



WINCHESTER LC INVITATIONAL
A/BB/B/C Meet
June 24-26, 2011
SANCTION NO. VS-11-66

Hosted by:
Winchester
Gators
Swim Team

SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-66• 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/VSI is not liable for any injury incurred on the above named swim venue participants.
LOCATION:	Jim Barnett Park, 1001 East Cork Street, Winchester, VA
FACILITY:	<ul style="list-style-type: none">• Outdoor, 50 meters, 8 lanes, 11 feet deep at the start end and 3.5 feet deep at the turn end, with non-turbulent lane lines. Colorado Timing System for all events excepting: Friday Evening Distance events and 50M events, which will be stopwatches only.• 6 lanes will be used for competition with 1 lane available at all times throughout the meet for continuous warm-up and cool down. In the event of a need a seventh lane may be used for competition.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).
MEET DIRECTORS:	John Jewell Email: jewell@visuallink.com Cell Phone: (202) 359-5071
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes registered by the first day of the meet.• 11 & Older swimmers entered into the 800 Free (events 1-2) or the 1500 Free (events 3-4) must have the age appropriate "B" time in the 200 Free.• 9-12 year old swimmers entered into the 400 Free (events 83-84) must have the age appropriate "B" time in the 200 Free.• No on deck USA Swimming athlete registration will be permitted.• Age on June 24, 2011 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">• 11 & Older swimmers entered into the 800 Free or 1500 Free will swim on Friday evening.• All 12 & Younger swimmers will swim on Saturday and Sunday morning.• All 13 & Older swimmers will swim on Saturday and Sunday afternoon.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Friday Evening Distance session: Warm-ups at 4:30 pm; competition starts at 5:00 pm• Morning sessions: Warm-ups at 7:10 am; competition starts at 8:15 am.• Afternoon sessions: Warm-ups not before 11:30 am; competition not before 12:30 pm.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.• Lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating clubs. The information will also be posted on the Winchester Gators website.• 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 Tuesday, June 21, 2011
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 14, 2011 <ul style="list-style-type: none">• Entries must be submitted in long course times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.• Teams please submit entries via email.• A Team Manager printout of entries must be included or the meet checklist/summary sheet with

	<p>the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</p> <ul style="list-style-type: none"> • Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. Coaches' times may not exceed a "BB" time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned or approved competition. • "No Time" (NT) entries will not be accepted. • Swimmers may enter a maximum of one event on Friday and four individual events plus one relay per session on Saturday and Sunday. • 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 and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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 and/or cutting relays. • Email entries to: jewell@visuallink.com and wstentries@yahoo.com • Mail entries to: WST Entries Coordinator c/o: Kim Grove 1109 Caroline St. Winchester, VA 22601 <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>
FEES:	<p>Individual events: \$4.50 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Winchester Swim Team • Mail payments to: John Jewell 4743 Middle Road Winchester, VA 22602 Cell Phone: (202) 359-5071 • Payment must be received by Tuesday, June 21, 2011 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"> ○ 11 & Over events will be given separate awards for 11-12, 13-14 and 15 & Over age groups. ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. • Heat winners will be awarded for all 10 & Under individual events. • Relay events: Ribbons will be awarded for first through sixth place.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded except for events #1-2 (11&O 800 Free) and 3-4 (11&O 1500 Free) which will be deck seeded. • Swimmers should report to Clerk of Course/Staging Area directly behind the blocks for their events. • Distance events #1-2 (11&O 800 Free) and 3-4 (11&O 1500 Free) will require a positive check-in to swim. • Positive check-in will close at the conclusion of that session's warm-ups. • 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 USA 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. 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. 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: Jim Frye Email: jamfrye@comcast.net Phone: (540) 840-8947</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. 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: rosieschiavone@comcast.net as soon as possible. 																					
SAFETY:	VSI Safety and Warm-up 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 emailed to the contact person of each of the individual clubs. 3 Timers per lane at all times. Swimmers entered into events #1-2 (11&O 800 Free) and 3-4 (11&O 1500 Free) are required to provide their own Lap Counter and 2 Lane Timers. (WST will provide the 3rd) 																					
GENERAL:	<ul style="list-style-type: none"> Concessions with food and beverages for swimmers and spectators will be on site. Complimentary culinary delights for coaches and registered officials who are working the meet. A swimsuit and accessories kiosk will be set up at the meet. T-shirts for purchase will also be available. There is very ample lawn space for the set up of canopies or other shelter for your team on meet days. 																					
FACILITY RULES:	<ul style="list-style-type: none"> Winchester Parks and Rec. rules and regulations will apply. Please obey all posted signs. No glass or smoking or pets inside pool fence or near entrance. No alcohol in the park. 																					
DIRECTIONS:	<p>Pool is located in Jim Barnett Park in Winchester off East Cork Street.</p> <ul style="list-style-type: none"> I-81 South: Take exit 313 onto Rt. 50 West. Go through two lights and stay right at the fork going 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. 50West/17 North: Go past I-81 interchange and follow directions from 50 West above. I-81 North: Take exit 315. Turn onto Route 7 going west into Winchester. Go approx 1 mile (through 6 lights) Turn left at 7th light at Pleasant Valley Road (4-lane road). Take left at second light (Cork St). Follow remaining directions as above. Route 7 (from northern Virginia and points east): Go past I-81 interchange, then follow directions above (I-81 North:) going west on Route 7 from I-81N. 																					
HOTELS:	<table> <tr> <td>Courtyard by Marriot</td> <td>I-81 Exit 317 on Rt 37S</td> <td>(540) 678-8822</td> </tr> <tr> <td>Country Inn & Suites</td> <td>I-81 Exit 310 on Rt 11S</td> <td>(540) 869-7657</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 315 on Rt 7W</td> <td>(540) 678-4000</td> </tr> <tr> <td>Hilton Garden Inn & Suites</td> <td>I-81 Exit 313 on Rt 50W</td> <td>(540) 722-8881</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>Wingate Inn</td> <td>II-81 Exit 313 off Pleasant Valley Rd</td> <td>(540) 678-4283</td> </tr> </table>	Courtyard by Marriot	I-81 Exit 317 on Rt 37S	(540) 678-8822	Country Inn & Suites	I-81 Exit 310 on Rt 11S	(540) 869-7657	Fairfield Inn	I-81 Exit 313 on Rt 522S	(540) 665-8881	Hampton Inn	I-81 Exit 315 on Rt 7W	(540) 678-4000	Hilton Garden Inn & Suites	I-81 Exit 313 on Rt 50W	(540) 722-8881	Shoney's Inn	I-81 Exit 315 at the exit	(540) 665-1700	Wingate Inn	II-81 Exit 313 off Pleasant Valley Rd	(540) 678-4283
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WINCHESTER LONG COURSE INVITATIONAL ORDER OF EVENTS

Friday, June 24, 2011

Evening Distance Session		
Warm-up: 4:30 pm; Start: 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & Over 800 Freestyle*	2
3	11 & Over 1500 Freestyle*	4

Saturday, June 25, 2011

Morning Session		
Warm-up: 7:10 am; Start: 8:15 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	10 & Under 200 Individual Medley	6
7	11-12 200 Individual Medley	8
9	10 & Under 50 Butterfly	10
11	11-12 50 Butterfly	12
13	11-12 200 Butterfly	14
15	10 & Under 100 Breaststroke	16
17	11-12 100 Breaststroke	18
19	10 & Under 50 Backstroke	20
21	11-12 50 Backstroke	22
23	11-12 200 Backstroke	24
25	10 & Under 100 Freestyle	26
27	11-12 100 Freestyle	28
29	10 & Under 200 Freestyle Relay	30
31	11-12 200 Freestyle Relay	32

Sunday, June 26, 2011

Morning Session		
Warm-up: 7:10 am; Start: 8:15 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	10 & Under 200 Freestyle	58
59	11-12 200 Freestyle	60
61	10 & Under 50 Breaststroke	62
63	11-12 50 Breaststroke	64
65	11-12 200 Breaststroke	66
67	10 & Under 100 Backstroke	68
69	11-12 100 Backstroke	70
71	10 & Under 100 Butterfly	72
73	11-12 100 Butterfly	74
75	10 & Under 50 Freestyle	76
77	11-12 50 Freestyle	78
79	10 & Under 200 Medley Relay	80
81	11-12 200 Medley Relay	82
83	9-12 400 Freestyle*	84

Afternoon Session		
Warm-up: 11:30 am; Start: 12:30 pm		
(Times are approximate & no earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	13-14 200 Butterfly	34
35	15 & Over 100 Butterfly	36
37	13-14 100 Freestyle	38
39	15 & Over 100 Freestyle	40
41	13-14 200 Backstroke	42
43	15 & Over 200 Backstroke	44
45	13-14 100 Breaststroke	46
47	15 & Over 100 Breaststroke	48
49	13-14 200 Individual Medley	50
51	15 & Over 200 Individual Medley	52
53	13 & Over 400 Medley Relay	54
55	13 & Over 400 Freestyle	56

Afternoon Session		
Warm-up: 11:30 am; Start: 12:30 pm		
(Times are approximate & no earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
85	13-14 100 Butterfly	86
87	15 & Over 100 Butterfly	88
89	13-14 200 Freestyle	90
91	15 & Over 200 Freestyle	92
93	13-14 100 Backstroke	94
95	15 & Over 100 Backstroke	96
97	13-14 200 Breaststroke	98
99	15 & Over 200 Breaststroke	100
101	13-14 50 Freestyle	102
103	15 & Over 50 Freestyle	104
105	13 & Over 400 Freestyle Relay	106
107	13 & Over 400 Individual Medley	108

NOTE: *requires Qualifying Time (age appropriate "B" Time in the 200 Freestyle)