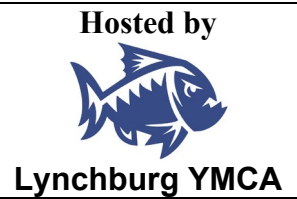




LY Winter Invitational
January 9-10, 2021
SANCTION NO. VS-21-101



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 Liberty University. 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:

- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: **VS-21-101**
- USA Swimming, Inc., Virginia Swimming, Inc., Lynchburg YMCA, the YMCA of Central Virginia, and Liberty University 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., the YMCA of Central Virginia, and Liberty University 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:

Liberty University Natatorium, 3853 Candler's Mountain Road, Lynchburg, VA 24502

FACILITY:

- The course of competition will be an indoor 9-lane 25-yard racing course with 7 feet continuous depth; overflow gutters with non-turbulent lane markers.
- Indoor 8-lane 25-yard course for continuous warm-up and cool down with additional warm down space in the diving well.
- Paddock starting blocks with track plates, Colorado backstroke wedges, and Daktronics timing system.
- Two video boards allow for two simultaneous course displays plus the ability to scroll preliminary results.
- The natatorium combines a 1-2 micron regenerative filter with an ultraviolet light disinfect system, ensuring premium water quality during heavy usage.
- 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 will 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.
- Information (link) for live-streaming will be e-mailed to attending teams by Tuesday, January 5, 2021.

MEET DIRECTOR:	Ryan Woodruff Ryan.d.woodruff@gmail.com 919-943-6420
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming athletes from invited teams registered before the first day of the meet. If your team wishes to be invited, please contact the meet director. • No on deck Virginia Swimming athlete registration will be permitted. • Age on January 9, 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"> • On Saturday and Sunday: <ul style="list-style-type: none"> ○ All 13 & over swimmers will swim in the morning session. ○ All 9-12 swimmers will swim in the mid-day session. ○ All 8 & under swimmers will swim in the late afternoon session. ○ Depending on athlete numbers, the meet may be divided into 2 sessions (13 & over and 12 & under). If this modification is made, teams will be notified by Monday, January 4, 2021 ○ All events will be timed finals. • All 25 yard events will start from the turn end of the pool. There will be starting blocks available for these events.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, DECEMBER 31, 2020.</p> <ul style="list-style-type: none"> • Entries must be submitted in short-course yard times using Commlink-2 software. • Teams submit entries via email. • A 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. • "No Time" (NT) entries will be accepted. • Coach Times (CT) will not be accepted • Swimmers may enter a maximum of <i>8 individual events, 4 each on Saturday and Sunday</i> • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. • Email entries to: Ryan Woodruff at lymeetentries@gmail.com • Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.
FEES:	<p>Individual events: \$7.00 Swimmer surcharge: \$2.50 per athlete (entered in the meet in any capacity) Covid Facility Management Fee: \$5.00 per athlete</p> <ul style="list-style-type: none"> • Checks should be made payable to: YMCA of Central Virginia. • Mail payment to: Ryan Woodruff, 105 Fox Hollow Road, Lynchburg, VA 24503 • Payment must be received by January 5, 2021 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.
SEEDING:	<ul style="list-style-type: none"> • Swimmers in all sessions should report directly to the blocks for their events. • All events will be pre-seeded. • Coaches will be asked to submit scratches for distance events. At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received.
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 8:30am; competition starts at 9:30am. • Afternoon sessions: Warm-ups not before 12:00pm; competition starts not before 1:00pm. • Evening sessions: Warm-ups not before 3:00pm; competition starts not before 4:00pm..

	<ul style="list-style-type: none"> • Lane assignment and warm-up times for individual clubs will be posted on the LY website no later than Tuesday, January 5 (at least 4 days before start of meet) and will also be emailed to the contact person of the participating clubs. • If the morning or afternoon sessions run late, warm-ups for the following sessions will begin 10 minutes after the end of the earlier session.
AWARDS:	<p>Individual events: Ribbons will be awarded for first through 9th place (number of lanes) for 12 & under events.</p> <ul style="list-style-type: none"> • 9-12 events will be given separate awards for 9-10 and 11-12 age groups.
COVID RULES	<ul style="list-style-type: none"> • Athletes must arrive in their suits. Locker rooms will not be available for changing. • 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. • Teams will be assigned a team seating area with socially distanced seating. Swimmers are strongly encouraged to bring their own chair for the pool deck. • Social distancing guidelines in place must be followed during warm-up. Lanes will be limited to 5 swimmers, but 4 swimmers per lane is encouraged. • One-way traffic flow around the pool deck will be the procedure for an athlete to swim, warm up, and to go behind the blocks. • For all events 50 yard and longer, a maximum of two heats of swimmers will be permitted behind the blocks.
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 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. • 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. • 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. • An 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. ○ 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: 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. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair Kris Sennett, ksennett@liberty.edu no later than Tuesday, January 5. • Officials meetings will be held on the terrace level 1 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"> • There will be one timer per lane. • Clubs may be requested to provide timers by the meet director. Requests will be made by Monday, January 4.
GENERAL:	<ul style="list-style-type: none"> • There will be limited hospitality provide for coaches, officials, and timers.
FACILITY RULES:	<ul style="list-style-type: none"> • Each club is responsible for supervising the conduct of its swimmers. Swimmers are not permitted in any room of the building not directly associated with the swim meet. • Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed in the building unless volunteering as timers or other required volunteer positions. • All air flow intake vents on deck are not to be blocked by chairs, benches, or towels! • No glass containers of any kind are allowed in the facility. • Objects are not to be passed or dropped over the grandstand railing. • No smoking on the campus. • Shoes are suggested to be worn in all areas outside the pool deck. • The front door is the only entry/exit door for the facility. • No tape of any kind is to be used inside to hang signs, banners or decorations.

LY WINTER INVITATIONAL ORDER OF EVENTS

Saturday, January 9, 2021

13 & Over Morning Session		
Warm-up: 8:30 a.m.; Start: 9:30 a.m.		
Girls	Event	Boys
1	13 & over 200 Freestyle	2
3	13 & over 100 Breaststroke	4
5	13 & over 100 Backstroke	6
7	13 & over 200 Butterfly	8
9	13 & over 50 Free	10
11	13 & over 400 IM	12

9-12 Afternoon Session		
Warm-up: not before 12:00 pm; Start: Not before 1:00 pm		
Girls	Event	Boys
13	9-12 100 Individual Medley	14
15	9-12 50 Butterfly	16
17	9-12 200 Backstroke	18
19	9-12 100 Breaststroke	20
21	9-12 200 Freestyle	22
23	9-12 100 Butterfly	24
25	9-12 50 Freestyle	26
27	9-12 400 Individual Medley	28

8 & Under Evening Session	
Warm-up: Not before 3:00 pm; Start: Not before 4:00 pm	
Mixed	Event
29	8 & Under 25 Backstroke
30	8 & under 25 Butterfly
31	8 & under 50 Breaststroke
32	8 & under 50 Freestyle
33	8 & under 100 Individual Medley

Sunday, January 10, 2021

13 & Over Morning Session		
Warm-up: 8:30 a.m.; Start: 9:30 a.m.		
Girls	Event	Boys
34	13 & over 100 Freestyle	35
36	13 & over 200 Breaststroke	37
38	13 & over 200 Backstroke	39
40	13 & over 100 Butterfly	44
42	13 & over 200 Individual Medley	43
44	13 & over 500 Freestyle	45

9-12 Afternoon Session		
Warm-up: Not before 12:00 pm; Start: Not before 1:00 pm		
Girls	Event	Boys
46	9-12 200 Individual Medley	47
48	9-12 100 Backstroke	49
50	9-12 200 Breaststroke	51
52	9-12 100 Freestyle	53
54	9-12 50 Breaststroke	55
56	9-12 200 Butterfly	57
58	9-12 50 Backstroke	59
60	9-12 500 Free	61

8 & Under Evening Session	
Warm-up: Not before 3:00 pm; Start: Not before 4:00 pm	
Mixed	Event
62	8 & Under 25 Freestyle
63	8 & under 25 Breaststroke
64	8 & under 50 Backstroke
65	8 & under 50 Butterfly
66	8 & under 100 Freestyle