



**WINCHESTER LONG COURSE
INVITATIONAL**
June 24-26, 2016
SANCTION NO. VS-16-72



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-16-72USA Swimming, Inc., Virginia Swimming, Inc., Jim Barnett Park, and Winchester Swim Team 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:	Jim Barnett Park, 1001 East Cork Street, Winchester, VA 22601 (540) 662-4946
FACILITY:	<ul style="list-style-type: none">Outdoor 50 meter, 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.7 lanes will be used for competition with 1 lane available for continuous warm-up and cool down. The meet director reserves the right to use the eighth lane for competition should it become necessary to keep the session under 4 hours.The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).
MEET DIRECTOR:	<div>Melanie A. Morrow Email: wstlongcourse@yahoo.com Phone: (703) 727-4482</div> <div>Jennifer Lilly Email: wstlongcourse@yahoo.com Phone: (540) 247-4327</div>
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 swimmers will swim in the Friday session. There will be a 10-minute breaks between each event in Session 1. At this time the pool will be available for warm up/cool down.All 12 and under swimmers will swim in the AM sessions Saturday and Sunday.All 13 and older swimmers will swim in the PM session Saturday and Sunday.All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">Friday session 1: Warm-ups at 11:00am; competition starts at 12:00pm.Friday session 2: Warm –ups at approximately 3:00pm; competition starts 3:30pm.Morning sessions: Warm-ups at 8:00am; competition starts at 9:00am.Afternoon sessions: Warm-ups not before 11:30am; competition starts not before 12:15pm.Distance sessions: The pool will be opened immediately following the finish of Friday session 1, with the distance session competition starting thereafter.Lane assignment and warm-up times for individual clubs will be posted on the Winchester Swim Team website no later than June 22, 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:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS JUNE 14, 2016</p> <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 submit entries via email.A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number and email of the person to contact in case of questions must accompany the entries.

	<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. 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. "No Time" (NT) entries will not be accepted. Swimmers may enter a maximum of 5 individual event(s) and 1 relay event(s) per day. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Maximum of 3 relay teams per club. 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. Relays may also be eliminated if necessary and relay fees will be refunded should this happen. Email entries to: Melanie Morrow, wstlongcourse@yahoo.com If you do not receive a confirmation email within 24 hours, please resubmit and contact the Meet Director. 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 prior to the start of each session.
FEES:	<p>Individual events: \$5.00 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 payment to: Winchester Swim Team P.O. Box 3157 Winchester, VA 22604. Payment must be received by Tuesday, June 22, 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 acceptance of your entries.
AWARDS:	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through seventh 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 1st through 3rd place.
SEEDING:	<ul style="list-style-type: none"> All events, except #15-22 will be pre-seeded. Swimmers in all sessions should report directly to the blocks for their events. Events #15-22 will require a positive check-in to swim. Positive check-in will close 30 minutes prior to the start of the 2nd session on Friday. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events #15-22 will be swum fastest to slowest and alternating heats of girls and boys
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 swum 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 before the first day of the meet may be fined \$100 per swimmer in each event(s) swum 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

	<p>unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> • The overhead start procedure will be used for any sessions 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 <u>not permitted</u>. • Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. • In accordance with VSI best practices, all 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 who have valid USA Swimming credentials but who 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: Carolyn Baker Email: forbakers@hotmail.com Phone: (540) 533-6183</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Kim Dooley, jjdandkdd@hotmail.com no later than Tuesday, June 21, 2016. • Officials meetings will be held one hour prior to the start of each session.
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 Winchester Swim Team website no later than June 23, 2016, and will also be emailed to the contact person of each of the individual clubs. • All swimmers are required to provide their own timers for Friday session 2 events, 800 and 1500 free.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available for \$8.00 • Concessions will be available on site during the entire meet. • Hospitality will be available for coaches and registered officials to include breakfast, lunch, dinner and light snacks each day. • Swim gear vendor will be available thru Sport Fair Saturday and Sunday. • Commemorative t-shirt vendor will be onsite each day. • There is ample lawn space for the set up of canopies or other shelter. You may leave tents and chairs overnight at your own risk.
FACILITY RULES:	<ul style="list-style-type: none"> • Winchester Parks and Recreation rules and regulations will apply. Please obey all posted signs. • No glass, smoking or pets inside the pool fence or near entrances. • No alcohol permitted in the park. • No photos or video of any kind permitted behind the blocks at any time.
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:	<ul style="list-style-type: none"> • George Washington Hotel - 103 E Piccadilly St, Winchester, VA 22601 (540) 678-4700 • Aloft Winchester - 1055 Milwood Pike, Winchester, VA 22602 - (540) 678-8899 • Courtyard by Marriott - 300 Marriott Dr, Winchester, VA 22603 (540) 678-8822 • Fairfield Inn - 250 Front Royal Pike, Winchester, VA 22602 I-81 (540) 665-8881 • Country Inn & Suites - 141 Kernstown Commons Blvd, Winchester, VA 22602 (540) 869-7657 • Hilton Garden Inn - 120 Wingate Dr, Winchester, VA 22601 (540) 722-8881 • Hampton Inn several area options • Wingate Inn - 150 Wingate Drive, Pleasant Valley and Wingate Drive, Winchester, VA 22601 (540) 678-4283
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Winchester Long Course Invitational

ORDER OF EVENTS

Friday, June 24, 2016

Morning Session Warm-up: 11:00am; Start: 12:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & Under 200 Butterfly	2
3	13 & Over 200 Butterfly	4
5	12 & Under 200 Backstroke	6
7	13 & Over 200 Backstroke	8
9	12 & Under 200 Breaststroke	10
11	13 & Over 200 Breaststroke	12
13	12 & Under 200 IM	14
15	13 & Over 400 IM	16

Afternoon Session Warm-up: 3:00pm; Start: 3:30pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	12 & Under 800 Freestyle	18
19	13 & Over 800 Freestyle	20
21	12 & Under 1500 Freestyle	22
23	13 & Over 1500 Freestyle	24

Saturday, June 25, 2016

Morning Session Warm-up: 8:00am; Start: 9:10am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	10 & Under 200 Medley Relay	26
27	11-12 200 Medley Relay	28
29	10 & Under 400 Freestyle	30
31	11-12 400 Freestyle	32
33	10 & Under 50 Butterfly	34
35	11-12 50 Butterfly	36
37	10 & Under 100 Breaststroke	38
39	11-12 100 Breaststroke	40
41	10 & Under 50 Backstroke	42
43	11-12 50 Backstroke	44
45	10 & Under 100 Freestyle	46
47	11-12 100 Freestyle	48

Afternoon Session Warm-up: 11:30am; Start: 12:15pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	13-14 400 Medley Relay	50
51	15 & Over 400 Medley Relay	52
53	13-14 500 Freestyle	54
55	15 & Over 400 Freestyle	56
57	13-14 100 Breaststroke	58
59	15 & Over 100 Breaststroke	60
61	13-14 200 IM	62
63	15 & Over 200 IM	64
65	13-14 100 Freestyle	66
67	15 & Over 100 Freestyle	68

Sunday, June 26, 2016

Morning Session Warm-up: 8:00am; Start: 9:10am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
69	10 & Under 200 Free Relay	70
71	11-12 200 Free Relay	72
73	10 & Under 100 Butterfly	74
75	11-12 100 Butterfly	76
77	10 & Under 200 Freestyle	78
79	11-12 200 Freestyle	80
81	10 & Under 50 Breaststroke	82
83	11-12 50 Breaststroke	84
85	10 & Under 100 Backstroke	86
87	11-12 100 Backstroke	88
89	10 & Under 50 Freestyle	90

Afternoon Session Warm-up: 11:30am; Start: 12:15pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
93	13-14 400 Free Relay	94
95	15 & Over Free Relay	96
97	13-14 100 Butterfly	98
99	15 & Over 100 Butterfly	100
101	13-14 200 Freestyle	102
103	15 & Over 200 Freestyle	104
105	13-14 100 Backstroke	106
107	15 & Over 100 Backstroke	108
109	13-14 50 Freestyle	110
111	15 & Over 50 Freestyle	112

91	11-12 50 Freestyle	92		
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