



**2021 VIRGINIA SWIMMING
SC SENIOR CHAMPIONSHIPS**
March 4-7, 2021
SANCTION NO. VS-21-131



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 Collegiate School Aquatic Center and the NOVA 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- 21-131. • USA Swimming, Inc., Virginia Swimming, Inc., NOVA, and Greater Richmond Aquatics Partnership, doing business as SwimRVA, 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. • 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 of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., Virginia Swimming, Inc., NOVA Aquatic Center, Collegiate School Aquatic Center, NOVA of Virginia Aquatics, and SwimRVA cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.
LOCATIONS:	<ul style="list-style-type: none"> • Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond, VA 23234, Phone: (804) 271-8271 (Pool front desk) • NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, Phone: (804) 750-1183
FACILITY:	<ul style="list-style-type: none"> • Collegiate School Aquatics Center: Distance sessions and all finals sessions as well as preliminary sessions for assigned teams will be swum at this venue. <ul style="list-style-type: none"> ○ Provides 2 indoor pools and supporting amenities including hospitality, a swim shop, and concession stand. ○ 50-meter competition pool with bulkhead offers 2 eight-lane, 25-yard competition pools with a depth of 7' 7" to 8' 1" end to end. Competition lanes are 8' 3" wide. All sessions will be run in the 25-yard competition pool set up for 8 lanes. ○ Indoor 6-lane 25-yard pool for continuous warm-up, cool-down. • NOVA Aquatics Center: Preliminary sessions will be swum for assigned teams at this venue. <ul style="list-style-type: none"> ○ 10-lane, 25-yard pool, 4.5 feet deep in lane 1 sloping to 7 feet in lane 10 with Kiefer Wave eater lanes, Daktronics Automatic Timing System ○ 10 lanes will be used for competition ○ 10 warm-up/warm-down lanes available at all times in the adjacent pool located at the NOVA facility

	<ul style="list-style-type: none"> The competition courses have been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). The copy of such certification is on file with USA. 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:	<table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"> Steve Hennessey VSI Senior Chair seniorchair@virginiawimming.org Phone: (603) 603-7948 </td> <td style="width: 33%;"> Host Team Coordinator: CSAC: Brad Burton brad.burton@swimrichmond.org Phone: (804) 271-8274 </td> <td style="width: 33%;"> Host Team Coordinator: NOVA: Lori Hopewell novabusinessoffice@novaswim.org Phone: (804) 750-1183 </td> </tr> </table>	Steve Hennessey VSI Senior Chair seniorchair@virginiawimming.org Phone: (603) 603-7948	Host Team Coordinator: CSAC: Brad Burton brad.burton@swimrichmond.org Phone: (804) 271-8274	Host Team Coordinator: NOVA: Lori Hopewell novabusinessoffice@novaswim.org Phone: (804) 750-1183
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ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming athletes registered before the first day of the competition that meet the qualifying time in each event entered. Swimmers who have a minimum qualifying time in the 1000 yard Freestyle or the 1650 yard Freestyle may swim both events. No on deck Virginia Swimming athlete registration will be permitted. Athletes listed as UNAT must check in with the meet director and be assigned a supervising coach in order to warm-up and to compete. The qualifying period for this meet is November 1, 2018 through March 3, 2021. Age on March 4, 2021 will determine age for the entire meet. 			
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:	<p>Preliminary Sessions:</p> <ul style="list-style-type: none"> Teams will swim prelims at their assigned venue with women's sessions swimming first followed by men's session. <ul style="list-style-type: none"> CSAC team assignments: CA-Y, CCA, CGBD, FUAC, HOKI, LY, PWSC, RAYS, SCAT, SRVA, STRM, TIDE, TORP, VABR, VSTP, WFS, and WST NOVA team assignments: 757, ACAC, BASS, CVAC, DC, ECAT, GATR, HNVR, LASO, NOVA, ODAC, PSDN, QSTS, STAT, TSU, WAC, and YOBX Individual events will be swum as preliminaries and finals EXCEPT the 1000 Yard Freestyle and the 1650 yd Freestyle which will be swum as timed finals. The 1650 yd Freestyle will be swum fastest to slowest, alternating women and men. The 1000 yd Freestyle will be swum slowest to fastest. <ul style="list-style-type: none"> All women's heats will swim followed by all men's heats. The starting time for the first heat of women will be scheduled so that the second fastest heat of the men's event is concluded at the start of the finals warm-up session. The fastest women's and men's heat will swim in the finals session. The 400 yd Individual Medley and the 500 Freestyle will be swum slowest to fastest. At the discretion of the meet referee, breaks may be added once entries have been received. Information about breaks will be provided at the General Meeting. <p>Finals Sessions:</p> <ul style="list-style-type: none"> All events will be swum in a single course. Results from both venues will be combined and the top 32 qualifiers in the preliminaries of each event will compete in each day's final session in the following order D, C, B, then A <ul style="list-style-type: none"> D and C finals will be reserved for 18 & U athletes. All D - C - B - A Final swimmers will report directly to their assigned starting block. A - Final swimmers will be presented with music, their names and team affiliation announced prior to the start of the race. 			
ENTRIES:	<ul style="list-style-type: none"> REGULAR ENTRY DEADLINE: 11:59 PM, TUESDAY, FEBRUARY 23rd. NEW QUALIFYING SWIMS ENTRY DEADLINE: 5:00 PM EST, MONDAY, MARCH 1st. <ul style="list-style-type: none"> Additional entries from meets occurring between February 23rd and February 28th must be submitted by this deadline or will be considered to be late entries and charged accordingly. 			

	<ul style="list-style-type: none"> ○ OME must also be used for these additional entries. Follow instructions given in the section above for the meet named 2021 VSI SC Senior Championship – NEW QUALIFYING SWIMS. ● On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Email entries during the regular entry period will not be accepted. <ul style="list-style-type: none"> ○ The OME system is accessed from the USA Swimming web site at the address: http://www.usaswimming.org/ome ○ Further information is found on OME Instructions sheet at the end of the meet announcement. ○ Payment for entries must be made by check. Credit card payments will not be accepted for this meet. ● Conforming and Non-Conforming times will be used for entry. ● ENTRY LIMITS: <ul style="list-style-type: none"> ○ Individual Events: Athletes may enter all events for which they qualify, however they may only compete in Six (6) individual events for the meet, and no more than Three (3) individual events per day. ○ Bonus Events: Swimmer may swim bonus events based on the number of events they are qualified to swim. The following are the bonus event qualifications: <ul style="list-style-type: none"> ▪ 1 Qualifying Time: 3 bonus events ▪ 2 Qualifying Times: 2 bonus events ▪ 3-5 Qualifying Times: 1 bonus event ▪ 6 Qualifying Times: 0 bonus events ○ Bonus swims for the 400 yd Individual Medley, 500 yd Freestyle, 1000 yd Freestyle, and the 1650 yd Freestyle are not available, with the exception that swimmers who have the qualifying time in the 1000 yd Freestyle or the 1650 yd Freestyle may swim both events. ○ There are no qualifying times for bonus events. ● Proof of asterisk (*) submitted times must be provided to the Administrative Referee prior the scratch or positive check in deadline for that event in order to be seeded. ● Entries which improve the time of an earlier entry will be accepted only while OME is open. ● LATE ENTRIES: <ul style="list-style-type: none"> ○ Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input. ○ Late entries at the meet must be made to the Administrative Referee and will only be accepted for events for which the scratch box has not closed. ○ All late entries must be submitted with proof of time. Late entries may not be used to improve the seed time of an earlier entry ● The Meet Referee reserves the right to combine heats and events, which may require reseeding.
FEES:	<p>Individual events: \$13.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Late Entry 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.</p> <ul style="list-style-type: none"> ● Payment must be made by check. Checks should be made payable to VSI and sent to: Virginia Swimming PO Box 1059 Appomattox, VA 24522 ● The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, March 4, 2021). ● Failure to pay entry fees by this deadline could result in teams being barred from the meet. Payment for events entered at the meet must be made to Administrative Referee at the time of the request.
WARM-UPS:	<ul style="list-style-type: none"> ● The schedule provided below is subject to change based on the number of entries received. ● Additional information about lane designations for warm-ups will be sent to team contacts and posted on the Virginia Swimming website NLT Monday, March 1st.

	<ul style="list-style-type: none"> • Teams will be assigned a warm-up time for all sessions. • Thursday afternoon/evening session: Warm-ups at 12:30 - 1:50 pm; competition starts at 2:00 pm. • Prelims: <ul style="list-style-type: none"> ○ Friday & Saturday: <ul style="list-style-type: none"> Session 1: Women <ul style="list-style-type: none"> ▪ 6:30 – 7:00 am Warm-up Group 1 ▪ 7:05 – 7:35 am Warm-up Group 2 ▪ Competition starts at 7:45 am Session 2: Men <ul style="list-style-type: none"> ▪ 9:45 – 10:15 am Warm-up Group 1 ▪ 10:20 – 10:50 am Warm-up Group 2 ▪ Competition starts at 11:00 am ○ Sunday: <ul style="list-style-type: none"> ▪ 7:00 – 7:30 am Warm-up Group 1 ▪ 7:35 – 8:05 am Warm-up Group 2 ▪ Competition starts at 8:15 am Session 2: Men <ul style="list-style-type: none"> ▪ 10:00 – 10:15 am Warm-up Group 1 ▪ 10:35 – 11:05 am Warm-up Group 2 ▪ Competition starts at 11:15 am • Finals: <ul style="list-style-type: none"> ○ Friday & Saturday: <ul style="list-style-type: none"> ▪ 4:30 – 5:00 pm Warm-up Group 1 ▪ 5:05 – 5:35 pm Warm-up Group 2 ▪ 5:40 pm Announce Virginia Swimming Scholarship Winners (Friday only) ▪ Competition starts at 5:45 pm ○ Sunday: <ul style="list-style-type: none"> ▪ 4:45 – 5:15 pm Warm-up Group 1 ▪ 5:20 – 5:50 pm Warm-up Group 2 ▪ Competition starts at 6:00 pm • During competition, specific lanes will be designated for PACE ONLY in the warm-up/cool-down pool.
SCRATCHES	<ul style="list-style-type: none"> • The scratch procedures listed in current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6 A-E will apply with the exception of 207.11.6.C as it pertains to timed final events requiring a positive check-in: A swimmer who positively checks in for a distance event and does not show up to compete will be barred from his/her next individual event. • Scratch procedures will be sent to team contacts and posted on the Virginia Swimming website NLT Monday, March 1st. • Deadline for scratches from Individual Events: <ul style="list-style-type: none"> ○ Scratches for Friday’s events are due 30 minutes after the start of the distance session Thursday ○ Scratches for Saturday’s events are due 30 minutes after the start of the finals’ session Friday ○ Scratches for Sunday’s events are due 30 minutes after the start of the finals’ session Saturday • The scratch rule regarding finals will apply to all four (4) evening heats D and C Bonus, B Consolation, A Finals excluding the 1650 yd Freestyle and the 1000 yd Freestyle. • Swimmers failing to scratch events which if swum would put them in violation of either the 3 event per day or the 6 events in the meet, will not be permitted to swim the event or events. The events to be eliminated will be counted in strict numerical sequence as listed in the meet invitation.
SEEDING:	<ul style="list-style-type: none"> • All Short Course Yards will be seeded first followed by Long Course Meters times, Short Course Meters, then Bonus times. • Positive check-in deadlines: <ul style="list-style-type: none"> ○ 1650 yd Freestyle is due by 1:00 pm, Thursday.

	<ul style="list-style-type: none"> ○ 1000 yd Freestyle is due by 6:00 pm, Saturday ● All distance swims MUST positively check-in by the scratch deadline for that day's events TO BE SEEDED. ● AM and PM Designations: Athletes who want to swim the 1000 yd Freestyle in the afternoon and not in the fastest heat swimming in finals must designate that desire on the check-in sheet prior to the close of the scratch box on Saturday evening.
AWARDS:	<ul style="list-style-type: none"> ● Scoring <ul style="list-style-type: none"> ○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1. ● Team (Overall): Women, Men, Team Combined High Point. ● Team (Specific): Large Team, Medium Team, and Small Team. Both women's high point and men's high point in each category. Team sizes defined by the following: <ul style="list-style-type: none"> ○ 1-99: Small team ○ 100-199: Medium team ○ 200 +: Large team ● Individual: First through Eighth Place. Women's High Point, Men's High Point
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 volunteers must wear masks. ● Spectators will not be permitted at either venue to provide adequate spacing for swimmers, officials, volunteers, and coaches. ● Protocols to be followed at each facility will be sent to team contacts and posted on the Virginia Swimming website NLT Monday, March 1st.
RULES:	<ul style="list-style-type: none"> ● The current <i>USA Swimming Rules and Regulations</i>, 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 permission. ● Any swimmer entered in the meet must be certified by a USAS 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. ● 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. ● The Meet Referee in accordance with 102.23.2 in the USA Swimming Rules and Regulations will appoint a Meet Jury. ● 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 athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. ● 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.
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.

	<ul style="list-style-type: none"> ○ 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
OFFICIALS:	<p>Meet Referee: Dan Demers Email: ddemers32cox.net Phone: 757-434-3342</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Officials must have been certified for a year in the positions in which they are planning to work. • Opportunities to officiate will be limited due natatorium restrictions. An Application to Officiate will be available on the VSI website (www.virginiawimming.org) and should be sent to the Meet Referee no later than Sunday, February 21st. • This meet will be approved as an Officials Qualifying Meet. See the meet application for further instructions.
SAFETY:	<ul style="list-style-type: none"> • VSI Safety and Warm-up procedures will be in effect. Swimmer Snorkels are permitted.
TIMERS:	<ul style="list-style-type: none"> • Clubs may be required to provide timers for preliminary sessions 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 VSI website at www.virginiawimming.org no later than Monday, March 1st, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • A General Meeting will be held at 7:00 pm, Wednesday, March 3rd via Zoom. Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance. • Announcement of Virginia Swimming Scholarship winners will be held following finals warm-ups on Friday evening prior to the start of the finals' session. • Hospitality: A light breakfast, lunch and dinner will be provided for coaches and officials. Coaches and officials who have special dietary concerns or needs should bring their own food and beverages. • Photography: In accordance with J.3 of VSI Policies and Procedures, photography will not be permitted without the express permission of the Meet Director. • Meet Event Apparel: A vendor will be on site selling VSI Senior Champs t-shirt and sweatshirts. Items will also be available through an online store. • A swim shop vendor will be onsite offering full-service equipment such as goggles and swim suits.
FACILITY RULES:	<ul style="list-style-type: none"> • Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers, lap counters, or at other needed volunteer positions. • All air flow in take Vents on deck are not to be blocked by chairs, benches, spectators or towels! • Family rest rooms are reserved for coaches and officials use only. Individuals needing access should make arrangements with the meet director. • No glass containers of any kind are allowed in the facility. • No lawn/deck chairs allowed in the grandstand. • Objects are not to be passed over the grandstand railing. • No smoking on the campus. • Shoes are suggested to be worn in all areas outside the pool deck including locker rooms. • Doors are not to be propped open (HVAC). • No tape of any kind is to be used inside to hang signs, banners or decorations.
DIRECTIONS:	<ul style="list-style-type: none"> • Directions to the pool can be found by going to: www.virginiawimming.org Click on "Meets". Click on "Senior Championships", Click on "Directions".
PARKING:	<ul style="list-style-type: none"> • Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.

SCHEDULE OF EVENTS

2021 VIRGINIA SWIMMING SHORT COURSE SENIOR CHAMPIONSHIPS

(Qualifying period: November 1, 2018 to March 3, 2021)

Qualifying Times				THURSDAY	Qualifying Times			
Women	SCM	LCM	SCY	March 4	SCY	LCM	SCM	Men
1	19:13.19	19:37.19	19:08.99	1500 M /1650 yd FREE	17:35.09	17:58.49	17:34.49	2

Events swum as timed finals. Order: fastest to slowest alternating women and men.

Qualifying Times				FRIDAY	Qualifying Times			
Women	SCM	LCM	SCY	March 5	SCY	LCM	SCM	Men
3	1:06.89	1:08.29	1:00.19	100 yd FLY	54.39	1:01.59	1:00.19	4
5	2:29.49	2:31.89	2:12.29	200 yd BACK	2:01.19	2:21.99	2:19.59	6
7	1:00.99	1:02.59	54.79	100 yd FREE	49.49	57.19	55.59	8
9	5:19.69	5:26.09	4:47.99	400 yd MEDLEY	4:25.99	5:01.59	4:55.19	10

Qualifying Times				SATURDAY	Qualifying Times			
Women	SCM	LCM	SCY	March 6	SCY	LCM	SCM	Men
11	2:31.59	2:34.79	2:14.49	200 yd MEDLEY	2:02.69	2:21.69	2:18.49	12
13	27.99	28.79	25.29	50 yd FREE	22.79	26.09	25.29	14
15	2:53.99	2:57.99	2:34.59	200 yd BREAST	2:19.49	2:44.59	2:40.59	16
17	4:34.09	4:40.49	5:19.19	400 M / 500 yd FREE	4:55.89	4:24.79	4:18.39	18

Qualifying Times				SUNDAY	Qualifying Times			
Women	SCM	LCM	SCY	March 7	SCY	LCM	SCM	Men
19	2:32.99	2:35.79	2:18.19	200 yd FLY	2:02.59	2:21.19	2:18.39	20
21	1:08.99	1:10.19	1:00.99	100 yd BACK	55.59	1:05.79	1:04.59	22
23	2:11.99	2:15.19	1:58.99	200 yd FREE	1:48.59	2:04.49	2:01.29	24
25	1:20.59	1:22.59	1:10.49	100 yd BREAST	1:03.39	1:15.29	1:13.29	26
27	9:48.59	10:01.39	11:15.69	800 M/1000 yd FREE#	10:27.99	9:24.19	9:11.39	28

#May designate AM or PM preference; top 8 PM designees will swim at finals.

Order of Finals: Events 27, 28, 19, 20, 21, 22, 23, 24, 25, 26

Awards (Individual High Point), Awards (Team)

ONLINE MEET ENTRY (OME) INSTRUCTIONS

- Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) **ONLY**. Email entries during the regular entry period will not be accepted.
 - The OME system is accessed from the USA Swimming web site at the address:
<http://www.usaswimming.org/ome>
 - Coaches must register for an account (Free) to utilize the system. Log in and select "Enter Team".
- **OME OPENS:** 9:00 AM EST, Monday, February 8th
- **OME CLOSES:** 11:59 PM EST, Tuesday, February 23rd (Regular Entry Deadline)
- **NEW QUALIFYING SWIMS:**
 - Additional entries from meets occurring between February 24th and February 28th are due by 5:00 PM (EST) on Monday, March 1st.
 - OME must also be used for these additional entries. Follow instructions given in the section above for the meet named 2021 VSI SC Senior Championship – NEW QUALIFYING SWIMS.
- These entries may not be used to improve the seed time of an earlier entry.
- **Meet entries in the form of an entry list or psych sheet will be posted to the VSI website NLT Tuesday, March 2nd.**
- **LATE ENTRIES:**
 - Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input.
 - Late entries at the meet must be made to the Admin Referee and will only be accepted for events for which the scratch box has not closed.
 - All late entries must be submitted with proof of time. Late entries may not be used to improve the seed time of an earlier entry
- **Meet Entry Officer:** Mary Turner, myturner525@gmail.com, (434) 352-5451
- **OME HELP:**

Macie McNichols	Mary Turner
USA Swimming	Meet Entry Officer
Phone: (719) 351-6511	Phone: (434) 352-5451
Email: mmchichols@usaswimming.org	Email: myturner525@gmail.com
- **Conforming and Non-Conforming times will be used for entry. Order of preference is: Short Course Yards, Long Course Meters then, Short Course Meters.**
- **ENTRY LIMITS:**
 - **Individual Events:** Athletes may enter all events for which they qualify, however they may only compete in Six (6) individual events for the meet, and no more than Three (3) individual events per day.
 - **Bonus Events:** Swimmer may swim bonus events based on the number of events they are qualified to swim. The following are the bonus event qualifications:
 - 1 Qualifying Time: 3 bonus events
 - 2 Qualifying Times: 2 bonus events
 - 3-5 Qualifying Times: 1 bonus event
 - 6 Qualifying Times: 0 bonus events
 - Bonus swims for the 400 Individual Medley, 500 yd Freestyle, 1000 yd Freestyle, and the 1650 yd Freestyle are not available, with the exception that swimmers who have the qualifying time in the 1000 yd Freestyle or the 1650 yd Freestyle may swim both events.
- **Individual Entries:** Use the fastest time in national database for entry within the qualifying period.
 - Swimmers may enter using an "Override Time" for times that are not in the national database.
 - Override times must include the meet name and date.
 - Override times that cannot be proven during the entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List).
- **Proof of asterisk (*) submitted times must be provided to the Administrative Referee prior the scratch or positive check in deadline for that event in order to be seeded.**
- Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
- Entries which improve the time of an earlier entry will be accepted **only** while OME is open.

- **ATTENTION TEAMS WITH UNATTACHED ATHLETES:** Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link.
- **ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually.
 - Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”
 - These individuals may send a text file of their entries to the Meet Entry Officer to be entered manually.
 - Unless other arrangements are made payment must be made by check prior to the first session of the meet (Thursday, March 4th).