



**VIRGINIA
COMMONWEALTH GAMES
A/BB/B/C Meet
June 24-26, 2016
SANCTION NO. VS-16-81**



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-16-81USA Swimming, Inc., Virginia Swimming, Inc., War Memorial Pool, and SMAC/Waynesboro Family YMCA 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:	War Memorial Pool, Ridgeview Park, 700 S Magnolia Ave, Waynesboro, VA 22980. (540) 949-7665
FACILITY:	<ul style="list-style-type: none">Outdoor 8-lane, 50 meter pool, 13 feet deep at the start end and 3.5 feet deep at the turn end of the pool with Kiefer Wave Eater lane lines and 8 line scoreboard. No warm-up/cool-down lanes will be available.Limited concrete deck space, but ample amounts of grassy area for tents and canopies.Colorado Timing System will be used.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:	Name: Catie Young and Sara McKellop Email: meetdirector@smacswimming.org Phone: (540) 649-3962 and (434) 989-4362
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming athletes registered before the first day of the meet.No on-deck USA Swimming athlete registration will be permitted.Age on June 24, 2016 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 12 and younger swimmers will swim in the morning session.All 13 and older swimmers will swim in the afternoon session.Warm-ups for the distance sessions will start immediately after the conclusion of the afternoon sessions.All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">Morning sessions: Warm-ups at 6:30 am; competition starts at 8:00 am.Afternoon sessions "approximate": Warm-ups not before 11:00 am; competition starts not before 12:10 pm.Distance sessions: The pool will be opened for 20 minutes of open warm-ups for competitors in distance events immediately following the finish of the afternoon session, with competition starting 5 minutes thereafter.The approximate start time for the distance sessions will be posted on the SMAC website (smacswimming.org) no later than Tuesday, June 21, 2016, and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the posted times.Lane assignment and warm-up times for individual clubs will be posted on the SMAC website no later than Tuesday, June 21, 2016, 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.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 14, 2016.

	<ul style="list-style-type: none"> • Entries must be submitted in long course meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams should submit entries via email. • 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. • Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" 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 individual events per day. This number includes evening distance events. • 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 entries to: Laura Riggan, lsriggan@gmail.com • 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 Director on the provided forms.
FEES:	<p>Individual events: \$5.00 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: SMAC (Shenandoah Marlins Aquatic Club). • Mail payment to: SMAC Waynesboro YMCA 648 S. Wayne Avenue Waynesboro, VA 22980 (540) 942-5107 • Payment must be received by Tuesday, June 21, 2016 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Medals/ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. ○ 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. ○ Open events will be given one set of awards.
SEEDING:	<ul style="list-style-type: none"> • All 100 meter or shorter events will be pre-seeded. • There will be no clerk of course. Swimmers should report directly to the blocks for their events. • All 200 meter or longer events will require a positive check-in to swim. Positive check-in will close at the end of warm-ups for the session in which the event will be swum. Positive check-in for distance events (E 25/26, 49/50, 77/78) will close at 2:00 pm the day of the event. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • The Open 400 Free (E 25/26), the Open 400 IM (E 49/50), and the Open 1500 Free (E 77/78) will all be swum fastest to slowest, alternating heats of girls and boys.
PENALTIES:	<ul style="list-style-type: none"> • Any swimmer who positively checks-in, declaring their intent to swim for a distance event, and does not show up to compete, will forfeit their next event. <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 swum illegally and the event shall be re-scored and awarded. • Clubs 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.

	<ul style="list-style-type: none"> • Clubs entering swimmers not legally registered with USA Swimming before 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. • Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • The overhead start procedure will be used for all sessions at the discretion of the Referee. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. • In accordance with VSI best practices, swimmers should shower before entering the pool. • 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"> ○ Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: David Bihl Email: davidbihl@yahoo.com Phone: (434) 987-0883 (mobile)</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions of 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 the Meet Referee no later than Tuesday, June 14, 2016. • There will be an officials' meeting 1 hour prior to the start of each session. • There will be a coaches' meeting immediately following the close of warm-ups for Session 1.
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, including for the 400 Freestyle and 400 IM distance event sessions. • The number of timers required per club and their lane assignments will be posted on the SMAC website no later than Tuesday June 21, 2016 and will also be emailed to the contact person of each of the individual clubs. • Swimmers in the 1500 Free will need to provide 2 timers and a lap counter.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be sold on site. • Concessions and swim shop will be available. • Breakfast and lunch will be provided for coaches and officials. Dinner will be provided only for coaches and officials working the evening distance sessions.
FACILITY RULES:	<ul style="list-style-type: none"> • THE WADING POOL IS CLOSED FOR THE DURATION OF THE MEET. The wading pool area is available for seating only, no wading or swimming allowed. • Team/Coaches' shade tents may be set up along fence on side of pool opposite announcer's booth. Personal tents are not permitted on this part of the pool deck. Shade tents must be free standing and of reasonable size. They should be against the fence, but not tied to it. It is advisable to lower/collapse tents overnight. Additional seating is available in the wading pool area, as well as the grassy areas both inside and outside the pool fence. • NO DOGS allowed inside the perimeter of the pool fencing. Dogs permitted, as per park rules, on leash, outside the pool area only. • No smoking or glass containers in pool area. • Please do not use any tape in the pool area.

	<ul style="list-style-type: none"> • Banners of a reasonable size may be hung on fencing, with cable ties only. • Swimmers, coaches, and/or teams may be held responsible for any damages. • No parking of vehicles on the entrance road between the park entrance and the parking lots next to the swimming pool. There is ample parking on the grass (weather permitting) and in the three paved parking lots. • Park closes at dark or upon completion of the evening sessions. • No vehicles or participants are allowed in the park boundaries between dusk and dawn. • No alcoholic beverages are allowed in the park. • Please clean your team area and picnic pavilions before leaving the park.
DIRECTIONS:	Take exit 94 off I-64 onto US 340 North (Rosser Ave.) into Waynesboro. Go approx. 2 miles and turn right at the stoplight onto 13 th St. Take the first right onto Linden Ave., which will take you to the grassy parking area at the pool.
HOTELS:	<ul style="list-style-type: none"> • Best Western PLUS Waynesboro (540) 942-1100 <i>Team Sponsor</i> • Days Inn Waynesboro (540) 943-1101

Order of Events

2016 Virginia Commonwealth Games

June 24-26, 2016

Session 1 – Friday Morning Warm-up: 6:30 am; Start: 8:00 am		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	11-12 50 Freestyle	2
3	10 & Under 50 Freestyle	4
5	11-12 100 Breaststroke	6
7	10 & Under 100 Breaststroke	8
9	11-12 200 Individual Medley	10
11	10 & Under 200 Ind. Medley	12
13	11-12 200 Butterfly	14

Session 2 – Friday Afternoon Warm-up: 11:00 am; Start: 12:10 pm		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
15	13 & Over 50 Freestyle	16
17	13 & Over 50 Breaststroke	18
19	13 & Over 100 Backstroke	20
21	13 & Over 200 Ind. Medley	22
23	13 & Over 200 Butterfly	24

Session 2 warm-up and start times are approximate

Session 3 – Friday Distance Start 25 min following Session 2		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
25	Open 400 Freestyle	26

Session 4 – Saturday Morning Warm-up: 6:30 am; Start: 8:00 am		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
27	11-12 50 Butterfly	28
29	10 & Under 50 Butterfly	30
31	11-12 100 Backstroke	32
33	10 & Under 100 Backstroke	34
35	11-12 200 Freestyle	36
37	10 & Under 200 Freestyle	38
39	11-12 200 Breaststroke	40

Session 5 – Saturday Afternoon Warm-up: 11:00 am; Start 12:10 pm		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
41	13 & Over 50 Backstroke	42
43	13 & Over 100 Breaststroke	44
45	13 & Over 100 Butterfly	46
47	13 & Over 200 Freestyle	48

Session 5 warm-up and start times are approximate

Session 6 – Saturday Distance Start 25 minutes following Session 5		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
49	Open 400 Individual Medley	50

Session 7 – Sunday Morning Warm-up: 6:30 am; Start: 8:00 am		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
51	11-12 50 Backstroke	52
53	10 & Under 50 Backstroke	54
55	11-12 50 Breaststroke	56
57	10 & Under 50 Breaststroke	58
59	11-12 100 Butterfly	60
61	10 & Under 100 Butterfly	62
63	11-12 100 Freestyle	64
65	10 & Under 100 Freestyle	66
67	11-12 200 Backstroke	68

Session 8 – Sunday Afternoon Warm-up: 11:00 am; Start 12:10 pm		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
69	13 & Over 50 Butterfly	70
71	13 & Over 100 Freestyle	72
73	13 & Over 200 Breaststroke	74
75	13 & Over 200 Backstroke	76

Session 8 warm-up and start times are approximate

Session 9 – Sunday Distance Start 25 minutes following Session 8		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
77	Open 1500 Freestyle	78