



**AMENDED**  
**WINCHESTER LC INVITATIONAL**  
**A/BB/B/C Meet**  
**June 27-28, 2009**  
**SANCTION NO. VS-09-64**

Hosted by:  
**Winchester**  
**Gators**  
**Swim Team**

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-09-64</b>
<b>LOCATION:</b>	Jim Barnett Park, 1001 East Cork Street, Winchester, VA
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>Outdoor, 50 meters, 8 lanes, with non-turbulent lane lines, Colorado Timing System for all events excepting 50M events, which will be stopwatches only.</li><li><b>6 lanes will be used for competition plus one for continuous warm-up/warm-down</b></li><li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li></ul>
<b>MEET DIRECTORS:</b>	Rob Carver Email: <a href="mailto:wstlcmeet@wildblue.net">wstlcmeet@wildblue.net</a> Phone: (540) 662-1939
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA Swimming/VSI swimmers and by invitation to nearby teams from Maryland Swimming, Inc. and Potomac Valley Swimming registered by the first day of the meet.</li><li>Swimmers entering into the distance events (53, 54, 55, 56, 107 and 108) must meet qualifying times.</li><li>No on deck registration will be permitted.</li><li>Age on June 27, 2009 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 13 &amp; Older swimmers will swim on Saturday and Sunday morning.</li><li>All 12 &amp; Younger swimmers will swim on Saturday and Sunday afternoon.</li><li>All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Morning sessions: Warm-ups at 7:00 am; Competition starts at 8:15 am.</li><li>Afternoon sessions: Warm-ups at 12:15 pm; Competition starts at 1:30 pm</li><li>Saturday Evening Distance session (13&amp;O 800 Free and 11-12 400 IM):<ul style="list-style-type: none"><li>The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon session, with the distance session competition starting 5 minutes thereafter.</li><li>The distance session will start no earlier than the final estimated time.</li></ul></li><li>Lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating clubs.</li><li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JUNE 14, 2009</b></p> <ul style="list-style-type: none"><li><b>Entries from teams outside the VSI LSC will be accepted until 6:00 pm, Thursday, June 18, 2009, if space is available after VSI entries have been accepted.</b></li><li>Entries must be submitted in long course 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 on the meet checklist/summary sheet (<a href="http://www.virginiawimming.org/Meets/Meet%20Hosting/Meet%20Hosting%20Information.htm">http://www.virginiawimming.org/Meets/Meet%20Hosting/Meet%20Hosting%20Information.htm</a>) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li>Coaches' Times (CT) will be accepted for events in which a swimmer does not have a time of record. Coaches' times may not exceed a "B" time. All entry times other than Coaches Times</li></ul>

	<p>must have been achieved in USA Swimming sanctioned or approved competition.</p> <ul style="list-style-type: none"> <li>• “No Time” (NT) entries will not be accepted.</li> <li>• <b>Swimmers may enter a maximum of three individual events per session/5 events per day.</b></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 750 swimmers.</li> <li>• The Meet Directors reserve 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.</li> <li>• Email entries (preferred) to: <a href="mailto:wstentries@yahoo.com">wstentries@yahoo.com</a></li> <li>• Mail entries (if necessary) to: WST c/o: Kim Grove 1109 Caroline St. Winchester, VA 22601</li> </ul> <p>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.</p>
<b>FEES:</b>	<p>Individual events: \$3.50 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: Winchester Swim Team.</li> <li>• Payment must be received by June 20, 2009 for email entries. Payment must be included with any mailed entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Team trophies for 1<sup>st</sup> through 3<sup>rd</sup> Place</li> <li>• Individual events: Ribbons will be awarded for first through twelfth place. <ul style="list-style-type: none"> <li>○ 13 &amp; Older events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>○ 9-12 events will be given separate awards for 9-10 and 11-12 age groups.</li> <li>○ 10 &amp; Younger events will be given separate awards for 9-10 and 8 &amp; Younger age groups.</li> </ul> </li> <li>• Heat winner ribbons will be awarded for all 10 &amp; Younger individual events.</li> <li>• Relay events: Ribbons will be awarded for first through sixth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded except for events 23, 24, 53, 54, 55, 56, 79, 80, 107, &amp; 108. Swimmers should report directly to the blocks for their events.</li> <li>• Events 23, 24 (13&amp;O 400 Free), 53, 54 (13&amp;O 800 Free), 55, 56 (11-12 400 IM), 79, 80 (13&amp;O 400 IM, 107, &amp; 108 (9-12 400 Free) will require a positive check-in to swim.</li> <li>• Positive check-in will close at the conclusion of that session’s warm-ups.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>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 Clerk-of-Course on the provided forms.</b></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 afternoon sessions, and may be used for the morning 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>	<p><b>Meet Referees:</b> <b>Roger Thomas</b>  <b>Email:</b> <a href="mailto:roger.pamthomas@comcast.net">roger.pamthomas@comcast.net</a>  <b>Phone:</b> (540) 869-4904</p> <p><b>Jim Frye</b>  <b>Email:</b> <a href="mailto:jamfrye@comcast.net">jamfrye@comcast.net</a>  <b>Phone:</b> (540) 840-8947</p> <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 our official's coordinator, Rosie Schiavone, email: <a href="mailto:rosieschiavone@comcast.net">rosieschiavone@comcast.net</a>, as soon as possible.</li> </ul>																																													
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>• VSI Safety and Warm-up procedures will be in effect.</li> <li>• 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.</li> <li>• Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet</li> </ul>																																													
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• 3 Timers per lane at all times (exception for the 800 Free).</li> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be emailed to the contact person of each of the individual clubs.</li> <li>• For the 800M Free and 400 IM events, swimmers are required to <u>provide their own Lap Counter and 2 Lane Timers.</u></li> </ul>																																													
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Concessions with food and beverages for swimmers and spectators will be on site.</li> <li>• Complimentary culinary delights will be provided for coaches and registered officials who are working the meet.</li> <li>• A swimsuit and accessories kiosk will be set up at the meet.</li> <li>• T-shirts for purchase will also be available.</li> <li>• There is very ample lawn space for the set up of canopies or other shelter for your team on meet days.</li> </ul>																																													
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Winchester Parks and Rec. rules and regulations will apply.</li> <li>• Please obey all posted signs.</li> <li>• No glass or smoking inside pool fence or near entrance.</li> <li>• No alcohol in the park.</li> </ul>																																													
<b>DIRECTIONS:</b>	<p>Pool is located in Jim Barnett Park in Winchester off East Cork Street.</p> <ul style="list-style-type: none"> <li>• <b>I-81 South:</b> Take exit 313 onto Rt. 50 West. Go through two lights and stay right at the fork 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 are on the right just past the building.</li> <li>• <b>50West/17 North:</b> Go past I-81 interchange and follow directions from 50 West above.</li> <li>• <b>I-81 North:</b> Take exit 315. Turn onto Route 7 going west into Winchester. Go approx 1 mile (through 5 or 6 lights) Turn left at light at Pleasant Valley Road (4-lane road). Take left at first light (Cork St). Follow remaining directions as above.</li> <li>• <b>Route 7</b> (from northern Virginia and points east): Go past I-81 interchange, then follow directions above going west on Route 7 from I-81N.</li> </ul>																																													
<b>HOTELS:</b>	<table border="0"> <tr> <td>Best Western/Lee Jackson</td> <td>I-81 Exit 313 on Rt 50W</td> <td>(540) 662-4154</td> </tr> <tr> <td>Days Inn</td> <td>2951 Valley Ave on Rt 11</td> <td>(540) 667-1200</td> </tr> <tr> <td>EconoLodge</td> <td>I-81 Exit 317 on Rt 11S</td> <td>(540) 662-4700</td> </tr> <tr> <td>Fairfield Inn</td> <td>I-81 Exit 313 on Rt 522S</td> <td>(540) 665-8881</td> </tr> <tr> <td>Hampton Inn</td> <td>I-81 Exit 313 on Rt 50W</td> <td>(540) 667-8011</td> </tr> <tr> <td>Hampton Inn</td> <td>I-81 Exit 315 on Rt 7W</td> <td>(540) 678-4000</td> </tr> <tr> <td>Holiday Inn</td> <td>I-81 Exit 313 on Rt 50E</td> <td>(540) 667-3300</td> </tr> <tr> <td>Holiday Inn Express</td> <td>I-81, Exit 317 Rt 37S to Rt 522S</td> <td>(540) 667-7050</td> </tr> <tr> <td>Quality Inn East</td> <td>I-81 Exit 313 on Rt 50W</td> <td>(540) 667-2250</td> </tr> <tr> <td>Red Roof Inn</td> <td>I-81 Exit 313 on Rt 50E</td> <td>(540) 667-5000</td> </tr> <tr> <td>Relax Inn</td> <td>I-81 Exit 310 on Rt 11N</td> <td>(540) 662-6878</td> </tr> <tr> <td>Shoney's Inn</td> <td>I-81 Exit 315 at the exit</td> <td>(540) 665-1700</td> </tr> <tr> <td>Sleep Inn</td> <td>I-81 Exit 313 on Rt 522S</td> <td>(540) 667-7636</td> </tr> <tr> <td>Travelodge</td> <td>I-81 Exit 313 on Rt 522S</td> <td>(540) 665-0685</td> </tr> <tr> <td>Wingate Inn</td> <td>I-81 Exit 313 off Pleasant Valley Rd</td> <td>(540) 678-4283</td> </tr> </table>	Best Western/Lee Jackson	I-81 Exit 313 on Rt 50W	(540) 662-4154	Days Inn	2951 Valley Ave on Rt 11	(540) 667-1200	EconoLodge	I-81 Exit 317 on Rt 11S	(540) 662-4700	Fairfield Inn	I-81 Exit 313 on Rt 522S	(540) 665-8881	Hampton Inn	I-81 Exit 313 on Rt 50W	(540) 667-8011	Hampton Inn	I-81 Exit 315 on Rt 7W	(540) 678-4000	Holiday Inn	I-81 Exit 313 on Rt 50E	(540) 667-3300	Holiday Inn Express	I-81, Exit 317 Rt 37S to Rt 522S	(540) 667-7050	Quality Inn East	I-81 Exit 313 on Rt 50W	(540) 667-2250	Red Roof Inn	I-81 Exit 313 on Rt 50E	(540) 667-5000	Relax Inn	I-81 Exit 310 on Rt 11N	(540) 662-6878	Shoney's Inn	I-81 Exit 315 at the exit	(540) 665-1700	Sleep Inn	I-81 Exit 313 on Rt 522S	(540) 667-7636	Travelodge	I-81 Exit 313 on Rt 522S	(540) 665-0685	Wingate Inn	I-81 Exit 313 off Pleasant Valley Rd	(540) 678-4283
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**WINCHESTER LONG COURSE INVITATIONAL  
A/BB/B/C SWIM MEET  
JUNE 27 - 28, 2009**

**SCHEDULE OF EVENTS**

Saturday AM Session  
Warm-up 7:00-8:00, Start 8:15AM

<u>Girls</u>		<u>Boys</u>
1	13/14 200 Fly	2
3	15&O 200 Fly	4
5	13/14 100 Free	6
7	15&O 100 Free	8
9	13/14 200 Back	10
11	15&O 200 Back	12
13	13/14 100 Breast	14
15	15&O 100 Breast	16
17	13/14 200 IM	18
19	15&O 200 IM	20
21	13&O 400 Med Relay	22
23	13&O 400 Free	24

Sunday AM Session  
Warm-up 7:00-8:00, Start 8:15AM

<u>Girls</u>		<u>Boys</u>
57	13/14 100 Fly	58
59	15&O 100 Fly	60
61	13/14 200 Free	62
63	15&O 200 Free	64
65	13/14 100 Back	66
67	15&O 100 Back	68
69	13/14 200 Breast	70
71	15&O 200 Breast	72
73	13/14 50 Free	74
75	15&O 50 Free	76
77	13&O 400 Fr Relay	78
79	13&O 400 IM	80

Saturday PM Session  
Warm-up 12:15-1:15, Start 1:30PM

<u>Girls</u>		<u>Boys</u>
25	10&Y 200 IM	26
27	11/12 200 IM	28
29	10&Y 50 Fly	30
31	11/12 50 Fly	32
33	11/12 200 Fly	34
35	10&Y 100 Breast	36
37	11/12 100 Breast	38
39	10&Y 50 Back	40
41	11/12 50 Back	42
43	11/12 200 Back	44
45	10&Y 100 Free	46
47	11/12 100 Free	48
49	10&Y 200 Fr Relay	50
51	11/12 200 Fr Relay	52

Sunday PM Session  
Warm-up 12:15-1:15, Start 1:30PM

<u>Girls</u>		<u>Boys</u>
81	10&Y 200 Free	82
83	11/12 200 Free	84
85	10&Y 50 Breast	86
87	11/12 50 Breast	88
89	11/12 200 Breast	90
91	10&Y 100 Back	92
93	11/12 100 Back	94
95	10&Y 100 Fly	96
97	11/12 100 Fly	98
99	10&Y 50 Free	100
101	11/12 50 Free	102
103	10&Y 200 Med Relay	104
105	11/12 200 Med Relay	106
107	9/12 400 Free***	108

\*\*\*To qualify: must have a B or better time in the 200 free.

Saturday Evening Session  
Warm-up 5:30PM, Start 6:00PM

<u>Girls</u>		<u>Boys</u>
53	13&O 800 Free*	54

\*To qualify: must have a B or better time in the 400 free.

55	11/12 400 IM**	56
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\*\*To qualify: must have a B or better time in the 200 IM.