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|  | VIRGINIA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP July 20-23, 2023 SANCTION NO. VS-23-111 | Hosted by:  |
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| SANCTION: | <ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-111 • USA Swimming, Inc., Virginia Swimming, Inc., H2Okie Aquatics, and 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. • In applying for this sanction, the Host, H2okie Aquatics agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and the Town of Christiansburg. | |
| LOCATION: | Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073, Phone: (540) 381-7665 | |
| FACILITY: | <ul style="list-style-type: none"> • Indoor 50-meter pool offers 7' deep at the shallow end and 17'1" deep at the deep end; the pool has overflow gutters, non-turbulent lane markers, and Paddock starting blocks with backstroke handles and foot wedges. • Colorado Timing automatic and semi-automatic timing will be used. • The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). • Lifeguards and AED devices are available at the facility. • 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: | MC Banks VSI Age Group Chair Phone: (410) 967-2525 Email: coachmc@novaswim.org | Scott Baldwin Local Host Coordinator (540) 998-2327 edbaldwi@vt.edu |
| ELIGIBILITY: | <ul style="list-style-type: none"> • Open to all Virginia Swimming registered athletes registered prior to the first day of the meet who are 14 years old and younger and meet the qualifying time in each event entered. • 11-12 year old swimmers must have achieved the 13-14 qualifying time to swim either the 800 or 1500 M Freestyle. • Swimmers who have a minimum qualifying time in the 800 Meter Freestyle or the 1500 Meter Freestyle may swim both events. This applies to all 11-14 aged swimmers. • No on deck Virginia Swimming athlete registration will be permitted. • The qualifying period for this meet is January 1, 2022 through July 19, 2023. • Age on July 20, 2023 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"> • The meet referee, in consultation with the Meet Directors, reserves the right to utilize chase starts in Preliminary Sessions. If chase starts are used, odd numbered heats will start at the shallow end, even numbered heats from the deep end; all 50s will start from the deep end. Teams will be notified no later than Sunday July 16, 2023 if chase starts will be used. • If chase starts are not utilized, all events, including 50s, will start from the shallow end. • All events in Finals will start from the shallow end. Individual events: <ul style="list-style-type: none"> ○ Thursday: 10 & under 400 M Freestyle, 11-12 400 M Freestyle, and 11-14 1500 M Freestyle will be swum as timed finals. ○ Friday: 11-12 400 M IM will be swum as a timed final event with the top 8 swimmers after scratches competing Friday night in finals. | |

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| | <ul style="list-style-type: none"> ○ Sunday: 11-14 800 M Freestyle will be swum as a timed final event. ○ All other events swim be swum as preliminary / finals events. ● The 10&U and 11-12 400 M Freestyle will be swum as Timed Finals swimming fastest to slowest, alternating girls and boys. Swimmers are expected to provide their own timers. ● The 11-14 1500 M Freestyle will be swum fastest to slowest, alternating girls and boys. <ul style="list-style-type: none"> ○ The final heat of boys and girls may be combined. Swimmers are expected to provide their own timers and lap counters. ● The 800 Freestyle for ages 11-14 will be swum fastest to slowest, alternating girls and boys. <ul style="list-style-type: none"> ○ The final heat of boys and girls may be combined. Swimmers are expected to provide their own timers and lap counters. ● All swimmers will swim preliminaries in the morning sessions. ● 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&U swimmers will qualify for finals. ○ There will be 5 minute breaks in Finals to cushion relays after the following events: #34 (11-12 Boys 400 M IM), #44 (11-12 Boys 200 M Medley Relay) and #72 (13-14 boys 400 M Freestyle). ● Relay events: <ul style="list-style-type: none"> ○ Scratch deadline for 13-14 800 M Freestyle relay is 4:30pm Thursday ○ Scratch deadline for <u>all other</u> relay events is 7:30am Friday. ○ Will be swum as timed finals. ○ All 10 & Under relays will swim during the preliminary sessions. ○ 13-14 800 M Freestyle Relays will be swum Thursday after Distance events. ○ The fastest heat of each 11-12 and 13-14 relay on Friday and Saturday will be swum in the finals sessions. All remaining heats will be swum during the preliminary sessions. ○ All heats of the 400 M Freestyle Relay will be swum on Sunday during the preliminary session. ○ Relays will be seeded so that the slowest heat has at least three teams, even if this means that a heat in the finals session has fewer than eight teams ○ All relays both entered and swum must have at least two swimmers that have been entered in an individual event in this meet. |
| WARM-UP: | <ul style="list-style-type: none"> ● Thursday Distance/Relay Session: Warm-up at 2:00pm; competition starts not earlier than 2:40pm. <ul style="list-style-type: none"> ○ There will be a 30 minute general warm-up for the 1500 Free. ○ There will be a 15 minute general warm-up following the last heat of 1500 Free for the 11-12 and 10&U 400 Free. Competition will begin 5 minutes after warm-up concludes. ○ There will be a 15 minute general warm-up following the last heat of 400 Free for the 13-14 800 Free Relay. Competition will begin 5 minutes after warm-up concludes. ○ Swimmers and coaches are reminded the Instructional Pool will be open throughout competition for continuous warm-up / warm-down. ● Preliminary Sessions: <ul style="list-style-type: none"> ○ Friday, Saturday and Sunday mornings: Warm-ups not earlier than 6:30am, competition starts not earlier than 8:00am. ● Final Sessions: <ul style="list-style-type: none"> ○ Warm-ups start not before 4:00pm; competition start not before 5:00pm ● 800 Free Session: <ul style="list-style-type: none"> ○ There will be a 15 minute warm-up for the 800 Free which will begin 5 minutes after the conclusion of the Sunday Preliminary Session. Competition will begin 5 minutes after warm-up concludes. ● Warm-up and Meet Start times are approximate and will be finalized after the entry deadline. The above information is provided for general guideline purposes. |

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| | <ul style="list-style-type: none"> Finalized Session start times, lane assignments and warm-up times for individual clubs will be posted on the H2OKIE website www.h2okieaquatics.org no later than Sunday July 16, 2023 and will also be emailed from the VSI Age Group Chair via iContact. Please ensure your email provider enables iContact emails to be received. |
| ENTRIES: | <ul style="list-style-type: none"> DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY JULY 12, 2023 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"> Instructions for submitting entries through OME can be found at the end of the meet announcement. Entry fees must be submitted by credit card through OME at the time the entries are submitted. OME OPENS: No Later Than 9:00am EDT – Monday June 26, 2023 OME CLOSES: 11:59pm EST – Wednesday, July 12, 2023 Meet Entry Officer: Emily Fagan LATE ENTRIES. Entries desired after 11:59pm, Wednesday, July 12, 2023, 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 – Long Course Meters then Short Course Meters then Short Course Yards. PROOF OF TIMES: Proof of entry times is required for individual and relay events. Entries not proven by the first day of competition 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 and 2 relays per day. Relays: Two (2) per team per event. Individual Entries: Use the fastest time in national database for entry within the qualifying period. <ul style="list-style-type: none"> 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). Relay Entries: Use the fastest time in national database for entry within the qualifying period. Relay times must be provable by team or swimmer aggregate. <ul style="list-style-type: none"> All relays, entered and swum, must contain at least two swimmers that are entered in at least one individual event in the meet. ALL relay swimmers must appear on the master entry and pay the applicable surcharge. All entries for 13-14 200 M Medley relays must use 400 M Medley relay seed times. “No Time” (NT) entries will not be accepted for any relay entries. The Meet Director, in conjunction with the Meet Referee, reserves the right to combine heats and events, which may require reseeding. |
| FEES: | <p>Individual events: \$13.50 Relay events: \$20.00 Swimmer surcharge: \$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 <ul style="list-style-type: none"> Meet Mobile PDF Files for each session online: <p>Payment for entries submitted prior to the entry deadline must be made by credit card in OME at the time entries are submitted.</p> <p>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.</p> |

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| | <ul style="list-style-type: none"> • Fees for late entries will be due prior to the first session of the meet (Thursday, July 20, 2023). • 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 at the time of the request (made to Administrative Referee). |
| AWARDS: | <ul style="list-style-type: none"> • Individual events will be awarded medals for first through eighth place. • Relay events will be awarded medals for first through third place and ribbons for fourth 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 <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 ○ Relay Events: F: 40-34-32-30-28-26-24-22 C: 18-14-12-10-8-6-4-2 |
| SEEDING: | <ul style="list-style-type: none"> • All events will be pre-seeded with the exception of the following timed final events: 400 M, 800 M, and 1500 M Free, 400 M IM, and all relays. These events will be deck seeded. • THERE ARE NO POSITIVE CHECK-IN EVENTS AT THIS MEET. All relay teams and athletes swimming in deck seeded events who choose not to swim an event must scratch from the event prior to the following scratch deadlines: <ul style="list-style-type: none"> ○ Thursday: <ul style="list-style-type: none"> ▪ 11-14 1500 M Free: 2:05pm ▪ 11-12 & 10&U 400 M Free: 4:00pm ▪ 13-14 800 M Free Relay: 5:30pm ○ Friday: <ul style="list-style-type: none"> ▪ All Relays: 7:30am ▪ 11-12 & 13-14 400 M IM: 7:30am ○ Saturday: 13-14 400 M Freestyle 7:30am ○ Sunday: 11-14 800 M Freestyle: 7:30am • Information about submitting scratches will be distributed at the General Meeting. • A swimmer who fails to scratch from a timed final individual event and does not show up to compete will be barred from his/her next individual 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. |
| RULES: | <ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, will be in effect. • All 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 MAAPP 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 |

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| | <ul style="list-style-type: none"> 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 or the swimmer's legal guardian to ensure compliance with this requirement. The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E 1-3 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 into or out of swimsuits other than in locker rooms or other designated areas is prohibited. In accordance with VSI Best Practices, swimmers should shower before entering the pool. 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: | <p>Meet Referee: Annemarie Juhlin Email: ajuhlin@msn.com Phone: 571-264-6265</p> <ul style="list-style-type: none"> 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. An Application to Officiate is available on the VSI website at www.virginiaswimming.org and should be sent to the Meet Referee no later than Monday, July 17, 2023. Application is being made to have this meet designated as an Officials Qualifying Meet for N2 certification/re-certification at all positions. Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate. Briefings will be held 1 hour prior to the start of each session. At the discretion of the Meet Referee, a coaches meeting will be held either virtually or in person. This information will be made available to teams no later than Sunday July 16, 2023. |
| SAFETY: | <ul style="list-style-type: none"> Virginia Swimming Meet Safety and Warm-Up 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 H2okie Aquatics website www.h2okieaquatics.org no later than Sunday July 16, 2023 and will also be emailed to the contact person of each of the individual clubs. Swimmers are expected to provide their own timers for events #1-2 (11-14 1500 M Free), #3-4 (11-12 400 M Free), #5-6 (10&U 400 M Free), #7-8 (13-14 800 M Free Relay) and #105-106 (11-14 800 M Free) |
| GENERAL: | <ul style="list-style-type: none"> Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violates Aquatic Center rules (posted at the pool) will be disqualified from the meet and escorted from the facility. Deck Access: Access to the pool deck will be strictly controlled. Spectators must remain in the stands above the pool area. No "Team Photographers" will be allowed on deck at the meet. Hospitality will be available for Coaches and officials. Concessions will be available. Swim and Tri will be on site for all of your swimwear needs. Spectator Seating: Seating will be available for spectators. First Aid: A staffed First Aid Station is located at lifeguard office. Lost and Found: Lost and Found will be located at the lifeguard office. |

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| <p>FACILITY RULES:</p> | <p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> ● Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. These credentials must be visible at all times when on deck. Additionally, credentials must be shown to enter the door at the diving board end of the facility. ● The elevator is reserved for ADA access, freight, or individuals with limited mobility. Any swimmer caught using the elevator for any kind of tag or hide and seek game may be removed from their events for that session. ● Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups. ● Young children must be supervised by an adult. ● Observers are to stay in designated areas. ● No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations. ● Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management. ● Smoking is NOT permitted within the Town of Christiansburg Aquatic Center. ● The Town of Christiansburg 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 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. ● Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends. ● The Aquatic Center strongly encourages showering prior to entering the pool. ● All emergency exits and walkways must remain clear. ● Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet. |
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Virginia Swimming 2023 Long Course Age Group Championships Order of Events

| G | Thursday Timed Finals | B |
|---|-----------------------|---|
| 1 | 11-14 1500 Free | 2 |
| 3 | 11-12 400 Freestyle | 4 |
| 5 | 10&U 400 Freestyle | 6 |
| 7 | 13-14 800 Free Relay | 8 |

| G | Friday Prelims/Finals | B |
|----|----------------------------|----|
| 9 | 10&U 50 Breaststroke | 10 |
| 11 | 11-12 50 Breaststroke | 12 |
| 13 | 13-14 100 Breaststroke | 14 |
| 15 | 10&U 200 Freestyle | 16 |
| 17 | 11-12 200 Freestyle | 18 |
| 19 | 13-14 200 Freestyle | 20 |
| 21 | 10&U 100 Butterfly | 22 |
| 23 | 11-12 100 Butterfly | 24 |
| 25 | 13-14 100 Butterfly | 26 |
| 27 | 10&U 50 Backstroke | 28 |
| 29 | 11-12 200 Backstroke | 30 |
| 31 | 13-14 400 IM | 32 |
| 33 | 11-12 400 IM (*) | 34 |
| 35 | 10&U 400 Medley Relay (#) | 36 |
| 37 | 13-14 400 Medley Relay (*) | 38 |
| 39 | 11-12 400 Medley Relay (*) | 40 |

| G | Saturday Prelims/Finals | B |
|----|----------------------------|----|
| 41 | 13-14 200 Medley Relay (*) | 42 |
| 43 | 11-12 200 Medley Relay (*) | 44 |
| 45 | 10&U 200 Medley Relay (#) | 46 |
| 47 | 11-12 200 Butterfly | 48 |
| 49 | 13-14 200 Butterfly | 50 |
| 51 | 10&U 50 Freestyle | 52 |
| 53 | 11-12 50 Freestyle | 54 |
| 55 | 13-14 50 Freestyle | 56 |
| 57 | 10&U 100 Breaststroke | 58 |
| 59 | 11-12 100 Breaststroke | 60 |
| 61 | 13-14 200 Breaststroke | 62 |
| 63 | 10&U 200 IM | 64 |
| 65 | 11-12 200 IM | 66 |
| 67 | 13-14 100 Backstroke | 68 |
| 69 | 11-12 50 Backstroke | 70 |
| 71 | 13-14 400 Freestyle | 72 |
| 73 | 10&U 200 Free Relay (#) | 74 |
| 75 | 11-12 200 Free Relay (*) | 76 |
| 77 | 13-14 200 Free Relay (*) | 78 |

| G | Sunday Prelims/Finals | B |
|-----|-------------------------------|-----|
| 79 | 11-12 200 Breaststroke | 80 |
| 81 | 13-14 200 Backstroke | 82 |
| 83 | 10&U 100 Backstroke | 84 |
| 85 | 11-12 100 Backstroke | 86 |
| 87 | 13-14 100 Freestyle | 88 |
| 89 | 10&U 100 Freestyle | 90 |
| 91 | 11-12 100 Freestyle | 92 |
| 93 | 13-14 200 IM | 94 |
| 95 | 10&U 50 Butterfly | 96 |
| 97 | 11-12 50 Butterfly | 98 |
| 99 | 10&U 400 Freestyle Relay (#) | 100 |
| 101 | 11-12 400 Freestyle Relay (#) | 102 |
| 103 | 13-14 400 Freestyle Relay (#) | 104 |

| G | 800 Freestyle Session | B |
|-----|-----------------------|-----|
| 105 | 11-14 800 Freestyle | 106 |

(*) Timed Final event. Top Heat Swims in Finals
 (#) Timed Final Event. All Heats swim in Prelims

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 | | | | | | | |

OME Instructions

5/29/23

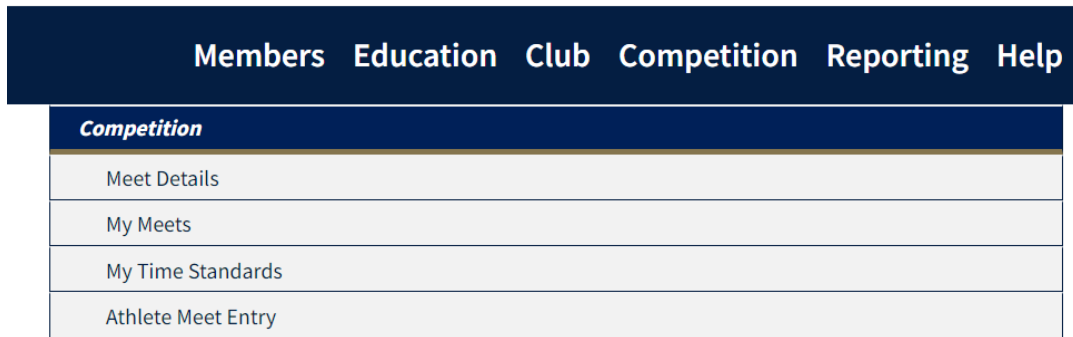
Multiple individuals from a team can access OME and enter athletes into the meet provided they have been assigned Club OME Access as one of their Staff roles. Your Club Administrator can assign that role through the club portal by following these steps:

- Club Admin logs into account.
- Go to Club → My Club
- Select Team Management → Staff → Add Staff
- Search for and add individual who will be accessing OME
- Select Staff Role → Club Non-Coaching Position → Club OME Access
- These steps can be repeated for each individual or coach who will be entering athletes in a meet using OME.

Accessing OME for this meet:

To search for upcoming meets and complete Team Entry:

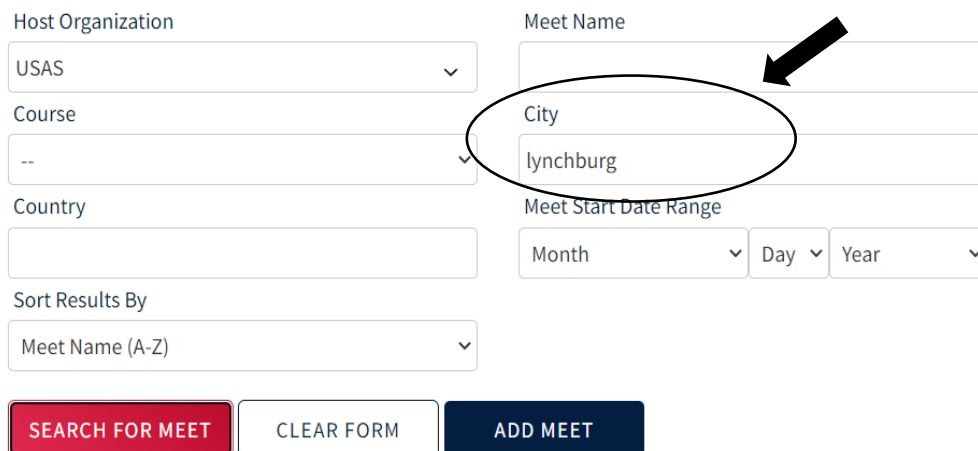
1. Log in to your USAS account.
2. Click on 'Competition' from the top right navigation options and select 'Meet Details' from the dropdown.



The screenshot shows a dark blue navigation bar with the following items: Members, Education, Club, Competition, Reporting, Help. Below this, a dropdown menu is open under 'Competition', showing the following options: Meet Details, My Meets, My Time Standards, and Athlete Meet Entry.

3. To search for the meet, select USAS → Eastern Zone → Virginia Swimming the Host Organization and enter the city where the meet will be held in the *City* field. Click *Search For Meet*.

Meet Search



The screenshot shows the 'Meet Search' form with the following fields and values:

- Host Organization: USAS
- Course: --
- Country: (empty)
- Sort Results By: Meet Name (A-Z)
- Meet Name: (empty)
- City: lynchburg (circled in red with an arrow pointing to it)
- Meet Start Date Range: Month, Day, Year (all dropdown menus)

At the bottom of the form are three buttons: SEARCH FOR MEET (red), CLEAR FORM (white), and ADD MEET (dark blue).

- Select the meet by clicking on the appropriate meet name in blue. To complete Team Entry, click the gray 'Team Entry' tab. (The following screenshots are from the LC Sectional Meet but are appropriate for any meet.)

← Back to Meet Search

Meet Name: 2023 VA EZ LC Speedo Super Sectional

Meet Dates: 05/18/2023 - 05/21/2023



- Click the blue 'Enter Meet' button.
- Your Team Entry Status will be "In Progress."

View/Edit Team Entry

← Back to My Meets

Meet Name: 2023 VA Test Sectional Meet

Team Name: Unattached - Virginia Swimming (VA)

Meet Host: Virginia Swimming

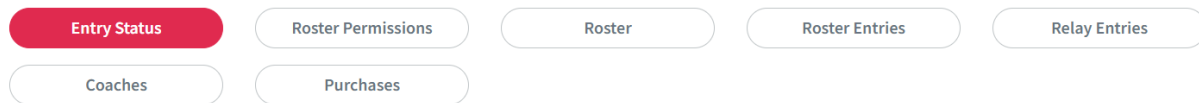
Team Entry Status: In Progress

Meet Dates: 04/30/2023 - 05/01/2023

Entry Dates: 04/13/2023 8:00 PM - 04/25/2023 11:59 PM Eastern Standard Time

Entry Change Deadline: 04/28/2023 12:00 PM Eastern Standard Time

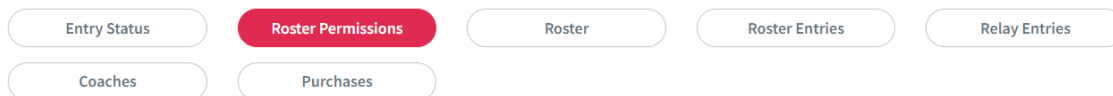
Qualifying Date Range: 01/01/1900 - 04/25/2023



Manage Entry

| TEAM NAME | TEAM ENTRY STATUS |
|-------------------------------------|-------------------|
| Unattached - Virginia Swimming (VA) | In Progress |

- Roster Permissions:** Competing this is optional. It's only necessary to fill out if you want to allow athletes on the roster to enter themselves into individual events (via 'My Athlete Meet Entries' under the website's 'Competition' header). Approval for events for which athletes have entered themselves will be required by the Admin user.



Roster Permissions

Allow athletes (and their guardians) to enter themselves into the meet?

Yes

Athlete Entry Start Date*

January 01 2023 8:00 AM

Athlete Entry End Date*

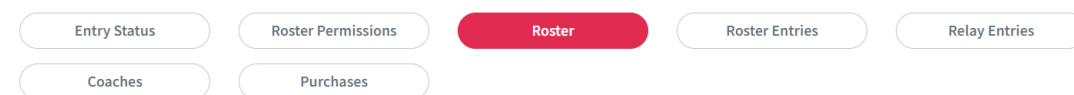
March 01 2023 11:59 PM

Time Zone

Eastern Standard Time

SAVE

- Roster:** Click *Select Athletes* to select athletes. You can filter for specific athletes by using CTRL F to open a window to enter a name.



Roster

SELECT ATHLETES

The number of athletes allowed on the roster is determined by the max number of athletes if so specified by the host.


- Roster Entries:** After selecting the athletes who will attend the meet, move to *Roster Entries* and select the edit icon to add their events.

Roster Entries

Only Show Athletes Requiring Event Approval?

No X

8 Athletes

| NAME | COMPETITION CATEGORY | BIRTH DATE | AGE AT MEET | STATUS | |
|------------|----------------------|------------|-------------|----------------------|---|
| [Redacted] | Male | 08/29/2004 | 18 | Event Entry Required |  |

Add events for the athlete by clicking the appropriate tab in the *Manage Athlete Events* window.

Manage Athlete Events

Athlete: [Redacted]

Times that meet the meet QTs will appear when *Select Events* is chosen. If your athlete's time is not visible, you may click 'Add Override Time' and enter their qualifying time. Please note: after entering the information for the override time and clicking 'Save,' you will be directed back to the Individual Event Selection Page. You will need to click the 'Select' box next to the override time you've entered. Then click 'Save.'

All events for which an athlete has a time within the qualifying window will appear for *Select Bonus Events* and as well as the option for adding override times for any event.

Roster

8 Athletes

| NAME | COMP. CATEGORY | BIRTH DATE | AGE AT MEET | STATUS | RELAY ONLY SWIMMER? |
|------------|----------------|------------|-------------|--------------------|---------------------|
| [Redacted] | Male | 08/29/2004 | 18 | Events Approved | No |
| [Redacted] | Female | 01/22/2006 | 17 | Relay Only Swimmer | Yes |

All athletes on the roster must have a status of *Events Approved* or *Relay Only* in order to submit your entries.

- Relay Entries:** There are four ways to enter relays under the *Relay Entries* tab - aggregate regular, aggregate override, non-aggregate regular, non-aggregate override. (There were issues with entering relays with non-conforming times earlier this year. I'm not certain if that issue has been fixed at this point. More info to follow.)

Manage Relay Team

Relay Event: 400 Meter Freestyle Relay - LCM (Male, Minors), Session 1 (Final 11/01/2023)

Add Relay Via Aggregate? Yes

Relay Team Name*

Team Entry Time: Please select 4 athletes with entry times to calculate the Team Entry Time

For their name to appear as a relay leg option, an athlete must be on the roster and cannot be associated with an existing relay team for the event

| LEG | NAME | COMP. CATEGORY | BIRTH DATE | AGE AT MEET | ENTRY TIME |
|-----|----------------------|----------------|------------|-------------|------------|
| 1 | <input type="text"/> | | | | |
| 2 | <input type="text"/> | | | | |
| 3 | <input type="text"/> | | | | |
| 4 | <input type="text"/> | | | | |



11. **Coaches:** Click on *Select Coaches* to request deck passes for those coaches who will be attending. Please note that the number of deck passes may be limited according to any coach pass rules as specified in the meet announcement.

Coaches

SELECT COACHES

0 Coaches

| NAME | PHONE NUMBER | EMAIL | IS IN GOOD STANDING? | GOOD STANDING EXPIRATION DATE |
|------------|--------------|-------|----------------------|-------------------------------|
| No Coaches | | | | |

12. Once you have at least one athlete on the roster and all athletes on the roster have a status of *Events Approved* or *Relay Only* a 'Pay & Submit' button should be available on the Purchases page. Click this button, and you'll be taken to a payment screen listing all of the items you have to purchase. Click 'Check Out' and you'll be directed to a page where you can enter your credit card information. Finally, click 'Pay' to complete the purchase. * Before an item has been purchased, you will have the option to delete that item. Once an item has been purchased, you will NOT have the option to delete or change that item.
13. A team entry will be completed after a purchase has been completed/submitted. When you hit 'Return' after making a purchase, you will be redirected to the 'Entry Status' pill where you will see that the entry status has changed to 'Submitted.' Please note after completing the team entry process, you will still be able to view the entry as "read only" for reference but changes will no longer be allowed. That is:
- you can't remove a coach if you have paid for their credential.
 - you can't remove an athlete.
 - you can't change an athlete's event(s).
14. **Reports:** A listing of the entries for the meet can be found under your Reporting My Reports tab. In the *Reporting Category Name Filter* dropdown select *OME Reports*. The *Club OME Team Entry Report* will include an athlete roster as well as their entries. (As of 5/29/23, I believe this report can be used to view entries that are in progress but not yet submitted.)
15. **Updating Entry Times:** If allowed by the meet host, entry times can be updated even after entries have been submitted. For an individual athlete this can be done by clicking on the stopwatch icon by the athlete's name or can be done for everyone on the roster by clicking:  found at the bottom of the list. 

16. As in the past, additional athletes and/or entries may be submitted through OME up until the entry deadline.