



Virginia YMCA League Championship
February 10, 2013
YMCA Sanction No. CAQ-2013-VA284645
Approval No. VS-13-04Y

Hosted by:



SANCTION:	<ul style="list-style-type: none"> Sanctioned by the YMCA Competitive Swimming and Diving Committee as a Championship level competition. Sanction # CAQ-20130-VA284645 Held under the approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: VS-13-04Y USA Swimming, Inc., Virginia Swimming, Inc., YMCA Competitive Swimming and Diving Committee, the Lynchburg Swimming and the Collegiate School Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond, VA 23234, Phone: (804) 447-2487
FACILITY:	<ul style="list-style-type: none"> The 50-meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet and two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead. Non-Turbulent Lane Markers in both pools Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet. Spectator seating for 700 plus. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4).
MEET DIRECTOR:	<p>Lisa Liston Phone: (434) 384-6338 Email: LisaLListon@aol.com</p>
ELIGIBILITY:	<ul style="list-style-type: none"> This meet is a closed YMCA championship competition offered to YMCA teams who are part of the Virginia YMCA League and only those swimmers that have full membership privileges. All teams, as well as all coaches, must be registered through the YMCA Online Registration system in order to participate in the meet. All swimmers participating in this meet must have swum in two closed league competitions. All swimmers participating in this meet must be full privileged members of their YMCA, and must have been members of their YMCA for 90 days prior to the meet and must have represented only their YMCA team (high school teams excepted) 90 days prior to the meet. Swimmers in the afternoon session must have achieved a 13-14 "B" standard on the 2013-2016 USA-S Motivational Standards Chart in each event they are entered in. Age on February 10, 2013, 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. Lane assignment and warm-up times for individual clubs will be posted on the LY website at www.lyswimming.org no later than Wednesday, February 6, 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.

WARM-UPS:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 8:00 AM; competition starts at 8:50 AM. • Afternoon sessions: Warm-ups not before 11:45 AM; competition starts not before 12:35 PM. • The meet director reserves the right to adjust warm up times and lengths once entries have been received. 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.lyswimming.org
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FEBRUARY 2, 2013.</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). • 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. • NT (No Time) entries will NOT be accepted. Times entered must have been achieved since the previous Virginia Y League Championship meet and must be provable by results from closed YMCA meets or verifiable in the USAS database. • Swimmers may enter a maximum of <i>3 individual events and 1 relay event per day or 2 individual events and 2 relays per day.</i> • Relay teams must be designated A or B or C, etc. if more than one per club is entered per event. Only one relay per team per event may score. • <u>Please delete any USAS registration numbers from all non-USAS registered athletes for entry purposes.</u> This can be done under the athlete name function on Hytek. Also, please submit a complete written list of all athletes that are NOT USAS registered. This will help us ensure that the USAS registered athletes get official times entered in the USAS database. • Email entries to: CoachListon@comcast.net • Mail entries and fees to: TJ Liston 1240 Krise Circle Lynchburg, VA 24503 • 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>Individual events: \$4.00 Relay events: \$16.00 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: YMCA of Central Virginia
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for 1st-8th place. • SR events will be scored separately for 14 & under and 15 & older. • 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. • Relay events: Ribbons will be awarded for 1st-5th place. • A team trophy will be awarded for 1st place. • SCORING: Individual events will be scored through 8 places. • 1-8th place will score 9-7-6-5-4-3-2-1, respectively. • Only ONE relay, per event per team may score. • 1st through 5th place relays will score 18-14-12-10-8, respectively.
SEEDING:	<ul style="list-style-type: none"> • All events except for #63 & 64, the SR 500 free, will be pre-seeded. • The 500 freestyle, event #63 & 64, will require a positive check-in to swim. • Positive check-in for the 500 freestyle will close by the end of warm up. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • SWIMMERS WHO CHECK IN AND FAIL TO SHOW UP FOR THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT.

	<ul style="list-style-type: none"> Swimmers should report directly to the blocks for their races. Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be disqualified from 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. 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 who are unaccompanied by their coach must be certified as proficient in performing a racing start or must start 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 at the discretion of the Referee. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. Coaches on deck must be currently certified in CPR, First Aid, Life Guarding or Safety Training for Swim Coaches, and Principles of YMCA Swimming and Diving.
OFFICIALS:	<p>Meet Referee: Terri Proffitt Email: tpworkathome@aim.com Phone: (434) 386-4467</p> <p>Roy Fisher Email: rfisher@bgf.com Phone: (434) 525-5456</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. Officials must be USA-Swimming and/or YMCA certified officials. Team Officials Chairpersons should submit the names and session availability of certified officials to Annette Mills at wva80@comcast.net no later than Monday, February 4, 2013. Any necessary coaches' meetings or officials' meetings will be announced during warm ups.
SAFETY:	VSI Safety and Warm-up procedures will be in effect. 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.
TIMERS:	Each team will need to provide timers.
GENERAL:	Hospitality for coaches and officials will be provided. Heat sheets will be sold and concessions will be available. Swimmers will report directly to the blocks for their events.
FACILITY RULES:	<ul style="list-style-type: none"> No glass containers of any kind are permitted in the facility. Lawn/deck chairs are not permitted in the grandstand. No spectators/parents will be allowed on deck unless working the meet. No smoking is allowed on the campus. Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the Facility. All Rules are posted poolside.
DIRECTIONS:	Go to www.poseidonswimming.com for directions.

EVENTS

Sunday, February 10

Session 1: Warm Up 8:00AM Start 9:00AM

Event

1-2 8 & U 100 Free Relay
3-4 10 & U 200 Free Relay
5-6 12 & U 200 Free Relay
7-8 10 & U 100 Free
9-10 11-12 100 Free
11-12 8 & U 25 Back
13-14 10 & U 50 Back
15-16 11-12 50 Back
17-18 8 & U 25 Breast
19-20 10 & U 50 Breast
21-22 11-12 50 Breast
23-24 8 & U 25 Fly
25-26 10 & U 50 Fly
27-28 11-12 50 Fly
29-30 10 & U 100 IM
31-32 11-12 100 IM
33-34 8 & U 25 Free
35-36 10 & U 50 Free
37-38 11-12 50 Free
39-40 8 & U 100 Medley Relay
41-42 10 & U 200 Medley Relay
43-44 12 & U 200 Medley Relay

Session 2: Warm up 12:00 PM Start 1:00PM

Event

45-46 SR 200 Free Relay
47-48 13-14 200 Free Relay
49-50 SR 200 IM
51-52 SR 100 Free
53-54 SR 200 Back
55-56 SR 100 Fly
57-58 SR 200 Breast
59-60 SR 200 Medley Relay
61-62 13-14 200 Medley Relay
63-64 SR 500 Free
65-66 SR 100 Back
67-68 SR 200 Fly
69-70 SR 200 Free
71-72 SR 100 Breast
73-74 SR 50 Free
75-76 SR 400 Free Relay
77-78 13-14 400 Free Relay