



**AMENDED**  
**2006-2007 SEASON OPENER**  
**A/BB/B/C Meet**  
**September 30-October 1, 2006**  
**SANCTION NO. VS-07-01**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-07-01</b>
<b>LOCATION:</b>	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, Virginia 24502 (434) 583-1900
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>Indoor, 8 lane competition pool. All are bottom striped and wall targeted with non-turbulent lane lines.</li><li>Bleacher seating is available on deck and the gym will be available for seating as well.</li><li>Three 25 yard lanes are available for continuous warm up and warm down.</li><li>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.</li></ul>
<b>MEET DIRECTOR:</b>	TJ & Lisa Liston Phone: (434) 384-6338 1240 Krise Circle Email: <a href="mailto:tjliston@adelphia.net">tjliston@adelphia.net</a> Lynchburg VA, 24503 <a href="mailto:lisalliston@aol.com">lisalliston@aol.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA Swimming registered swimmers</li><li>All swimmers participating in this meet must be registered by the first day of the meet.</li><li>No on deck registration will be permitted.</li><li>Age on September 30, 2006 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>All events will be timed finals.</li><li>12 &amp; Younger swimmers will swim the Saturday morning session and Sunday afternoon session.</li><li>13 &amp; Older swimmers will swim the <b>Saturday</b> afternoon session and the Sunday morning session.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the LY website no later than Tuesday, September 26th, and will also be emailed to the contact person of the participating clubs.</li><li>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 <a href="http://www.swim4ly.com">www.swim4ly.com</a></li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>Morning sessions: Warm-ups at 7:30 AM; competition starts at 9:00 AM.</li><li>Afternoon sessions: Warm-ups at 1:00 PM; competition starts at 2:30 PM.</li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, SEPTEMBER 20, 2006.</b> <ul style="list-style-type: none"><li>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.</li><li>Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li><li>A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li>Coaches Times (CT) and No Time (NT) will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li><li>Swimmers may enter a maximum of 5 individual events and 1 relay event per day.</li><li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li><li>Entries will be processed in the order received. This meet will be limited to a total of 450 swimmers.</li><li>The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too</li></ul>

	<p>lengthy a session. This may include combining heats and events, which actions may require reseeding.</p> <ul style="list-style-type: none"> <li>Email entries to: <a href="mailto:Patbrm@aol.com">Patbrm@aol.com</a></li> <li>Mail entries and fees to: Pat Brame 1220 Abbey Place Forest, VA 24551</li> <li><b>IMPORTANT:</b> 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.</li> </ul>			
<b>FEES:</b>	<p>Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: <b>Lynchburg YMCA</b></li> <li>Payment must be received by Wednesday, September 27, 2006 for email entries. Payment must be included with all mailed entries.</li> <li>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>			
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through eighth place.</li> <li>400 IM and 500 free will be given separate awards for 13-14 and senior age groups.</li> <li>10 &amp; Younger events will be given separate awards for 9-10 and 8 &amp; Younger age groups.</li> <li>Mystery prizes will be awarded.</li> <li>Relay events: Ribbons will be awarded for first through fourth place.</li> </ul>			
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except events #33, 34 (400 IM) and #59, 60 (500 free) will be pre-seeded.</li> <li>All Swimmers should report directly to the blocks for their events.</li> <li>The 400 IM and 500 freestyle will require a positive check-in to swim.</li> <li>Positive check-in will close at 2:00 PM on Saturday and at 8:30 AM on Sunday.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available.</li> </ul>			
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li><b>Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded.</b></li> <li><b>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.</b></li> <li><b>Clubs entering swimmers not legally registered with United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>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.</li> </ul>			
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations will apply.</li> <li>The overhead start procedure will be used for the Saturday afternoon and Sunday morning sessions, and may be used for the other sessions at the discretion of the Referee.</li> <li>In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.</li> </ul>			
<b>OFFICIALS:</b>	<table border="0"> <tr> <td><b>Meet Referee:</b></td> <td><b>Bob Dray</b> Phone: (434) 525-5041 Email: <a href="mailto:BDrayJr@aol.com">BDrayJr@aol.com</a></td> <td><b>Roy Fisher</b> Phone: (434) 525-5456 Email: <a href="mailto:rfisher@bgf.com">rfisher@bgf.com</a></td> </tr> </table> <ul style="list-style-type: none"> <li>Officials at all positions will be required for this meet.</li> <li>Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Bob Dray at <a href="mailto:BDrayJr@aol.com">BDrayJr@aol.com</a> no later than Tuesday, September 26, 2006.</li> <li>Any necessary coaches' meetings and officials' meetings will be announced during meet warm ups.</li> </ul>	<b>Meet Referee:</b>	<b>Bob Dray</b> Phone: (434) 525-5041 Email: <a href="mailto:BDrayJr@aol.com">BDrayJr@aol.com</a>	<b>Roy Fisher</b> Phone: (434) 525-5456 Email: <a href="mailto:rfisher@bgf.com">rfisher@bgf.com</a>
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<b>SAFETY:</b>	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.
<b>TIMERS:</b>	Timers from participating teams are welcomed and encouraged.
<b>GENERAL:</b>	Hospitality for coaches and officials will be provided. Heat sheets will be sold and concessions will be available. A swim vendor will be on sight.
<b>FACILITY RULES:</b>	<p>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 meet.</p> <p>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.</p> <p>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.</p> <p>Swimmers and families are NOT ALLOWED to set up in the warm down pool area.</p>
<b>DIRECTIONS:</b>	Directions are available on the team website at <a href="http://www.swim4ly.com">www.swim4ly.com</a>
<b>HOTELS:</b>	<p>Wingate Hotel, 3777 Candler's Mtn. Road, (434) 845-1700</p> <p>Days Inn, 3320 Candler's Mtn. Road, (434) 847-8655</p> <p>Kirkley Hotel &amp; Conference Center, (434) 237-6333</p> <p>Holiday Inn Express, 5600 Seminole Avenue, (434) 237-7771</p> <p>Hampton Inn, 5604 Seminole Avenue, (434) 237-2704</p> <p>Extended Stay America, 1910 University Blvd. (434) 239-8863</p>

**2006-2007 SEASON OPENER  
ORDER OF EVENTS**

**Saturday, September 30, 2006**

**Morning Session**

**Warm-up: 7:30 AM; Start: 9:00 AM**

**Afternoon Session**

**Warm-up: 1:00 PM; Start: 2:30 PM**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12&U 200 Medley Relay	2	31	Senior 200 Medley Relay	32
3	10&U 200 Medley Relay	4	33	13-14 200 Medley Relay	34
5	8&U 100 Medley Relay	6	35	Senior 400 IM	36
7	11-12 200 Free	8	37	13-14 50 Free	38
9	9-10 200 Free	10	39	Senior 50 Free	40
11	11-12 50 Back	12	41	13-14 100 Back	42
13	9-10 50 Back	14	43	Senior 100 Back	44
15	8&U 25 Back	16	45	13-14 200 Fly	46
17	11-12 100 Breast	18	47	Senior 200 Fly	48
19	9-10 100 Breast	20	49	13-14 100 Breast	50
21	11-12 50 Fly	22	51	Senior 100 Breast	52
23	9-10 50 Fly	24	53	13-14 200 Free	54
25	8&U 25 Fly	26	55	Senior 200 Free	56
27	11-12 100 Free	28			
29	10&U 100 Free	30			

**Sunday, October 1, 2006**

**Morning Session**

**Warm-up: 7:30 AM; Start: 9:00 AM**

**Afternoon Session**

**Warm-up: 1:00 PM; Start: 2:30 PM**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	Senior 200 Free Relay	58	83	12&U 200 Free Relay	84
59	13-14 200 Free Relay	60	85	10&U 200 Free Relay	86
61	Senior 500 Free	62	87	8&U 100 Free Relay	88
63	13-14 200 Breast	64	89	11-12 100 Back	90
65	Senior 200 Breast	66	91	9-10 100 Back	92
67	13-14 100 Fly	68	93	11-12 50 Breast	94
69	Senior 100 Fly	70	95	9-10 50 Breast	96
71	13-14 200 Back	72	97	8&U 25 Breast	98
73	Senior 200 Back	74	99	11-12 100 Fly	100
75	13-14 100 Free	76	101	9-10 100 Fly	102
77	Senior 100 Free	78	103	11-12 50 Free	104
79	13-14 200 IM	80	105	9-10 50 Free	106
81	Senior 200 IM	82	107	8&U 25 Free	108
			109	11-12 100 IM	110
			111	10&U 100 IM	112