



**Winchester Long Course Summer
Solstice**
June 19-21, 2015
SANCTION NO. VS-15-79



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-15-79USA Swimming, Inc., Virginia Swimming, Inc., WST, 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 540-662-4946
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.7 lanes will be used for competition with 1 lane available for continuous warm-up and cool down. The Meet Director reserves the right to use the eighth lane for competition should it become 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 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.Age on June 19, 2015 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 Finals9 & Older swimmers entered into the 400/ 800/ or 1500 Free or the 400 IM 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.
WARM-UP:	Warm Up times are designated only for those athletes participating in the session immediately following. <ul style="list-style-type: none">Friday session: Warm-ups at 3:00pm; competition starts at 4:00 pm.Morning sessions: Warm-ups start at 6:45 am; competition starts at 8:00 am.Afternoon sessions: Warm-ups start not before 12:00 pm; competition starts not before 1:15 pm.If the morning session runs late, afternoon warm-ups will begin immediately after the morning 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) by June 17th, 2015 at 5pm.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 9, 2015 <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.

	<ul style="list-style-type: none"> • 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 be accepted. • Coach Time (CT) entries will be accepted for events in which a swimmer does not have a time of record and for which there is no required minimum standard. CT must be slower than an “A” time. • 11 & Older swimmers entered into the 800 Free (events 5-6) or the 1500 Free (events 7-8) must have the age appropriate “B” time in the 200 Free. • 9-12 year old swimmers entered into the 400 Free (events 3-4) must have the age appropriate “B” time in the 200 Free. • Swimmers may enter a maximum of two individual events on Friday, 4 individual events and 1 relay event per day on Saturday and Sunday. • 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 event, 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 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: \$4.00 Relay events: \$14.00 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: Winchester Swim Team PO Box 3157 Winchester, Va 22604 <ul style="list-style-type: none"> • Payment must be received by Tuesday, June 16, 2015 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 seventh 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. • 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 third place.
SEEDING:	<ul style="list-style-type: none"> • All events except 1-8 will be pre-seeded. • All Swimmers should report to the Staging Area directly behind the blocks for their events. • Positive check in will be required for events 1-8. • Positive check-in will close at 3:30pm on Friday the 19th. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Event #5-6 (11&O 800 Free) and 7-8 (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.

	<ul style="list-style-type: none"> • 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. • The overhead start procedure may be used for any session 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 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 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: Jim Frye Email: jamfrye@comcast.net Phone: (540) 840-8947</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 and trainees to our official's coordinator, Kim Dooley via the email: jjdandkcd@hotmail.com. • 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 www.winchesterswimteam.com no later than June 17, 2015 at 5pm. • On Friday Evening all swimmers are required to provide their 1 Timer. For the 800 and 1500 freestyle the swimmer must provide a Lap counter.
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.
FACILITY RULES:	<ul style="list-style-type: none"> • Winchester Parks and Recreation rules and regulations will apply. Please obey all posted signs. • No glass, smoking, or pets inside pool fence or near entrances. • 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

	<p>are on the right just past the building.</p> <ul style="list-style-type: none"> • 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:	<p>Courtyard by Marriot Country Inn & Suites Fairfield Inn Hampton Inn Hilton Garden Inn & Suites Wingate Inn George Washington Hotel</p>	<p>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</p>	<p>(540) 678-8822 (540) 869-7657 (540) 665-8881 (540) 678-4000 (540) 722-8881 (540) 678-4283 (540) 678-4700</p>

WINCHESTER LONG COURSE INVITATIONAL ORDER OF EVENTS

Friday June 19, 2015

Evening Distance Session
Warm Up: 3:00pm; Start: 4:00pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & Over 400 IM	2
3	9-12 400 Freestyle*	4
5	11 & Over 800 Freestyle*	6
7	11 & Over 1500 Freestyle*	8

Saturday June 20, 2015

Morning Session Warm Up: 7:00am; Start: 8:00am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
9	10 & Under 50 Butterfly	10
11	11-12 50 Butterfly	12
13	10 & Under 200 Individual Medley	14
15	11-12 200 Individual Medley	16
17	10 & Under 100 Breaststroke	18
19	11-12 100 Breaststroke	20
21	10 & Under 200 Freestyle Relay	22
23	11-12 200 Freestyle Relay	24
25	12 & Under 200 Backstroke	26
27	10 & Under 50 Backstroke	28
29	11-12 50 Backstroke	30
31	10 & Under 100 Freestyle	32
33	11-12 100 Freestyle	34
35	11-12 200 Butterfly	36

Sunday June 21, 2014

Morning Session Warm Up: 7:00am; Start: 8:00am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
63	10 & Under 100 Butterfly	64
65	11-12 100 Butterfly	66
67	10 & Under 200 Freestyle	68
69	11-12 200 Freestyle	70
71	10 & Under 50 Breaststroke	72
73	11-12 50 Breaststroke	74
75	10 & Under 200 Medley Relay	76
77	11 & 12 200 Medley Relay	78
79	10 & Under 100 Backstroke	80
81	11 & 12 100 Backstroke	82
83	11-12 200 Breaststroke	84
85	10 & Under 50 Freestyle	86
87	11 & 12 50 Freestyle	88

Afternoon Session Warm Up 12:00pm; Start 1:15pm (Times are approx.—No Earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	13-14 200 Butterfly	38
39	15 & Over 200 Butterfly	40
41	13-14 100 Freestyle	42
43	15 & Over 100 Freestyle	44
45	13-14 200 Backstroke	46
47	15 & Over 200 Backstroke	48
49	13-14 100 Breaststroke	50
51	15 & Over 100 Breaststroke	52
53	13-14 400 Freestyle	54
55	15 & Over 400 Freestyle	56
57	13-14 200 Individual Medley	58
59	15 & Over 200 Individual Medley	60
61	13 & Over 400 Freestyle Relay	62

Afternoon Session Warm Up 12:00pm; Start 1:15pm (Times are approx.—No Earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
89	13 & Over 400 Medley Relay	90
91	13-14 100 Butterfly	92
93	15 & Over 100 Butterfly	94
95	13-14 200 Freestyle	96
97	15 & Over 200 Freestyle	98
99	13-14 100 Backstroke	100
101	15 & Over 100 Backstroke	102
103	13-14 200 Breaststroke	104
105	15 & Over 200 Breaststroke	106
107	13-14 50 Freestyle	108
109	15 & Over 50 Freestyle	110

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