



**2007-2008 SEASON OPENER
A/BB/B/C Meet
September 29-30, 2007
SANCTION NO. VS-08-01**

Hosted by



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-08-01
LOCATION:	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, Virginia 24502 (434) 583-1900
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 the 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.
MEET DIRECTOR:	TJ & Lisa Liston Phone: (434) 384-6338 Email: TJListon@adelphia.net or LisaLListon@aol.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming registered swimmers• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• Age on September 29, 2007 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.
WARM-UPS:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:30 AM; competition starts at 9:00 AM.• Afternoon sessions: Warm-ups at 1:00 PM; competition starts at 2:30 PM.• Lane assignment and warm-up times for individual clubs will be posted on the LY website no later than Tuesday, September 25, 2007, and will also be emailed to the contact person of the participating clubs.• 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.swim4ly.com
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, SEPTEMBER 20, 2007.</p> <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) or on a 3 ½" computer disk.• 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, regardless of how they are submitted.• Coaches Times (CT) 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.• No Time (NT) entries will be accepted.• Swimmers may enter a maximum of 5 individual events and 1 relay event per day.• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.• Entries will be processed in the order received. This meet will be limited to a total of 450 swimmers.• 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

SAFETY:	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.
TIMERS:	Timers from participating teams are welcomed and encouraged.
GENERAL:	<ul style="list-style-type: none"> • 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.
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 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. • 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. • Swimmers and families are NOT ALLOWED to set up in the warm down pool area.
DIRECTIONS:	Directions are available on the team website at www.swim4ly.com
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

ORDER OF EVENTS
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Saturday, September 29

Session 1: Warm Up		7:30AM Start 9:00AM	Session 2: Warm up 1:00PM Start 2:30PM	
Event #			Event #	
1-2	12 & U	200 Medley Relay	31-32	SR 200 Medley Relay
3-4	10 & U	200 Medley Relay	33-34	13-14 200 Medley Relay
5-6	8 & U	100 Medley Relay	35-36	SR 400 IM
7-8	11-12	200 free	37-38	SR 100 back
9-10	10 & U	200 free	39-40	SR 200 fly
11-12	11-12	50 back	41-42	SR 50 free
13-14	9-10	50 back	43-44	SR 100 breast
15-16	8 & U	25 back	45-46	SR 200 free
17-18	11-12	100 breast		
19-20	9-10	100 breast		
21-22	11-12	50 fly		
23-24	9-10	50 fly		
25-26	8 & U	25 fly		
27-28	11-12	100 IM		
29-30	10 & U	100 IM		

Sunday, September 30

Session 3: Warm Up		7:30AM Start 9:00AM	Session 4: Warm Up 1:00PM Start 2:30PM	
47-48	SR	200 Free Relay	63-64	12 & U 200 Free Relay
49-50	13-14	200 Free Relay	65-66	10 & U 200 Free Relay
51-52	SR	200 IM	67-68	8 & U 100 Free Relay
53-54	SR	100 free	69-70	11-12 100 free
55-56	SR	200 back	71-72	10 & U 100 free
57-58	SR	100 fly	73-74	11-12 50 breast
59-60	SR	200 breast	75-76	9-10 50 breast
61-62	SR	500 free	77-78	8 & U 25 breast
			79-80	11-12 100 fly
			81-82	9-10 100 fly
			83-84	11-12 50 free
			85-86	10 & U 50 free
			87-88	8 & U 25 free
			89-90	11-12 100 back
			91-92	9-10 100 back
			93-94	11-12 200 IM
			95-96	10 & U 200 IM