



**VIRGINIA SWIMMING SHORT COURSE
AGE GROUP CHAMPIONSHIP**
March 11 – 14, 2021
SANCTION NO. VS-21-143E

Hosted by:



Stingrays Swim Team

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 Jeff Rouse Swim and Sport 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-21-143E • USA Swimming, Inc., Virginia Swimming, Inc., Stingrays Swim Team, and Jeff Rouse Swim and Sport 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. • 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., Stingrays Swim Team, and Jeff Rouse Swim and Sport Center 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. 		
LOCATION:	Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford VA 22554 Phone: 804-387-1279		
FACILITY:	<ul style="list-style-type: none"> • The Jeff Rouse Swim and Sport Center provides 2 indoor pools and supporting amenities including hospitality and concession stand. • Eight lanes, 25-yard competition pool, 12 feet deep at the start end and 6.7 feet at the turn end; overflow gutters with non-turbulent lane markers. • Indoor 6 lane 25 yard pool for continuous warm-up, cool-down. • Non-Turbulent Lane Markers in both pools. • Competitor Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. • No spectators will be allowed inside the facility. • The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). A copy of the certification is on file with USA Swimming. • 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: 50%;">Drew Hirth VSI Age Group Chair Phone: (804) 380-1821 Email: coachdrew@novaswim.org</td> <td style="width: 50%;">Danielle Euker Local Host Coordinator 412-913-4253 danielleeuker@gmail.com</td> </tr> </table>	Drew Hirth VSI Age Group Chair Phone: (804) 380-1821 Email: coachdrew@novaswim.org	Danielle Euker Local Host Coordinator 412-913-4253 danielleeuker@gmail.com
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ELIGIBILITY :	<ul style="list-style-type: none"> • Open to all Virginia Swimming athletes from the following teams who are 14 years old and younger, are registered prior to the first day of the meet, and meet the qualifying times in each event entered. Teams include: 757, ACAC, BASS, CA-Y, CGBD, CVAC, ECAT, ODAC, PWSC, RAYS, STAT, TIDE, TORP, TSU, VSTP, WAC, WFS, and WST. Unattached athletes meeting the same qualifications are also eligible to attend. • 11-12 year old swimmers must have achieved the 13-14 qualifying time to swim either the 1000 or 1650 Y Freestyle. • Swimmers who have a minimum qualifying time in the 1000 Yard Freestyle or the 1650 Yard Freestyle may swim both events. This applies to all 11-14 year-old swimmers. • No on deck Virginia Swimming athlete registration will be permitted. • The qualifying period for this meet is January 1, 2019 through March 10, 2021. • Age on March 11, 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:	<ul style="list-style-type: none"> • Individual events: <ul style="list-style-type: none"> ○ Thursday: 10 & under 500 Y Freestyle, 11-12 500 Y Freestyle, and 11-14 1000 Y Freestyle will be swum as timed finals. ○ Friday: 11-12 400 IM will be swum as a timed final event with the top 8 swimmers after scratches competing Friday night in finals. ○ Sunday: 11-14 1650 Y Freestyle will be swum as a timed final event. ○ All other events swim be swum as preliminary / finals events. • All individual events on Thursday evening, the 10 & under 500 Y Freestyle, the 11-12 500 Y Freestyle and the 11-14 1000 Y Freestyle, will be swum fastest to slowest. • Preliminaries will be swum in two sessions, a girls' session followed by a boys' session. The number of lanes to be utilized will be determined after entries are received. • Finals (Friday through Sunday) will be swum with the consolation heat swimming first, followed by the final heat. <ul style="list-style-type: none"> ○ Top 16 11-12 and 13-14 swimmers will qualify for finals ○ Top 8 10 & under swimmers will qualify for finals. • The 1650 Y Freestyle will be swum fastest to slowest, alternating girls then boys, 20 minutes after the conclusion of Sunday's preliminary sessions. The final heat of boys and girls may be combined.
WARM-UP:	<ul style="list-style-type: none"> • Thursday Evening Session: Warm-ups: 3:00 pm; competition starts at 4:15 pm • Preliminary Sessions: This information is tentative and only for planning purposes. Final details will be sent to participating clubs NLT Sunday, March 7th. <ul style="list-style-type: none"> ○ Girls Sessions: Warm-ups: not before 6:30 am; Competition starts at not before 8:00 am ○ Boys Sessions: Warm-ups: not before 10:00 am; Competition starts not before 11:00 am • 1650 Y Freestyle Session: Competition will begin 20 minutes after the completion of Sunday's Preliminary sessions. • Final Sessions: <ul style="list-style-type: none"> ○ Friday and Saturday: General warm-ups: not before 4:30 pm; Specific warm-ups not before 5:00 pm; Competition starts not before 5:30 pm ○ Sunday: General warm-ups not before 3:30 pm; Specific warm-ups not before 4:00 pm; Competition starts not before 4:30 pm • Lane assignment and warm-up times for individual clubs will be posted on the RAYS website www.swimrays.org no later than Sunday March 7, 2021, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, MARCH 3, 2021.

	<p>ENTRY PROCEDURES – OME MEET ENTRY</p> <p>SEE OME HIGHLIGHTS ATTACHMENT AT END OF INVITATION FOR MORE INFORMATION</p> <ul style="list-style-type: none"> • OME OPENS: February 12, 2021 - 9:00 am EST • OME CLOSES: 11:59 pm EST, March 3, 2021 • Meet Entry Officer: Drew Hirth Phone: (804) 380-1821, Email: coachdrew@novaswim.org • Online 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 ○ Coaches must register for an account (Free) to utilize the system. Log in and select “Enter Team.” • LATE ENTRIES. Entries desired after 11:59 pm, Wednesday, March 3, 2021 and prior to the start of the meet, must be sent to the Meet Entry Officer for input and will be considered late. <ul style="list-style-type: none"> ○ All late entries must submit proof of time. ○ Late entries may not be used to improve the seed time of an earlier entry. • Conforming and Non-Conforming times will be used for entry in this order: Short Course Yards, then Long Course Meters, then Short Course Meters • PROOF OF TIMES: Proof of entry times is required. “No Time” entries will <u>not</u> be accepted. <ul style="list-style-type: none"> ○ For any event requiring a positive check-in, proof of asterisk (*) submitted times must be submitted to the Admin Referee prior to the check-in deadline. For any other event, proof of asterisk (*) times must be submitted to the Admin Referee prior to the first session in which the team has swimmers entered. ○ Any proof of times received after the heat sheet has been printed will be seeded in the first heat with an extra heat being added if necessary. ○ Entries not proven by the proof of time deadline will be scratched. • ENTRY LIMITS: <ul style="list-style-type: none"> ○ Individual Events: Swimmers may enter a maximum of 8 events, no more than three per day. • The Meet Director, in conjunction with the Meet Referee reserves the right to combine heats and events, which may require reseeding.
<p>FEES:</p>	<p>Individual Events: \$13.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <p>Includes:</p> <ul style="list-style-type: none"> • Free Access to Heat Sheets (\$12 Value) <ul style="list-style-type: none"> ○ Meet Mobile ○ PDF Files for each Session online: www.swimrays.org <p>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> <p>Payment:</p> <ul style="list-style-type: none"> • OME payments will be made by check and must be received by March 11, 2021. Checks should be payable to: Virginia Swimming. • Checks should be sent to: Virginia Swimming PO Box 1059 Appomattox, VA 24522 • Fees for late entries will be due prior to the first session of the meet (March 11, 2021). • Failure to pay entry fees by this deadline could result in the team being barred from the meet. • Payment for events entered at the meet must be made at the time of the request (made to Administrative Referee). • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
<p>AWARDS:</p>	<ul style="list-style-type: none"> • Results from this meet will be combined with results from the HOKI Age Group Champs meet to determine the overall places in each event and team scores. The combined meet will be scored as in previous years (A/B Finals format).

	<ul style="list-style-type: none"> • Individual events will be awarded medals for first through eighth place. • High point will be awarded for girls and boys in the 10 & Under, 11-12, 13-14 age groups and overall. • Team awards will be given. <ul style="list-style-type: none"> ○ The winning team will receive a banner. The teams placing second through sixth will receive a plaque. ○ Large Team, Medium Team, and Small Team: Girl's and boy's highest overall score in each category • Scoring for Events after results are combined: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded with the exception of the following events that will require a positive check-in. Instructions for completing positive check-ins will be emailed to clubs NLT Monday, March 8th. <ul style="list-style-type: none"> ○ Thursday evening events by 3:30 pm ○ Friday: 400 IM: 7:30 am ○ Saturday: 13/14 500 Freestyle 8:00 am ○ Sunday: 11/14 1650 Freestyle: 8:00 am • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. • A swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event.
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 volunteers must wear masks. • Due to facility protocols, spectators will not be permitted. • Swimmer seating will be located in the grandstands with social distancing in place. Swimmers will line up for their heats on the scoreboard side of the pool. Only one heat will be behind the blocks, once that heat starts the next heat will move into place with a maximum of 2 heats lined up on the deck ready. There will be a meet marshal in place to assist the swimmers. There will be markings on the floor spaced out 10 feet apart for 8 swimmers for the 2nd heat waiting to move behind the blocks. There will be similar markings on the floor for the 3rd heat waiting to move into the 2nd heat position. We ask that swimmers maintain 10 feet social distancing at all times and come to the staging area in their suit with cap and goggles. No clothes behind the blocks. Please see the map for flow. • Swimmers must wear masks when going in and out of the building and to and from the bathrooms and while seated in the stands. When they are going for warmups and to race, they do not have to have their mask on. • Warm Up and Warm Down lanes will be provided and monitored closely to make sure swimmers are maintaining social distancing. No standing and resting in the pool will be allowed. • Heat sheets will be available on Meet Mobile and posted around the grandstand area for the swimmers to access. We will also post heat sheets to the RAYS website. • A small table will be located at the exit end of the pool for concessions. • All swimmers, officials etc. shall enter the pool area via the entrance door on the side of the pool. The remainder of the facility is off limits to the swim meet participants. • Bathrooms are located just outside the doors on the grandstand side of the pool. Locker rooms will be closed for use. • Any additional protocols to be followed at each facility will be sent to team contacts and posted on the Virginia Swimming website NLT Monday, March 8, 2021.

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. • Any swimmer entered in the meet must be certified by a USAS 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's legal guardian to ensure compliance with this requirement. • 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) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval. • The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E only, will be in effect and apply to all heats of individual events with the exception of timed final events. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet. • 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 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.
OFFICIALS:	<ul style="list-style-type: none"> • Meet Referee: Michael Sizemore Phone: (540) 834-8120 Email: MCSizemore@gmail.com • Officials will be needed for all positions and all sessions for this meet. • Officials training will only be available for the administrative component of referee training. • Officials must have been certified for a year in the positions in which they are planning to work. • Applications to officiate are available on the VSI website at www.virginiaswimming.org and should be sent to the Meet Referee no later than Monday, March 1, 2021. • There will be an Officials meeting one hour prior to the start of each session. Meeting place to be determined. in the "wet" classroom by the leisure pool. • Information about the coach's meeting will be announced no later than Monday, March 8, 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. • Swimmers are expected to provide their own timers and lap counters for the 10 & Under and 11-12 500 Y Freestyle, the 11-14 1000 Y Freestyle, and the 11-14 1650 Y Freestyle. • The number of timers required per club and their lane assignments will be posted on the RAYS website www.swimrays.org no later than Sunday March 7, 2021 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Concessions will be available during the entire event • Hospitality will be provided for all coaches and officials, to include breakfast, lunch, dinner, and light snacks each day.
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers of any kind are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand. • No spectators/parents will be allowed inside the venue or on deck unless working the meet or as provided herein.

	<ul style="list-style-type: none">• No smoking is allowed on the campus.
DIRECTIONS:	Go to: MapQuest.com

**Virginia Swimming 2021
Short Course Age Group Championships
Order of Events**

G	Thursday Finals	B
1	11-14 1000 Freestyle	2
3	10 & Under 500 Freestyle	4
5	11-12 500 Freestyle	6

G	Friday Finals	B
9	13-14 100 Breaststroke	10
11	11-12 50 Breaststroke	12
13	10&U 50 Breaststroke	14
15	13-14 200 Freestyle	16
17	11-12 200 Freestyle	18
19	10&U 200 Freestyle	20
21	13-14 100 Butterfly	22
23	11-12 100 Butterfly	24
25	10&U 50 Backstroke	26
27	11-12 200 Backstroke	28
29	13-14 400 IM	30
31	10&U 100 IM	32
33	11-12 400 IM (*)	34

(*) Timed Final event. Top 8 swim in finals
 (#) Timed Final event. All heats swum in prelims

G	Saturday Finals	B
47	13-14 200 Butterfly	48
49	11-12 200 Butterfly	50
51	10&U 50 Butterfly	52
53	13-14 50 Freestyle	54
55	11-12 50 Freestyle	56
57	10&U 100 Freestyle	58
59	13-14 200 Breaststroke	60
61	11-12 100 Breaststroke	62
63	10&U 100 Breaststroke	64
65	13-14 100 Backstroke	66
67	11-12 50 Backstroke	68
69	10&U 200 IM	70
71	11-12 200 IM	72
73	13-14 500 Free	74

(*) Timed Final event. Top 8 swim in finals
 (#) Timed Final event. All heats swum in prelims

G	Sunday Finals	B
81	11-12 200 Breaststroke	82
83	13-14 200 Backstroke	84
85	11-12 100 Backstroke	86
87	10&U 100 Backstroke	88
89	13-14 100 Free	90
91	11-12 100 IM	92
93	10&U 50 Free	94
95	13-14 200 IM	96
97	11-12 100 Freestyle	98
99	10&U 100 Butterfly	100
101	11-12 50 Butterfly	102
109	11-14 1650 Free (**)	110

2021-2024 Virginia Swimming Age Group Championship QT's

	GIRLS				BOYS	
LCM	SCM	SCY	10 & Under	SCY	SCM	LCM
35.49	34.69	31.29	50 Free	30.99	34.39	35.19
1:18.59	1:16.99	1:09.39	100 Free	1:08.79	1:16.29	1:17.89
2:54.49	2:51.29	2:34.29	200 Free	2:29.39	2:47.19	2:50.49
6:04.09	5:57.39	6:44.29	400/500 Free	6:37.39	5:52.09	5:59.49
41.49	40.89	36.69	50 Back	36.09	40.19	40.59
1:29.29	1:28.09	1:19.29	100 Back	1:17.49	1:26.49	1:27.19
47.49	46.49	41.69	50 Breast	40.99	46.29	47.69
1:43.69	1:41.69	1:31.69	100 Breast	1:29.99	1:39.69	1:42.69
39.99	39.29	35.39	50 Fly	34.89	38.89	39.39
1:33.69	1:32.29	1:23.09	100 Fly	1:19.89	1:29.29	1:30.09
-	1:27.99	1:19.29	100 IM	1:17.89	1:27.09	-
3:13.59	3:10.39	2:51.49	200 IM	2:50.39	3:09.59	3:12.29
LCM	SCM	SCY	11-12	SCY	SCM	LCM
31.29	30.69	27.49	50 Free	27.49	30.49	31.29
1:08.69	1:07.09	1:00.49	100 Free	1:00.19	1:06.79	1:08.39
2:27.89	2:24.69	2:10.39	200 Free	2:10.79	2:25.19	2:28.39
5:10.99	5:04.59	5:48.49	400/500 Free	5:50.59	5:06.49	5:12.89
36.19	35.59	32.09	50 Back	31.79	35.29	35.89
1:17.09	1:15.99	1:08.49	100 Back	1:08.79	1:16.39	1:17.59
2:45.69	2:43.29	2:27.09	200 Back	2:27.39	2:44.19	2:46.59
40.59	39.59	35.69	50 Breast	36.09	40.59	41.29
1:28.49	1:26.49	1:17.89	100 Breast	1:17.49	1:27.59	1:29.59
3:10.59	3:06.59	2:48.09	200 Breast	2:46.39	3:07.99	3:11.99
34.29	33.59	30.29	50 Fly	30.49	34.19	34.89
1:19.79	1:15.39	1:07.89	100 Fly	1:08.39	1:15.89	1:17.29
2:55.59	2:54.99	2:34.49	200 Fly	2:30.69	2:49.49	2:51.89
-	1:16.19	1:08.59	100 IM	1:09.09	1:17.19	-
2:46.89	2:43.69	2:27.49	200 IM	2:27.19	2:43.39	2:46.59
5:58.79	5:52.39	5:17.49	400 IM	5:12.89	5:47.29	5:53.69
LCM	SCM	SCY	13-14	SCY	SCM	LCM
29.59	28.89	25.89	50 Free	24.49	27.39	28.09
1:03.99	1:02.39	55.79	100 Free	53.09	59.39	1:00.79
2:18.69	2:15.49	2:01.39	200 Free	1:55.79	2:08.49	2:11.69
4:52.99	4:46.59	5:28.29	400/500 Free	5:15.19	4:34.89	4:41.29
10:11.19	9:58.39	11:24.79	800/1000 Free*	11:12.49	9:47.39	10:00.19
19:58.19	19:34.19	19:34.69	1500/1650 Free*	18:53.49	18:51.09	19:15.09
1:11.19	1:09.99	1:03.09	100 Back	1:00.39	1:06.99	1:08.19
2:33.19	2:30.79	2:14.89	200 Back	2:10.19	2:24.49	2:26.89
1:22.99	1:20.99	1:12.29	100 Breast	1:09.39	1:17.49	1:19.49
3:02.29	2:58.29	2:37.19	200 Breast	2:30.79	2:48.89	2:52.89
1:10.69	1:09.29	1:02.39	100 Fly	59.19	1:05.69	1:07.09
2:39.59	2:36.79	2:21.29	200 Fly	2:14.99	2:29.79	2:32.59
2:36.79	2:33.79	2:17.49	200 IM	2:10.49	2:26.39	2:32.59
5:30.29	5:23.89	4:51.79	400 IM	4:40.59	5:11.49	5:17.89
*11-14 yr old event						
Approved 10.31.20						
Valid through 2024 LC Age Group Champs						

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, February 12, 2021
- **OME CLOSES:** 11:59 PM EST, March 3, 2021 (Entry Deadline)
- **Meet Entry Officer:** Drew Hirth Phone: (804) 380-1821, Email: coachdrew@novaswim.org
- **OME HELP:**

Macie McNichols	Drew Hirth
USA Swimming	Meet Entry Officer
Phone: (719) 351-6511	Phone: (804) 380-1821
Email: mmcnichols@usaswimming.org	Email: coachdrew@novaswim.org
- **Conforming and Non-Conforming times will be used for entry in this order: Short Course Yards, then Long Course Meters, then Short Course Meters.**
- **ENTRY LIMITS:**
 - **Individual Events:** Swimmers may enter a maximum of 8 events, no more than three per day.
- **Individual Entries:**
 - 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 entry times is required for individual vents. Entries not proven by the proof of time deadline will be scratched.**
- For any event requiring a positive check-in, proof of asterisk (*) submitted times must be submitted to the Admin Referee prior to the check-in deadline. For any other event, proof of asterisk (*) times must be submitted to the Admin Referee prior to the first session in which the team has swimmers entered.
- Any proof of times received after the heat sheet has been printed will be seeded in the first heat with an extra heat being added if necessary.
- 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.
- OME is not an eligibility report. It is the coach’s responsibility to know for which events your athlete is qualified.
- **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.
 - These individuals may send an email of their entries to the Meet Entry Officer to be entered manually.
 - Payment must be made by check to be received no later than March 11, 2021.
- **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 submit proof of time.
 - Late entries may not be used to improve the seed time of an earlier entry