



2015 YMCA OCTOBER INVITATIONAL

October 17-18, 2015

APPROVAL NO. VS-16-02-A

Hosted by:



Lynchburg YMCA
Swim Team

SANCTION:	<ul style="list-style-type: none"> Held under the approval of USA Swimming/Virginia Swimming, Inc. APPROVAL NO: VS-16-02-A USA Swimming, Inc., Virginia Swimming, Inc., and the YMCA of Central Virginia 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.
LOCATION:	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502, Phone: (434) 582-1900
FACILITY:	<ul style="list-style-type: none"> The Jamerson YMCA has an indoor, 8 lane competition pool, 9 feet deep at the start end and 4 feet deep at the turn end of the pool. All lanes are bottom striped and wall targeted with non-turbulent lane lines. Bleacher seating is available on deck and the gym will be available for seating as well. Three 25 yard lanes are available for continuous warm up and warm down. Colorado Automatic Timing System with a 4 panel scoreboard. Lanes 1-4 are displayed simultaneously and then rotate to lanes 5-8 for complete display. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming
MEET DIRECTOR:	<p>Ryan Woodruff Phone: 919-943-6420 Email: ryan.d.woodruff@gmail.com</p>
ELIGIBILITY:	<ul style="list-style-type: none"> This meet is a closed YMCA competition offered to swimmers from CYAC, SMAC, and LY, and only those swimmers that have full membership privileges. The following conditions are necessary for USA Swimming registered athletes to have their times recognized by USA Swimming and input into SWIMS: <ul style="list-style-type: none"> USA Swimming athletes competing in this meet must be registered before the first day of the meet. No on deck USA Swimming athlete registration will be permitted. Age on October 17, 2015, will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcomed 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:	All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none"> Saturday afternoon warm ups: 1:00pm; competition start: 2:15pm Sunday Morning Warm-ups: 7:00 AM; competition starts: 8:15 AM. Distance sessions will begin a 10 minute warm up immediately following the conclusion of the regular session each day, with competition beginning immediately afterward. Lane assignment and warm-up times for individual clubs will be posted on the LY website at www.lyswimming.org no later than Wednesday, October 14, 2015 and will also be emailed to the contact person of the participating clubs. The meet director reserves the right to adjust meet warm up times and start times after all entries are received. If adjustments need to be made to the warm up times and competition start once entries are received, each team will be notified and changes will be posted at www.lyswimming.org
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, October 10, 2015</p> <ul style="list-style-type: none"> Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. Teams submit entries via e-mail. A Team Manager printout of entries must be included or the meet checklist/summary sheet with

	<p>the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</p> <ul style="list-style-type: none"> • “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. • Swimmers may enter a maximum of 3 <i>events</i> per day, plus 1 relay. • Relay teams must be designated A, B, C, D if more than one per club is entered per event. A limit of four relays per event per team may be entered. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. • <u>Please delete any USA-S registration numbers from all non-USA-S registered athletes for entry purposes.</u> This can be done under the athlete name function on Hy-Tek. <ul style="list-style-type: none"> ○ Also, please submit a complete written list of all athletes that are NOT USAS registered. ○ This will help us ensure that the USAS registered athletes get official times entered in the USAS database. • Email entries to: ryan.d.woodruff@gmail.com • Mail entries and fees to: Ryan Woodruff c/o Jamerson YMCA 801 Wyndhurst Drive Lynchburg, VA 24502 • IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available.
FEES:	<p>Individual events: \$4.00 Relay events: \$14.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: YMCA of Central Virginia. • Payment must be received by Saturday, October 17, 2015 for all entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place for 12 & unders. <ul style="list-style-type: none"> ○ Senior individual events will not receive awards. ○ 12 & under individual events will be given separate awards for 8 & U, 9-10, and 11-12 age groups. • Relay events: Ribbons will be awarded for first through third place for 12 & under relays.
SEEDING:	<ul style="list-style-type: none"> • All events, except events #31-32 (SR 500 Free), and #65-66 (SR 400 IM), will be pre-seeded. • Swimmers should report directly to the blocks for their events. • The 500 Freestyle and 400 IM will require a positive check-in to swim. • Positive check-in for the 500 Freestyle will close at 2:15pm on Saturday and the 400 IM will close at 8:15AM on Sunday. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • SWIMMERS WHO CHECK IN AND FAIL TO SHOW UP FOR THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT INDIVIDUAL EVENT. • Events #31-32 (500 free), and events #65-66 (400 IM) will be swum fast to slow, alternating girls and boys.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • The overhead start procedure will be used at the discretion of the Referee. • Any swimmer entered in the meet must be certified as proficient in performing a racing start by a YMCA member coach or must start each race from within the water. If unaccompanied by a member coach, the swimmer or the swimmer’s legal guardian must ensure compliance with this requirement. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.

	<ul style="list-style-type: none"> • Deck changing is prohibited. • In accordance with VSI Best practices, swimmers should shower before entering the pool. • Coaches on deck must be currently certified in CPR, First Aid, Life Guarding or Safety Training for Swim Coaches, and Principles of YMCA Swimming and Diving.
OFFICIALS:	<p>Meet Referee: Terri Proffitt Email: tpworkathome@aim.com Phone: (434) 316-3471</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Officials must be certified as YMCA or USAS officials. • Team Officials Chairpersons should submit the names and session availability of certified officials to Kris Sennett at ksennett@liberty.edu no later than October 14, 2015. • Officials will meet one hour prior to the start of competition each day.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	Timers from participating teams are welcome and encouraged.
GENERAL:	<ul style="list-style-type: none"> • Light refreshments for coaches and officials will be provided. • Heat sheets will be sold and concessions will be available.
FACILITY RULES:	<ul style="list-style-type: none"> • Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room of the building not directly associated with the swim meet. • Please note that the YMCA prohibits food of any kind in the pool area; permissible beverages inside the pool area are limited to those in closed, plastic containers. Consumption of food is allowed in the gym and concessions area ONLY. • SMOKING IS PROHIBITED anywhere on the grounds of the YMCA. • Access to the pool deck will be strictly controlled. Swimmers, coaches, officials, and event staff only will be permitted on the deck during warm ups and the competition. SPECTATORS MUST REMAIN IN THE BLEACHERS OR THE GYM. No spectator's chairs will be allowed to be set up on the pool deck or in the warm down pool area.
DIRECTIONS:	Directions are available on the team website at www.lyswimming.org
HOTELS:	<ul style="list-style-type: none"> • Wingate Hotel, 3777 Candler's Mtn. Road, (434) 845-1700 • Kirkley Hotel, (434) 237-6333 • Sleep Inn (434) 846-6900 • Best Western (434) 237-2986 • Craddock Terry Hotel (434) 455 -1500

EVENTS

Saturday, October 17, 2015

Session 1: Warm Up 1:00 PM Start 2:15PM

Event #

1-2 SR 200 Medley Relay
3-4 12 & Under 200 Medley Relay
5-6 8 & Under 100 Medley Relay
7-8 SR 100 Freestyle
9-10 12 & Under 100 Freestyle
11-12 8 & Under 25 Freestyle
13-14 8 & Under 25 Breaststroke
15-16 SR 100 Breaststroke
17-18 12 & Under 100 Breaststroke
19-20 SR 200 Backstroke
21-22 12 & Under 100 Backstroke
23-24 SR 100 Butterfly
25-26 12 & Under 50 Butterfly
27-28 SR 200 IM
29-30 12 & Under 200 IM

Session 2: 10 minute warm up immediately following the conclusion of event #30

31-32 SR 500 Freestyle

Sunday, October 18, 2015

Session 3: Warm Up 7:00 AM Start 8:15 AM

33-34 SR 200 Free Relay
35-36 12 & Under 200 Free Relay
37-38 8 & Under 100 Free Relay
39-40 SR 200 Butterfly
41-42 12 & Under 100 Butterfly
43-44 8 & Under 25 Butterfly
45-46 8 & Under 25 Backstroke
47-48 12 & Under 50 Freestyle
49-50 SR 50 Freestyle
51-52 12 & Under 50 Backstroke
53-54 SR 100 Backstroke
55-56 12 & Under 50 Breaststroke
57-58 SR 200 Breaststroke
59-60 12 & Under 200 Freestyle
61-62 SR 200 Freestyle
63-64 12 & Under 100 IM

Session 4: 10 minute warm up immediately following the conclusion of event # 64

65-66 SR 400 IM