



NEW YEAR YMCA INVITATION
January 5-6, 2008
APPROVED NO. VS-08-02Y

Hosted by



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., APPROVED NO: VS-08-02Y
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 Address: 1240 Krise Circle, Lynchburg VA 24503 Phone: (434) 384-6338 Email: TJListon@adelphia.net or LisaLListon@aol.com
ELIGIBILITY:	<ul style="list-style-type: none">• This meet is a closed competition offered to YMCA teams 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 5, 2008 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-UP:	<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, January 1, 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 FRIDAY, DECEMBER 28, 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.• No Time (NT) entries will be accepted.• Swimmers may swim 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 reseeding.• Please delete any USAS registration numbers from all non-USAS registered swimmers for entry purposes. This can be done under the athlete name function on hytek. Also, please submit a

	<p>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> <ul style="list-style-type: none"> • 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 • Hampton Inn, 5604 Seminole Avenue (434) 237-2704 • Holiday Inn Express, 5600 Seminole Avenue, (434) 237-7771

Saturday, September 29

Session 1: Warm Up 7:30AM Start 9:00AM

Event #		
1-2	12 & U	200 Medley Relay
3-4	10 & U	200 Medley Relay
5-6	8 & U	100 Medley Relay
7-8	11-12	200 free
9-10	10 & U	200 free
11-12	11-12	50 back
13-14	10 & U	50 back
15-16	8 & U	25 back
17-18	11-12	100 breast
19-20	9-10	100 breast
21-22	11-12	50 fly
23-24	10 & U	50 fly
25-26	8 & U	25 fly
27-28	11-12	100 IM
29-30	10 & U	100 IM
31-32	12 & U	500 free

Session 2: Warm up 1:00PM Start 2:30PM

Event #		
33-34	SR	200 Medley Relay
35-36	13-14	200 Medley Relay
37-38	SR	400 IM
39-40	SR	100 back
41-42	SR	200 fly
43-44	SR	200 free
45-46	SR	100 breast
47-48	SR	50 free
49-50	SR	500 free

Sunday, September 30

Session 3: Warm Up 7:30AM Start 9:00AM

51-52	SR	200 Free Relay
53-54	13-14	200 Free Relay
55-56	SR	200 IM
57-58	SR	100 free
59-60	SR	200 back
61-62	SR	100 fly
63-64	SR	200 breast
65-66	SR	1650 free

Session 4: Warm Up 1:00PM Start 2:30PM

67-68	12 & U	200 Free Relay
69-70	10 & U	200 Free Relay
71-72	8 & U	100 Free Relay
73-74	11-12	100 free
75-76	10 & U	100 free
77-78	11-12	50 breast
79-80	10 & U	50 breast
81-82	8 & U	25 breast
83-84	11-12	100 fly
85-86	9-10	100 fly
87-88	11-12	50 free
89-90	10 & U	50 free
91-92	8 & U	25 free
93-94	11-12	100 back
95-96	9-10	100 back
97-98	11-12	200 IM
99-100	10 & U	200 IM