



**SOUTHWEST DISTRICT
13 & OVER CHAMPIONSHIP
February 26 – February 28, 2021
SANCTION NO. VS-21-132**



We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting the Christiansburg Aquatic Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-132. USA Swimming, Inc., Virginia Swimming, Inc., the YMCA of Central Virginia, Lynchburg YMCA Swimming, and the Christiansburg 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:	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073 (540) 381-7665
FACILITY:	<ul style="list-style-type: none"> 50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet at the starting end. Colorado Timing System with color scoreboard and separate video board will be used. One timer per lane will be required. One 8 or 10-lane racing course will be utilized, dependent on participant numbers At least 6 lanes of warm-up warm-down space will be available throughout the meet. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). One 25 Yard course will be used. In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video-streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.
MEET DIRECTOR:	<p>Ryan Woodruff Email: ryan.d.woodruff@gmail.com Phone: (919) 943-6420</p>
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming registered athletes in Southwest District registered prior to the first day of the meet. Teams in the Southwest District are: ACAC, BASS, CA-Y, CCA, FUAC, GATR, HOKI, LASO, LY, SCAT, STRM, and VABR Unattached athletes in the same geographical district are also eligible to attend. The qualifying period for this meet is January 1, 2019 through February 25, 2021. No on deck Virginia Swimming athlete registration will be permitted. Swimmers in the 13-14 age group may compete in any individual event in which they have a time that is slower than the age group championship qualifying time except the 400 IM, 500 free, and the 1000 free. 15 and older swimmers may compete in any individual event in which they have a time that is slower than the Senior Champs qualifying time except the 400 IM, 500 free, and the 1000 free. Swimmers 13-14 must have at least a 13-14 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time. 15 and older swimmers must have at least a 15-16 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the senior championship qualifying time. 2021-2024 NAG time standards are in effect. Age on February 26, 2021 will determine age for the entire meet. 14 year old swimmers aging up from February 26 to March 11, 2021 with times too fast to qualify

	<p>for this championship will be allowed to compete in an event at this meet under the following conditions:</p> <ul style="list-style-type: none"> ○ the swimmer does not qualify for the event at Senior Champs ○ the swimmer will be seeded correctly by time however will swim exhibition only and will not be eligible to receive an award or compete in the Finals session.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • Athletes with a disability are welcome 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 swum as timed finals. • No relays will be swum.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 16, 2021</p> <ul style="list-style-type: none"> • Conforming and Non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times. • Entries must be submitted using Commlink-2 software. • Teams submit entries via email. • A printout of entries must be included with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • Swimmers may enter a maximum of 8 individual events, no more than 3 per day. • The Meet Director reserves the right to combine heats and events, which may require reseeding. • “No Time” (NT) entries will be accepted except in the 400 medley, 500 free, and 1000 free, where 13-14 swimmers must have achieved a minimum of a 13-14 “B” time, and 15 & older swimmers must have achieved a minimum of a 15-16 “B” time. • Coach Times (CT) will not be accepted for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. • Email entries to: lymeetentries@gmail.com • Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$9.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity) COVID Facility Management Fee: \$2.00 per swimmer</p> <ul style="list-style-type: none"> • Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline. • Checks should be made payable to: YMCA of Central Virginia • Mail payment to: Ryan Woodruff, 105 Fox Hollow Rd, Lynchburg, VA 24503 • Payment must be received by Tuesday, February 23, 2021, for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING:	<ul style="list-style-type: none"> • Coaches will be asked to submit scratches for the 400 IM, 500 free, and 1000 free. Depending on the number of scratches received, the meet referee reserves the right to reseed those events. • Swimmers will report to Clerk of Course prior to swimming their events. • The 1000 free will be swum slowest to fastest.
WARM-UP:	<ul style="list-style-type: none"> • Friday: <ul style="list-style-type: none"> ○ 13 & Over Girls’ Session: Doors open at 9:15 am, Warm-up begins at 9:30am, Meet begins at 10:30am. ○ 13 & Over Boys’ Session: Doors open at 5:30pm, Warm-up begins at 5:45pm, Meet begins at 6:45pm. • Saturday:

	<ul style="list-style-type: none"> ○ 13 & Over Girls' Session: Doors open at 11:00 am, Warm-up begins at 11:15am, Meet begins at 12:15 pm. ○ 13 & Over Boys' Session: Doors open at 3:45pm, Warm-up begins at 4:00pm, Meet begins at 5:00pm. • Sunday: <ul style="list-style-type: none"> ○ 13 & Over Girls' Session: Doors open at 7:45 am, Warm-up begins at 8:00am, Meet begins at 9:00am. ○ 13 & Over Boys' Session: Doors open at 11:45am, Warm-up begins at 12:00pm, Meet begins at 1:00pm. • 1000 free (Sunday): The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the 200 IM, with the 1000 free starting 5 minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the 1000 will be posted on the www.lyswimming.org website no later than Monday, February 22, 2021 and will also be emailed to the contact person of the participating clubs. ○ The distance sessions will start no earlier than the estimated times. • Lane assignment and warm-up times for individual clubs will be posted on the www.lyswimming.org website no later than Monday, February 22, 2021, and will also be emailed to the contact person of the participating clubs.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be scored and awarded first through sixteenth place for 13-14 and 15 & over age groups. Medals will be awarded for first through third place, ribbons for fourth through sixteenth place. • Team awards will be given, first through third place. The teams placing will receive a plaque. Scoring will be as follows: Individual: 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> ○ Entries using fraudulent or non-verifiable times. ○ Athlete competed in the incorrect age group. ○ Athlete is not registered with USA Swimming prior to the first day of the meet. • 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. • Any event in which an athlete participated illegally will be rescored and re-awarded.
COVID RULES:	<ul style="list-style-type: none"> • Athletes must arrive in their suits. Locker rooms will not be available. • All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening. • Coaches, officials, and spectators must wear masks. • Further COVID-related policies and procedures are outlined in the supplemental document.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet. • All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. • 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 the requirement. • 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, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. • Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The

	<p>athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</p> <ul style="list-style-type: none"> 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 with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Kris Sennett Email: ksennett@liberty.edu Phone: (434) 841-1214</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. Team Officials Chairpersons should submit the names and session availability of certified officials to Kris Sennett no later than Tuesday, February 18, 2021 There will be an official's meeting in hospitality one hour prior to the start of each session. There will be a coaches' meeting at 10:20 am on Friday, February 26, 2021.
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. 1 timer per lane will be used. The number of timers required per club and their lane assignments will be posted on the LY website no later than Monday, February 22, 2021 and will also be emailed to the contact person of each of the individual clubs. Swimmers competing in the 400 medley, 500 free, and 1000 free are responsible for providing their own timers. Swimmers competing in the 1000 free and 500 free are responsible for providing their own lap counters. Timers and counters should be teammates, coaches, or other volunteers who are already in the building for the meet. Parents or spectators may not enter the building to time or count for a swimmer in the distance events. All timers and counters must wear a mask.
GENERAL:	<ul style="list-style-type: none"> No spectators will be allowed inside the venue. Video of the meet will be livestreamed on the LY Facebook page: https://www.facebook.com/lynchburgswimming No tape of any kind is to be used inside to hang signs, banners, or decorations. Please consult with the Aquatic Tournaments Coordinator prior to hanging up any relevant decorations. Only Aquatic Center staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Center staff or management. No smoking is permitted within the Center Facilities. The Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Center Director. No glass containers of any kind are to be brought into the pool complex. Parking violators will be subject to fines and/or towing as posted. <ul style="list-style-type: none"> <i>No Parking in the skatepark parking lot</i> <i>No Parking in areas marked by yellow curb</i> All emergency exits and walkways must remain clear throughout the meet. <i>In compliance with USA Swimming Safe Sport the back building entrance, under the diving tower is a secure entrance reserved for facility staff and essential personnel with access cards or swim meet credentials.</i> All rules and regulations of the Aquatic Center are in effect and shall be followed. Any individual or team member that fails to comply with any rule or regulation of the Aquatic Center or any of the terms and conditions of this Contract will not be permitted to participate in the Event and will be asked to leave the Center Facilities
DIRECTIONS:	<ul style="list-style-type: none"> Directions are available at virginiaswimming.org.

2021 Southwest District Short Course 13 & Older Championship

ORDER OF EVENTS

Friday, February 26 2021

13 & Over Girls' Morning Session Warm-ups: 9:30 AM; Start: 10:30 AM		
<u>Girls</u>	<u>Events</u>	
1	13 & Over 100 Breast	
3	13 & Over 200 Free	
5	13 & Over 100 Fly	
11	13 & Older 400 IM	

13 & Over Boys' Evening Session Warm-ups: 5:45 PM; Start: 6:45 PM		
	<u>Events</u>	<u>Boys</u>
	13 & Over 100 Breast	2
	13 & Over 200 Free	4
	13 & Over 100 Fly	6
	13 & Over 400 IM	12

Saturday, February 27, 2021

13 & Over Girls' Morning Session Warm-ups: 11:15 AM; Start: 12:15 PM		
<u>Girls</u>	<u>Events</u>	
13	13 & Over 200 Fly	
15	13 & Over 50 Free	
17	13 & Over 200 Breast	
19	13 & Over 100 Back	
25	13 & Over 500 Free	

13 & Over Boys' Afternoon Session Warm-ups: 4:00 PM; Start: 5:00 PM		
	<u>Events</u>	<u>Boys</u>
	13 & Over 200 Fly	14
	13 & Over 50 Free	16
	13 & Over 200 Breast	18
	13 & Over 100 Back	20
	13 & Over 500 Free	26

Sunday, February 28, 2021

13 & Over Girls' Morning Session Warm-ups: 8:00 AM; Start: 9:00 AM		
<u>Girls</u>	<u>Events</u>	
27	13 & Over 200 Back	
29	13 & Over 100 Free	
31	13 & Over 200 IM	
37	13 & Over 1000 Free (*)	

13 & Over Boys' Afternoon Session Warm-ups: 12:00 PM; Start: 1:00 PM		
	<u>Events</u>	<u>Boys</u>
	13 & Over 200 Back	28
	13 & Over 100 Free	30
	13 & Over 200 IM	32
	13 & Over 1,000 Free	38