



LYNCHBURG YMCA SPRINT SHOWDOWN
October 24-25, 2020
SANCTION NO. VSV-21-48



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 Jamerson YMCA. 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-VS-21-48 • USA Swimming, Inc., Virginia Swimming, Inc., the Jamerson YMCA, the YMCA of Central Virginia, and the Lynchburg YMCA Swim Team 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., and the Jamerson YMCA 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:	<p>Jamerson YMCA 801 Wyndhurst Drive, Lynchburg, VA 24502</p>
FACILITY:	<ul style="list-style-type: none"> • The Jamerson YMCA has an indoor, 25-yard, 8-lane competition pool, 9 feet deep at the start end to 4 feet in depth at the turn end. All lanes are bottom-striped and wall- targeted with non-turbulent lane lines. • There will be no on-deck seating during the meet. Warm-down space will be available in the family pool. • Colorado Automatic Timing System with a 4-panel scoreboard will be used. Lanes 1-4 are displayed simultaneously and then rotate to lanes 5-8 for simultaneous display. • The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming
MEET DIRECTOR:	<p>Ryan Woodruff ryanwoodruff@ymcacva.org 919-943-6420</p>
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all athletes on the Lynchburg YMCA who are registered with USA Swimming before the first day of the meet. • Age on October 24, 2020 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"> All 13 & over swimmers will swim in the morning session on Saturday and Sunday. All 12 & under swimmers will swim in the afternoon session on Saturday and Sunday. All events will be timed finals except the 50 Freestyle Showdown, which will be conducted as Prelims/Semis/Finals and swum in 6 lanes. For events #1-4 & #13-18 (50 Freestyle Showdowns), all entrants will swim in the preliminaries. The top 12 swimmers in prelims will swim in the Semi-Finals. The top 6 swimmers in Semi-Finals will swim in Finals. The 13 & Over 1,650 Free and the 12 & Under 500 Free will be combined by gender and seeded slowest to fastest and will be swum in 8 lanes.
WARM-UP:	<ul style="list-style-type: none"> Morning 13 & over sessions: Warm-ups at 7:30am: Competition starts at 8:45am. Afternoon 12 & under sessions: Warm-ups not before 12:00 pm; competition starts not before 1:00 pm.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Saturday, October 17, 2020</p> <ul style="list-style-type: none"> Swimmers may enter a maximum of 5 <i>individual event(s) on each day, 10 events total for the meet.</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. No deck entries will be accepted.
FEES:	Individual events: \$4.00 per event 50 yards and longer. \$2.00 per event that is 25 yards long. Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)
SEEDING:	<ul style="list-style-type: none"> Swimmers will be sent to the blocks by a volunteer standing outside the pool doors. Events and heats will be announced via audio speaker in the parking lot. All events will be pre-seeded in six lanes as determined by the timeline after entries are received.
AWARDS:	<ul style="list-style-type: none"> Ribbons will be awarded for 1st through 8th place in all 12 & under events. For the 9-10, 11-12, 13-14, and 15 & Over age groups, the male and female swimmer who have legally completed the 50 free, 50 butterfly, 50 backstroke, and 50 breaststroke with fastest aggregate time will be named "Sprint King" & "Sprint Queen" and will receive a special award. For the 8 & under age group the male and female swimmer who have legally completed the 25 free, 25 butterfly, 25 backstroke, and 25 breaststroke will be named the "Sprint King" & "Sprint Queen" and will receive a special award.
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"> Athletes should 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. 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.

	<ul style="list-style-type: none"> 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.
OFFICIALS:	<p>Meet Referee: Kris Sennett Email: ksennett@liberty.edu Phone: (434) 582-2388</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Interested officials should contact Kris Sennett as listed above. Officials' meeting will take place 1 hour prior to the start of each session. Location will be communicated to officials prior to the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> We will be using fully automatic timing with Colorado touchpads. There will be one backup timer per lane. Timers and counters must wear masks. Swimmers in the 500 free and 1650 free must provide their own timer.
GENERAL:	<ul style="list-style-type: none"> Please see attached plans procedures. Heat sheets will be distributed via e-mail to all LY parents ahead of the meet.

2020 LY SPRINT SHOWDOWN ORDER OF EVENTS

Saturday, October 24, 2020

Morning Session

Warm-up: 7:30 a.m.; Start: 8:45 a.m.

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	13-14 50 Free Showdown Prelims	2
3	15 & Over 50 Free Showdown Prelims	4
5	13 & Over 25 Butterfly	6
1	13-14 50 Free Showdown Semi-Finals	2
3	15 & Over 50 Free Showdown Semi-Finals	4
7	13 & Over 25 Backstroke	8
1	13-14 50 Free Showdown Finals	2
3	15 & Over 50 Free Showdown Finals	4
9	13 & Over 25 Breaststroke	10
11	13 & Over 1,650 Freestyle	12

Afternoon Session

Warm-up: not before 12:00 pm; Start: Not Before 1:00 pm

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
13	8 & Under 50 Free Showdown Prelims	14
15	9-10 50 Free Showdown Prelims	16
17	11-12 50 Free Showdown Prelims	18
19	12 & Under 25 Butterfly	20
13	8 & Under 50 Free Showdown Semi-Finals	14
15	9-10 50 Free Showdown Semi-Finals	16
17	11-12 50 Free Showdown Semi-Finals	18
21	12 & Under 25 Backstroke	22
13	8 & Under 50 Free Showdown Finals	14
15	9-10 50 Free Showdown Finals	16
17	11-12 50 Free Showdown Finals	18
23	12 & Under 25 Breaststroke	24
25	12 & Under 500 Free	26

Sunday, October 25, 2020

Morning Session

Warm-up: 7:30 a.m.; Start: 8:45 a.m.

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
27	13 & Over 25 Freestyle	28
29	13 & Over 50 Butterfly	30
31	13 & Over 50 Backstroke	32
33	13 & Over 50 Breaststroke	34
35	13 & Over 100 IM	36
37	13 & Over 25 Kick	38

Afternoon Session

Warm-up: not before 12:00 pm; Start: Not Before 1:00 pm

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
39	8 & Under 25 Freestyle	40
41	9-10 25 Freestyle	42
43	11-12 25 Freestyle	44
45	8 & Under 50 Butterfly	46
47	9-10 50 Butterfly	48
49	11-12 50 Butterfly	50
51	8 & Under 50 Backstroke	52
53	9-10 50 Backstroke	54
55	11-12 50 Backstroke	56
57	8 & Under 50 Breaststroke	58
59	9-10 50 Breaststroke	60
61	11-12 50 Breaststroke	62
63	12 & Under 100 IM	64

2020 LY SPRINT SHOWDOWN

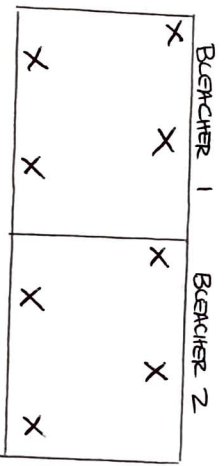
PLANS AND PROCEDURES

- ALL CURRENT STATE AND LOCAL REGULATIONS WILL BE STRICTLY ADHERED TO. MASKS WILL BE REQUIRED OF ALL OFFICIALS, VOLUNTEERS, AND COACHES WHO ARE ON DECK. MASKS WILL BE REQUIRED OF ALL SPECTATORS WHO WISH TO ENTER THE POOL AREA TO WATCH THEIR SWIMMERS.
- [STATE GUIDELINES CAN BE FOUND HERE.](#)
- ALL 12 & UNDER SWIMMERS AND SPECTATORS WILL SIT OUTDOORS IN THE BLOCKED-OFF SIDE PARKING LOT OF THE JAMERSON YMCA. 13 & OVER ATHLETES WILL SIT ON DECK 10 FEET APART.
- SWIMMERS WILL ENTER THE BUILDING ONLY THROUGH THE SIDE DOORS NEAR THE STARTING BLOCKS.
- FOR EVENTS 50 YARDS AND LONGER:
 - UPON COMPLETION OF THE HEAT, ALL ATHLETES MAY SWIM A 50 EASY AND THEN WILL EXIT THE POOL.
 - AFTER EXITING THE POOL, SWIMMERS WILL COLLECT THEIR BELONGINGS AND WILL WALK AROUND THE LANE 1 SIDE OF THE POOL.
 - THE UPCOMING HEAT WILL REMAIN OUTSIDE OF THE POOL UNTIL THE JUST-COMPLETED HEAT HAS CLEARED THE AREA BEHIND THE BLOCKS, AT WHICH POINT THEY WILL WALK IN BEHIND THE BLOCKS.
- FOR EVENTS 25 YARDS LONG:
 - UPON COMPLETION OF THE HEAT, ALL ATHLETES WILL IMMEDIATELY EXIT THE POOL AT THE SCOREBOARD END OF THE POOL.
 - THE NEXT HEAT WILL PARADE INTO THE POOL AREA AFTER THE PRECEDING HEAT DIVES IN.
- COACHES WILL REMAIN ON THE LANE 8 SIDE OF THE POOL.

- **SPECTATORS MAY ENTER THE POOL AREA VIA SIDE DOORS AT THE SCOREBOARD END OF THE POOL TO WATCH THEIR SWIMMER'S RACE AND ARE ASKED TO THEN RETURN OUTSIDE AFTER THE RACE. THERE WILL BE NO SEATING ON DECK. SPECTATORS MAY ENTER THE POOL AREA ONLY FOR THEIR SWIMMER'S HEAT.**
- **COACHES AND OFFICIALS WILL ENTER THE POOL AREA THROUGH THE SIDE DOOR AT EITHER END OF THE POOL.**
- **SWIMMERS AND SPECTATORS ARE ENCOURAGED TO BRING POP-UP TENTS OR OTHER APPROPRIATE SHELTER FOR THEIR OUTDOOR AREA.**
- **SWIMMERS AND SPECTATORS NEED TO MAINTAIN SOCIAL DISTANCING PROTOCOLS WHILE IN THE OUTDOOR STAGING AREA.**
- **DURING THE MEET, THERE WILL BE NO MORE THAN 16 OFFICIALS/VOLUNTEERS, 8 COACHES, 8 SWIMMERS IN THE WATER, 8 SWIMMERS STANDING BEHIND THE BLOCKS, AND 16 SPECTATORS.**
- *In applying for this sanction, Lynchburg YMCA agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and Campbell County.*

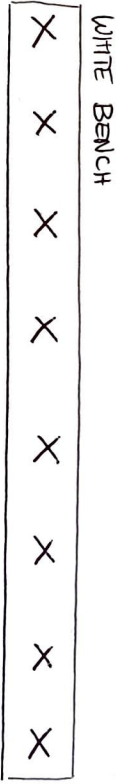
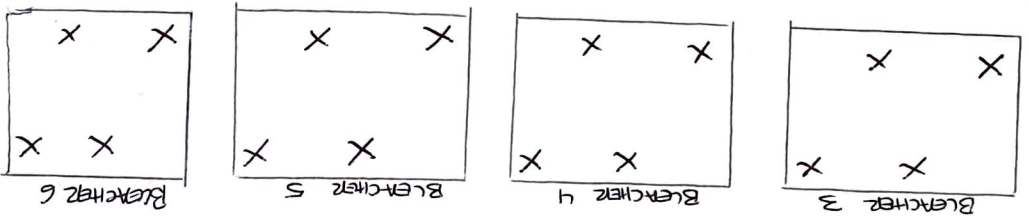
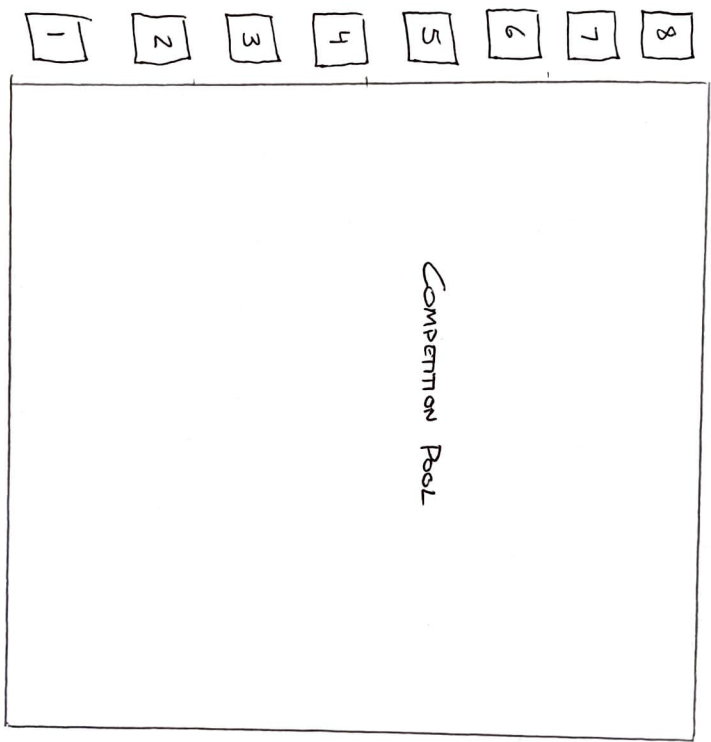
COMPUTERY/
TIMING
TABLE

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JANERSON YMCA

X = ATHLETE SEAT



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