



WAYNESBORO YMCA SMAC FALL INVITE
A/BB/B/C Mini Meet
November 20-21, 2010
SANCTION NO. VS-11-18



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-18
LOCATION:	Waynesboro YMCA, 648 S. Wayne Ave., Waynesboro, VA 22980 (540) 942-5107
FACILITY:	<ul style="list-style-type: none"> Indoor 25 yard 6 lane pool with Competitor lane lines. Colorado automatic Timing System with 2 line scoreboard. The pool is 9 feet deep at the start end and 4 feet deep at the turn end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
MEET DIRECTOR:	Name: Kelley Flanders Email: kelley@stauntonmontessori.org Phone: 540-280-0223
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming athletes registered by the first day of the meet. No on deck Virginia Swimming athlete registration will be permitted. Age on November 20, 2010 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 10 & younger swimmers will swim in the morning. All 11 & older swimmers will swim in the afternoon There will be a separate open distance session Saturday following the afternoon session which will start after a 20-minute break All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none"> Morning sessions: Warm-ups start at 7:30 am; competition starts at 9:00 am. Afternoon sessions: Warm-ups start at 12:00 noon; competition starts at 1:20 pm. Distance session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the Saturday afternoon session with the distance session competition starting 5 minutes. Lane assignment and warm-up times for individual clubs will be posted on the Waynesboro YMCA SMAC (smacswimming.org) website no later than Wednesday, November 17, 2010 and will also be emailed to the contact person of the participating clubs. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams would be notified not later than Wednesday, November 17, 2010
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 10, 2010</p> <ul style="list-style-type: none"> Entries must be submitted in short course yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. Teams submit entries as an e-mail attachment 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. Coach's Time (CT) and "No Time" (NT) entries 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. Swimmers may enter a maximum of 5 <i>individual events</i> and 1 <i>relay event</i> per day. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.

	<ul style="list-style-type: none"> • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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. • Email and/or mail entries to: David Bihl, davidbihl@yahoo.com • Mail entries to: David Bihl c/o SMAC Swimming 648 S. Wayne Ave. Waynesboro, VA 22980 (cell) (717) 350-3896 • 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. • 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 Meet Referee on the provided forms.
FEES:	<p>Individual events: \$3.25 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Waynesboro YMCA SMAC. • Payment must be received by Wednesday, November 17, 2010 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through sixth place. <ul style="list-style-type: none"> ○ 10 & under events will be given separate awards for 6 & under, 7-8, and 9-10 age groups. ○ 8 & under events will be given separate awards for 6 & under and 7-8 age groups. ○ 13 & over events will be given separate awards for 13-14 and 15 & over age groups. • Relay events: Ribbons will be awarded for first through third place.
SEEDING:	<ul style="list-style-type: none"> • All events, except for events 55-58 (400 IM), 59-60 (1000 Free), 61-62 (1650 Free), 87-88 (500 Free), and 117-120 (500 Free), will be pre-seeded. • 8 & Younger swimmers in the morning sessions must report to the Clerk of Course next to the blocks and they will be escorted to the blocks from there. 9 and 10 year old swimmers may report directly to the blocks for their events. • Swimmers in the afternoon and distance sessions should report directly to the blocks for their events. • Events 55-62, 87-88, and 117-120 will require a positive check-in to swim. • Positive check-in will close at the conclusion of warm-ups for the session in which the event will be swum. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded. • 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. • 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. • 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.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • 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.

	<ul style="list-style-type: none"> • The overhead start procedure will be used for all sessions, at the discretion of the Referee. • 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.
OFFICIALS:	<p>Meet Referee: David Bihl Email: davidbihl@yahoo.com Phone: (717) 350-3896 (cell)</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. We encourage trainees and dry-deck officials as well as certified wet-deck officials. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to David Bihl no later than Monday November 15, 2010. • Officials meeting will be held 45 minutes prior to the start of each session. Coaches meeting will be held 15 minutes prior to the start of the 1st session on Saturday morning.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the Waynesboro YMCA SMAC website no later than Wednesday, November 17, 2010 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Concessions will be available in the observation room overlooking the pool. • Swimmers and spectators may sit in the pool area, in the observation room overlooking the pool, and in an additional room also available on the pool level. • Coaches and Officials hospitality will be available on the pool level in a separate room. • The Clerk of Course will be located next to the starting blocks for the morning sessions and will escort swimmers to the blocks from there. • Heat sheets will be available for \$5.00 in the observation room.
FACILITY RULES:	<ul style="list-style-type: none"> • No smoking or running in the facility. • Everyone will be expected to abide by the facility rules. • Swimmers, coaches, and teams will be held responsible for any damage.
DIRECTIONS:	Take exit 96 off US Interstate 64. Go north towards Waynesboro. Take the second left (Windsor) and go straight until the road "T"s into Lyndhurst Rd. Turn right onto Lyndhurst (changes to Wayne Ave). The YMCA is ½ mile on the right.
HOTELS:	<ul style="list-style-type: none"> • Days Inn Waynesboro (540) 943-1101 • Best Western Waynesboro (540) 942-1100 • Holiday Inn Express Waynesboro (540) 932-7170 • Marriott Residence Inn Waynesboro (540) 943-7426 • Comfort Inn Waynesboro (545) 932-3060 • Quality Inn Waynesboro (540) 942-1171 • Super 8 Waynesboro (540) 943-3888 • Hampton Inn Fishersville (540) 213-9500

Order of Events

Waynesboro YMCA SMAC Fall Invite

Saturday, November 20, 2010

Sunday, November 21, 2010

Morning Session

Warm-up: 7:30 am; Start: 9:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-10 50 yd Freestyle	2
3	8 & U 25 yd Freestyle	4
5	9-10 100 yd Butterfly	6
7	8 & U 50 yd Butterfly	8
9	9-10 100 yd Ind. Medley	10
11	8 & U 100 yd Ind. Medley	12
13	9-10 50 yd Breaststroke	14
15	8 & U 25 yd. Breaststroke	16
17	9-10 100 yd Backstroke	18
19	8 & U 50 yd Backstroke	20
21	10 & U 200 yd Freestyle	22
23	8 & U 100 Free Relay	24
25	10 & U 200 Free Relay	26

Morning Session

Warm-up: 7:30 am; Start: 9:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
63	9-10 100 yd Freestyle	64
65	8 & U 50 yd Freestyle	66
67	9-10 50 yd Butterfly	68
69	8 & U 25 yd Butterfly	70
71	9-10 200 yd Ind. Medley	72
73	8 & U 50 yd Breaststroke	74
75	9-10 100 yd Breaststroke	76
77	8 & U 25 yd Backstroke	78
79	9-10 50 yd Backstroke	80
81	8 & U 100 yd Freestyle	82
83	9-10 200 yd Med. Relay	84
85	8 & U 100 yd Med. Relay	86
87	10 & U 500 yd. Freestyle	88

Afternoon Session

Warm-up: 12:00 noon; Start: 1:20 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	11-12 100 yd Freestyle	28
29	13 & O 100 yd Freestyle	30
31	11-12 50 yd Butterfly	32
33	11-12 200 yd Butterfly	34
35	13 & O 200 yd Butterfly	36
37	11-12 200 yd Ind. Medley	38
39	13 & O 200 yd Ind. Medley	40
41	11-12 50 yd Breaststroke	42
43	11-12 200 yd Breaststroke	44
45	13 & O 200 yd Breaststroke	46
47	11-12 100 yd Backstroke	48
49	13 & O 100 yd Backstroke	50
51	11-12 200 yd Free Relay	52
53	13 & O 200 yd Free Relay	54
55	11-12 400 yd Ind. Medley	56
57	13 & O 400 yd Ind. Medley	58

Afternoon Session

Warm-up: 12:00 noon; Start: 1:20 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
89	11-12 200 yd Freestyle	90
91	13 & O 200 yd Freestyle	92
93	11-12 100 yd Butterfly	94
95	13 & O 100 yd Butterfly	96
97	11-12 100 yd Ind. Medley	98
99	13 & O 100 yd Breaststroke	100
101	11-12 100 yd Breaststroke	102
103	13 & O 200 yd Backstroke	104
105	11-12 50 yd Backstroke	106
107	11-12 200 yd Backstroke	108
109	13 & O 50 yd Freestyle	110
111	11-12 50 yd Freestyle	112
113	13 & O 200 yd Med. Relay	114
115	11-12 200 yd Med. Relay	116
117	13 & O 500 yd Freestyle	118
119	11-12 500 yd Freestyle	120

Distance Session

(20-minute break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	Open 1000 yd Freestyle	60
61	Open 1650 yd Freestyle	62