



**WINCHESTER LC INVITATIONAL**  
**A/BB/B/C Meet**  
**June 21-23, 2013**  
**SANCTION NO. VS-13-67**

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

<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-13-67</li><li>USA Swimming, Inc., Virginia Swimming, Inc., and Jim Barnett Park 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.</li></ul>
<b>LOCATION:</b>	Jim Barnett Park, 1001 East Cork Street, Winchester, VA 22601
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>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 except <b>all 50M events, which will be buttons and Dolphin watches.</b></li><li>6 lanes will be used for competition with 1 lane available at all times throughout the meet for continuous warm-up and cool down. The Meet Director reserves the right to use a seventh and/or eighth lane for competition should it becomes necessary to keep the sessions under 4 hours.</li><li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).</li></ul>
<b>MEET DIRECTORS:</b>	Wendy & Shawn Twigg Email: <a href="mailto:wendy.twigg@gmail.com">wendy.twigg@gmail.com</a> Cell Phone: (540) 539-6743
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA Swimming athletes registered before the first day of the meet.</li><li>11 &amp; 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</li><li>9-12 year old swimmers entered into the 400 Free (events 27-28) must have the age appropriate "B" time in the 200 Free.</li><li>No on deck USA swimming athlete registration will be permitted.</li><li>Age on <b>June 21, 2013</b> 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>11 &amp; Older swimmers entered into the 800 Free or 1500 Free will swim on Friday evening</li><li>All 12 &amp; Younger swimmers will swim on Saturday and Sunday morning.</li><li>All 13 &amp; Older swimmers will swim on Saturday and Sunday afternoon.</li><li>Distance events will be held during a mid-day session on Saturday for swimmers of all ages.</li><li>Relay events will be held during a mid-day session on Sunday for swimmers of all ages.</li><li>All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Friday Evening Distance session: Warm-ups at 4:30 pm; competition starts at 5:00 pm.</li><li>Morning sessions: Warm-up start at 7:10 am; competition starts at 8:00 am.</li><li>Mid-day session : Warm-up start not before 11:30 am; competition starts not before 12:15 pm</li><li>Afternoon sessions: Warm-up start not before 1:30 pm; competition starts not before 2:30 pm.</li><li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li><li>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 WST website (<a href="http://www.winchesterswimteam.com">www.winchesterswimteam.com</a>).</li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 11, 2013</b>

	<ul style="list-style-type: none"> <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 submit entries via e-mail.</li> <li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries.</li> <li>• Coach Time (CT) entries will be accepted for events in which a swimmer does not have a time of record. CT <b>must be slower than an "A" time</b>. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• "No Time" (NT) entries will not be accepted.</li> <li>• Swimmers may enter a maximum of one individual event on Friday, 4 individual events on Saturday and Sunday and 2 relay events for the Sunday mid-day session</li> <li>• Relay teams must be designated A, B, or C if more than one per club is entered per event (maximum of 3 relay teams per club).</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 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.</li> <li>• Email entries to: <a href="mailto:wstlongcourse@yahoo.com">wstlongcourse@yahoo.com</a>. If you <b>do NOT receive</b> a confirmation email please resubmit or contact the Meet Director</li> </ul>
<b>FEES:</b>	<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"> <li>• Checks should be made payable to: <u>Winchester Swim Team</u>.</li> <li>• Payment must be received by <b>June 17, 2013</b> for all entries.</li> <li>• Mail payment to: <b>Wendy Twigg</b>  <b>110 Orndoff Drive</b>  <b>Clear Brook, VA 22624</b>  <b>Cell Phone: (540) 539-6743</b></li> <li>• Payment must be received by Tuesday, June 17, 2013 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• IMPORTANT: If payment is 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> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through sixth place. <ul style="list-style-type: none"> <li>○ 11 &amp; Over events will be given separate awards for 11-12, 13-14 and 15 &amp; Over age groups.</li> <li>○ 10 &amp; Under events will be given separate awards for 9-10 and 8 &amp; Under age groups.</li> </ul> </li> <li>• Heat winners will be awarded for all 10 &amp; Under 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 200 meters and shorter will be pre-seeded.</li> <li>• Swimmers should report to Clerk of Course/Staging Area directly behind the blocks for their events.</li> <li>• Positive check in will be required for all individual events 400 meters and longer</li> <li>• Positive check-in will close 30 minutes prior to the start of the session in which the events are swum.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Event #1-2 (11&amp;O 800 Free) and 3-4 (11&amp;O 1500 Free) will be swum fastest to slowest alternating 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</b></li> </ul>

	<p><b>published as part of the official meet results.</b></p> <ul style="list-style-type: none"> <li>• <b>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.</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>• All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> <li>○ Swimmers 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.</li> <li>○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> </ul> </li> <li>• The overhead start procedure will be used for the afternoon sessions, and may be used for the remaining sessions at the discretion of the Referee.</li> <li>• 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 <u>not permitted</u>.</li> <li>• 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 strongly discouraged.</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 <ul style="list-style-type: none"> <li>○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> <li>• No VSI non-athlete member in good standing may be barred from participating in the meet as an official as certified.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Jim Frye</b>  <b>Email: <a href="mailto:jmfrye@comcast.net">jmfrye@comcast.net</a></b>  <b>Phone: (540) 840-8947</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions 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, Kim Dooley, email: <a href="mailto:jjdandkdd@hotmail.com">jjdandkdd@hotmail.com</a>, as soon as possible.</li> <li>• Officials meetings will be held one hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <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>• Swimmers are required to <b>provide their own Lap Counter and 2 Lane Timers</b> (WST will provide the 3<sup>rd</sup>) for the 800M and 1500M Free events. Swimmers are required to provide 2 lane timers for 400M Free and 400M IM events.</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 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 ample lawn space for the set up of canopies or other shelter for teams on meet days.</li> <li>• Recycling bins located throughout the lawn space.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Winchester Parks and Rec. rules and regulations will apply. Please obey all posted signs.</li> <li>• No glass or smoking or pets inside pool fence or near entrance.</li> <li>• No alcohol in the park.</li> <li>• There is no photo or videos of any type allowed behind the blocks at any time.</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</li> </ul>

	<p>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.</p> <ul style="list-style-type: none"> <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 6 lights) Turn left at 7<sup>th</sup> light at Pleasant Valley Road (4-lane road). Take left at second 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 (<b>I-81 North:</b>) going west on Route 7 from I-81N.</li> </ul>																		
<b>HOTELS:</b>	<table border="0"> <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 &amp; 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 &amp; Suites</td> <td>I-81 Exit 313 on Rt 50W</td> <td>(540) 722-8881</td> </tr> <tr> <td>Wingate Inn</td> <td>I-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	Wingate Inn	I-81 Exit 313 off Pleasant Valley Rd	(540) 678-4283
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**WINCHESTER LONG COURSE INVITATIONAL  
ORDER OF EVENTS  
Friday, June 21, 2013**

<b>Evening Distance Session</b> 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 22, 2013**

<b>Morning Session</b> Warm-up: 7:10 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	10 & Under 50 Butterfly	6
7	11-12 50 Butterfly	8
9	11-12 200 Butterfly	10
11	10 & Under 200 Individual Medley	12
13	11-12 200 Individual Medley	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

**Midday Session**  
Warm-up: 11:30 am; Start: 12:15 pm  
(Times are approximate & no earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	13 & Over 400 Freestyle*	30
31	12 & Under 400 Freestyle*	32
33	11 & Over 400 Individual Medley	34

**Afternoon Session**  
Warm-up: 1:30 pm; Start: 2:30 pm  
(Times are approximate & no earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	13-14 200 Butterfly	36
37	15 & Over 200 Butterfly	38
39	13-14 100 Freestyle	40
41	15 & Over 100 Freestyle	42
43	13-14 200 Backstroke	44
45	15 & Over 200 Backstroke	46
47	13-14 100 Breaststroke	48
49	15 & Over 100 Breaststroke	50
51	13-14 200 Individual Medley	52
53	15 & Over 200 Individual Medley	54

**NOTE: \*requires qualifying time (age appropriate "B" Time in the 200 Freestyle)**

**Sunday, June 23, 2013**

<b>Morning Session</b> Warm-up: 7:10 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	10 & Under 100 Butterfly	56
57	11-12 100 Butterfly	58
59	10 & Under 200 Freestyle	60
61	11-12 200 Freestyle	62
63	10 & Under 50 Breaststroke	64
65	11-12 50 Breaststroke	66
67	11-12 200 Breaststroke	68
69	10 & Under 100 Backstroke	70
71	11-12 100 Backstroke	72
73	10 & Under 50 Freestyle	74
75	11-12 50 Freestyle	76

**Midday Session**  
Warm-up: 11:30 am; Start: 12:15 pm  
(Times are approximate & no earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
77	10 & Under 200 Freestyle Relay	78
79	11-12 200 Freestyle Relay	80
81	13 & Over 400 Freestyle Relay	82
83	10 & Under 200 Medley Relay	84
85	11-12 200 Medley Relay	86
87	13 & Over 400 Medley Relay	88

**Afternoon Session**  
Warm-up: 1:30 pm; Start: 2:30 pm  
(Times are approximate & no earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
89	13-14 100 Butterfly	90
91	15 & Over 100 Butterfly	92
93	13-14 200 Freestyle	94
95	15 & Over 200 Freestyle	96
97	13-14 100 Backstroke	98
99	15 & Over 100 Backstroke	100
101	13-14 200 Breaststroke	102
103	15 & Over 200 Breaststroke	104
105	13-14 50 Freestyle	106
107	15 & Over 50 Freestyle	108