 Phone: (434) 386-4467</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet.

	<ul style="list-style-type: none"> • Officials must be certified as YMCA or USAS officials. • Team Officials Chairpersons should submit the names and session availability of certified officials to Terri Proffitt at tpworkathome@aim.com no later than December 30, 2009. • Any necessary coaches' meetings or officials' meetings will be announced during warm ups.
SAFETY:	<ul style="list-style-type: none"> • VSI Safety and Warm-up procedures will be in effect. • Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules. • Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet.
TIMERS:	Timers from participating teams are welcome and encouraged.
GENERAL:	Hospitality for coaches and officials will be provided. Heat sheets will be sold and concessions will be available. A swim vendor will 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 swim meet. • Please note that 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. • SMOKING IS PROHIBITED anywhere on the grounds of the YMCA. • 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 the 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 • Kirkley Hotel, (434) 237-6333

EVENTS
Friday, January 8

Session 1: Warm up 4:30PM Start 6:00PM

Event#

1-2 11-12 400 IM
3-4 11 & older 1000 Free

Saturday, January 9

Session 2: Warm Up 7:00AM Start 8:30AM

Event #

5-6 SR 200 Medley Relay
7-8 13-14 Medley Relay
9-10 SR 200 free
11-12 SR 100 breast
13-14 SR 100 back
15-16 SR 200 fly
17-18 SR 50 free
19-20 SR 400 IM

Session 3: Warm up 12:30 PM Start 1:40PM

Event #

21-22 8 & U 100 Medley Relay
23-24 10 & U 200 Medley Relay
25-26 12 & U 200 Medley Relay
27-28 8 & U 25 back
29-30 8 & U 25 fly
31-32 11-12 200 free
33-34 9-10 200 free
35-36 11-12 50 back
37-38 10 & U 50 back
39-40 11-12 100 breast
41-42 9-10 100 breast
43-44 11-12 50 fly
45-46 10 & U 50 fly
47-48 11-12 100 IM
49-50 10 & U 100 IM
51-52 9-12 500 free

Sunday, January 10

Session 4: Warm Up 7:00AM Start 8:30AM

53-54 SR 200 Free Relay
55-56 13-14 200 Free Relay
57-58 SR 200 IM
59-60 SR 100 free
61-62 SR 200 back
63-64 SR 100 fly
65-66 SR 200 breast
67-68 SR 500 free

Session 5: Warm Up 12:30 PM Start 1:40PM

69-70 8 & U 100 Free Relay
71-72 10 & U 200 Free Relay
73-74 12 & U 200 Free Relay
75-76 8 & U 25 free
77-78 8 & U 25 breast
79-80 11-12 100 free
81-82 10 & U 100 free
83-84 11-12 50 breast
85-86 10 & U 50 breast
87-88 11-12 100 fly
89-90 9-10 100 fly
91-92 11-12 50 free
93-94 10 & U 50 free
95-96 11-12 100 back
97-98 9-10 100 back
99-100 11-12 200 IM
101-102 9-10 200 IM