



**LYNCHBURG FIRECRACKER INVITATIONAL**  
**A/BB/B/C Meet**  
**June 24-26, 2011**  
**SANCTION NO. VS-11-62**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-11-62</b></li><li>USA Swimming/Virginia Swimming, Inc. is not liable for any actions by or consequences of such actions of athletes, coaches, officials, volunteers, and other venue participants. Furthermore, USA-S/VS is not liable for any injury incurred on the above named swim venue participants.</li></ul>
<b>LOCATION:</b>	Miller Park Pool, 2100 Park Avenue, Lynchburg, VA 24501 (434) 847-1759
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>50 meter, 8 lane, 4.5 deep (lane 8) to 5 feet deep (lanes 1-7) at the start end and 3 feet deep at the turn end, outdoor pool with non-turbulent lane markers. Colorado Timing System.</li><li>Small diving well for continuous warm down.</li><li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming</li></ul>
<b>MEET DIRECTOR:</b>	TJ & Lisa Liston Email: <a href="mailto:CoachListon@comcast.net">CoachListon@comcast.net</a> or <a href="mailto:LisaListon@aol.com">LisaListon@aol.com</a> Phone: (434) 384-6338
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA Swimming athletes registered by the first day of the meet.</li><li>No on deck USA Swimming athlete registration will be permitted.</li><li>Senior events are open to swimmers 11 years of age and older</li><li>Age on June 24, 2011, 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>Senior swimmers and swimmers 9-12 years old swim a single Friday evening session (1)</li><li>Senior swimmers swim in the morning sessions (2 &amp; 4) on Saturday and Sunday</li><li>Senior swimmers swim in a late mid-day distance session (5) on Sunday</li><li>12 &amp; younger swimmers swim in the afternoon sessions (3 &amp; 6) on Saturday and Sunday</li><li>All events will be timed finals.</li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>Friday evening warm ups will begin at 4:00 PM; competition will start at 5:30 PM.</li><li>Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:30 AM.</li><li>Saturday Afternoon session: Warm-ups at 12:30 PM; competition starts at 1:40 PM.</li><li>Sunday distance session will begin with a 15 minute warm up immediately following the completion of the morning session.</li><li>Sunday afternoon session warm up at 1:30 PM; competition start at 2:40 PM.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the LY website at <a href="http://www.lyswimming.org">www.lyswimming.org</a> no later than Tuesday, June 21, 2011 and will also 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><li>The Meet Director reserves the right to adjust warm up and start times if necessary. Notifications of adjustments made to warm-up and start times will be not later than Tuesday, June 21, 2011</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 14, 2011</b></p> <ul style="list-style-type: none"><li>Conforming and Non-conforming times will be used for entry – Long Course Meters then Short Course Yards, then Short Course Meters. Non-conforming times will be seeded following all conforming times. Converted times will not be allowed for entry times.</li><li>Proof of time will be required for events 47 &amp; 48, the 1500 meter freestyle. NT entries will be</li></ul>

	<p>accepted. Proof of time is for verification of seeding priority of conforming and non-conforming times.</p> <ul style="list-style-type: none"> <li>• Entries must be submitted using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>• Teams submit entries as an e-mail attachment.</li> <li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record.</li> <li>• Swimmers may enter a maximum of <i>5 individual events</i> per day.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• 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.</li> <li>• Email entries to: <a href="mailto:CoachListon@comcast.net">CoachListon@comcast.net</a></li> <li>• Mail entries to: TJ Liston 1240 Krise Circle Lynchburg VA 24503</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> <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. No additional heats will be added.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$3.00 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: <b>The YMCA of Central Virginia</b></li> <li>• Payment must be received by June 22nd 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>• Senior events will be given separate awards for 15 &amp; over and 14 &amp; under age groups.</li> <li>• 9-12 year old events will be given separate awards for 9-10 and 11-12 age groups.</li> <li>• 10 &amp; under events will be given separate awards for 9-10 and 8 &amp; under age groups.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except events # 7, 8, 9, 10, (400 free), 19 &amp; 20 (400 IM), and 47 &amp; 48 (1500 free) will be pre-seeded.</li> <li>• All swimmers should report directly to the blocks for their events.</li> <li>• Events 7, 8, 9, 10, 19, 20, 47, &amp; 48 will require a positive check-in to swim.</li> <li>• Positive check-in will close at 5:30 PM, Friday evening and 8:30 AM on Saturday and Sunday.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>SWIMMERS WHO CHECK-IN AND FAIL TO SHOW UP TO SWIM THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT.</b></li> <li>• Events 7 &amp; 8 (9-12 400 free), 9 &amp; 10 (senior 400 free), 19 &amp; 20 (senior 400 IM), 47 &amp; 48 (senior 1500 free) will be swum fastest to slowest and alternating heats of girls and boys.</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 marked as exhibition for 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 USA Swimming by the first day of the</b></li> </ul>

	<p><b>meet may be fined \$100 per swimmer in each event so entered.</b></p> <ul style="list-style-type: none"> <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>• Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> <li>• The overhead start procedure will be used at the discretion of the Referee.</li> <li>• 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. Coaches who do not possess these credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Roy Fisher</b>  <b>Email: <a href="mailto:rfisher@bgf.com">rfisher@bgf.com</a></b>  <b>Phone: (434) 525-5456</b></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 Terri Proffitt at <a href="mailto:tpworkathome@aim.com">tpworkathome@aim.com</a></li> <li>• Officials meetings and any coaches' meetings will be announced.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	Clubs are encouraged to provide help with timing.
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Hospitality will be provided for coaches and officials.</li> <li>• Concessions will be available along with a swim vendor.</li> <li>• Each club is responsible for the conduct of its swimmers.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Parking is limited at the pool. PLEASE DO NOT PARK ON THE GRASS.</li> <li>• Additional parking is available on the street and at the Lynchburg Public Library two blocks down Park Avenue on the left. Swimmer drop off is available at the pool.</li> </ul>
<b>DIRECTIONS:</b>	Directions can be found at <a href="http://www.lyswimming.org">www.lyswimming.org</a>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Wingate Hotel, 3777 Candler's Mtn. Road, (434) 845-1700</li> <li>• Days Inn, 3320 Candler's Mtn. Road, (434) 847-8655</li> <li>• Kirkley Hotel, (434) 237-6333</li> <li>• Sleep Inn (434) 846-6900</li> <li>• Best Western (434) 237-2986</li> <li>• Craddock Terry Hotel (434) 455 -1500</li> <li>• Days Inn (434) 847-8655</li> </ul>

# ORDER OF EVENTS

**Friday, June 24, 2011**

## **Session 1**

**Warm ups: 4:00 PM; Competition begins at 5:30 PM**

<b>G-B</b>	<b>Age Group</b>	<b>Event</b>
1-2	Senior	50 free
3-4	11-12	200 IM
5-6	Senior	200 IM
7-8	9-12	400 free
9-10	Senior	400 free

**Saturday, June 25, 2011**

## **Session 2**

**Warm ups: 7:00 AM; Competition: 8:30 AM**

<b>G-B</b>	<b>Age Group</b>	<b>Event</b>
11-12	Senior	200 free
13-14	Senior	100 breast
15-16	Senior	200 fly
17-18	Senior	100 back
19-20	Senior	400 IM

## **Session 3**

**Warm ups 12:30 PM; Competition: 1:40 PM**

<b>G-B</b>	<b>Age Group</b>	<b>Event</b>
21-22	12 & U	200 free
23-24	10 & U	100 breast
25-26	11-12	100 breast
27-28	10 & U	100 back
29-30	11-12	100 back
31-32	10 & U	50 fly
33-34	11-12	50 fly
35-36	10 & U	50 free
37-38	11-12	50 free

**Sunday, June 26, 2011**

## **Session 4**

**Warm ups: 7:00 AM; Competition: 8:30 AM**

<b>G-B</b>	<b>Age Group</b>	<b>Event</b>
39-40	Senior	100 free
41-42	Senior	200 breast
43-44	Senior	100 fly
45-46	Senior	200 back

## **Session 6**

**Warm ups: 1:30 PM; Competition: 2:40 PM**

<b>G-B</b>	<b>Age Group</b>	<b>Event</b>
49-50	10 & U	200 IM
51-52	11-12	100 fly
53-54	10 & U	100 fly
55-56	11-12	100 free
57-58	10 & U	100 free
59-60	11-12	50 breast
61-62	10 & U	50 breast
63-64	11-12	50 back
65-66	10 & U	50 back

**15 minute warm up period immediately following the conclusion of event 46. Session 5**

<b>G-B</b>	<b>Age Group</b>	<b>Event</b>
47-48	Senior	1500 free