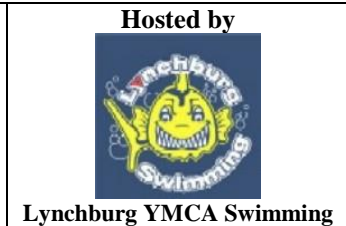




**2014 SEASON OPENER**  
**September 26-28, 2014**  
**SANCTION NO. VA-15-01**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VA-15-01</b></li><li>• USA Swimming, Inc., Virginia Swimming, Inc., Lynchburg YMCA Swimming, and Jamerson YMCA 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.</li></ul>
<b>LOCATION:</b>	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502 (434) 582-1900
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• The Jamerson YMCA has an indoor, 25-yard, 8 lane competition pool, 9 feet at the start end to 4 feet in depth at the turn end. All are bottom striped and wall targeted with non-turbulent lane lines.</li><li>• Bleacher seating is available on deck and the gym will be available for seating as well. Three lanes are available for continuous warm up and warm down.</li><li>• Colorado Automatic Timing System with a 4 panel scoreboard. Lanes 1-4 are displayed simultaneously and then rotate to lanes 5-8 for simultaneous display.</li><li>• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming</li></ul>
<b>MEET DIRECTOR:</b>	TJ & Lisa Liston Phone: (434) 384-6338 Email: <a href="mailto:LisaLListon@aol.com">LisaLListon@aol.com</a> or <a href="mailto:CoachListon@comcast.net">CoachListon@comcast.net</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming athletes registered prior to the first day of the meet.</li><li>• No on deck USA Swimming athlete registration will be permitted.</li><li>• Age on September 26, 2014, will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• Friday evening session offers events for 9 &amp; over swimmers</li><li>• Saturday and Sunday morning sessions offer senior events</li><li>• Saturday and Sunday afternoon sessions offer events for 12 &amp; under swimmers</li><li>• All events will be timed finals.</li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>• Friday evening session: Warm-ups at 4:30 pm; competition starts: 5:30 pm.</li><li>• Morning sessions: Warm-ups not before 7:00 am; competition starts not before 8:30 am</li><li>• Afternoon sessions: Warm-ups not before 11:30 am; competition starts not before 12:30 pm</li><li>• Lane assignment and warm-up times including any necessary time adjustments for individual clubs will be posted on the LY website at <a href="http://www.lyswimming.org">www.lyswimming.org</a> no later than Tuesday, September 23, 2014 and will also be emailed to the contact person of the participating clubs.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, SEPTEMBER 20, 2014</b></p> <ul style="list-style-type: none"><li>• Entries must be submitted in using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet</li><li>• Teams submit entries via email.</li><li>• A Team Manager 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, regardless of how they are submitted.</li><li>• "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record in any course of competition. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li></ul>

	<ul style="list-style-type: none"> <li>Swimmers may enter a maximum of 5 <i>individual events</i> per day.</li> <li>Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour session timeline limit.</li> <li>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. Relays may be eliminated; fees will be returned to the teams if this happens.</li> <li>Email entries to: <a href="mailto:CoachListon@comcast.net">CoachListon@comcast.net</a></li> </ul>
<b>FEES:</b>	<p>Individual events: \$4.00 Relay fees: \$14.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: <b>YMCA of Central Virginia</b></li> <li>Mail payment to: TJ Liston 1240 Krise Circle Lynchburg, VA 24503</li> <li>Payment must be received by September 26, 2014 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li><b>IMPORTANT:</b> If payment is 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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual and Relay events: Ribbons will be awarded for first through eighth place.</li> <li>Senior events will be given separate awards for 14 &amp; Under and the 15 &amp; Over age groups.</li> <li>10 &amp; Under events will be given separate awards for 9-10 and 8 &amp; Under age groups.</li> <li>Mystery prizes will be awarded.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except events 5 &amp; 6 (11 &amp; over 500 free) and 19 &amp; 20 (Senior 400 IM) will be pre-seeded.</li> <li>All swimmers should report directly to the blocks for their events.</li> <li>Events 5 &amp; 6 (500 free) and 19 &amp; 20 (400 IM) will require a positive check-in to swim.</li> <li>Positive check-in will close at the beginning of competition for each session.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li><b>SWIMMERS WHO CHECK-IN AND FAIL TO SHOW UP TO SWIM THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT.</b></li> <li>Events 5 &amp; 6 (500 free) will be swum fastest to slowest, alternating heats of girls and boys.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li><b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li><b>Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results.</b></li> <li><b>Clubs entering swimmers not legally registered with United States Swimming before the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations will apply.</li> <li>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.</li> <li>The overhead start procedure will be used at the discretion of the Referee.</li> <li>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 not permitted.</li> <li>Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.</li> <li>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 <ul style="list-style-type: none"> <li>Coaches who have valid USA Swimming credentials but who are unable to provide them</li> </ul> </li> </ul>

	<p>upon request will be issued temporary credentials by the meet director</p> <ul style="list-style-type: none"> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Roy Fisher</b>  <b>Email: <a href="mailto:royfisher@jetbroadband.com">royfisher@jetbroadband.com</a></b>  <b>Phone: (434) 525-5456</b></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Annette Mills, Email: <a href="mailto:wva80@comcast.net">wva80@comcast.net</a>, no later than Tuesday, September 23, 2014.</li> <li>• Officials' meetings and coaches' meetings will be announced at the meet.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	Timers from participating teams are welcomed and encouraged.
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Hospitality for coaches and officials will be provided</li> <li>• Heat sheets will be sold and concessions will be available</li> <li>• A swim vendor will also be on site.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• 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 meet.</li> <li>• Please note that there is no smoking allowed anywhere on the YMCA grounds.</li> <li>• 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.</li> <li>• 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 competition.</li> <li>• 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.</li> </ul>
<b>DIRECTIONS:</b>	Directions are available on the team website at <a href="http://www.lyswimming.org">www.lyswimming.org</a>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Wingate Hotel, 3777 Candler's Mtn. Road, (434) 845-1700</li> <li>• Kirkley Hotel, (434) 237-6333</li> <li>• Sleep Inn (434) 846-6900</li> <li>• Best Western (434) 237-2986</li> <li>• Craddock Terry Hotel (434) 455 -1500</li> <li>• Hilton Garden Inn (434) 239-3006</li> <li>• Courtyard Marriott (434) 846-7900</li> <li>• Holiday Inn (434) 528-2500</li> <li>• Spring Hill Suites (434) 237-5848</li> </ul>

**ORDER OF EVENTS**

**Friday, September 26, 2014**

<b>Evening Session</b>		
<b>Warm-up: 4:30 pm; Start: 5:30 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	Senior 200 Individual Medley	2
3	9-12 200 Individual Medley	4
5	11 & Over 500 Freestyle	6

**Saturday, September 27, 2014**

**Sunday, September 28, 2014**

<b>Morning Session</b>		
<b>Warm-up: not before 7:00 am; Start: not before 8:30 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	13-14 200 Free Relay	8
9	Senior 200 Free Relay	10
11	Senior 100 Backstroke	12
13	Senior 200 Butterfly	14
15	Senior 100 Freestyle	16
17	Senior 100 Breaststroke	18
19	Senior 400 Individual Medley	20

<b>Morning Session</b>		
<b>Warm-up: not before 7:00 am; Start: not before 8:30 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	13-14 200 Medley Relay	52
53	Senior 200 Medley Relay	54
55	Senior 200 Freestyle	56
57	Senior 100 Butterfly	58
59	Senior 200 Backstroke	60
61	Senior 200 Breaststroke	62
63	Senior 50 Freestyle	64

<b>Afternoon Session</b>		
<b>Warm-up: not before 11:30 am; Start: not before 12:30 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	8 & Under 100 Free Relay	22
23	10 & Under 200 Free Relay	24
25	12 & Under 200 Free Relay	26
27	8 & Under 25 Butterfly	28
29	8 & Under 25 Backstroke	30
31	11-12 100 Freestyle	32
33	10 & Under 100 Freestyle	34
35	11-12 50 Breaststroke	36
37	10 & Under 50 Breaststroke	38
39	11-12 100 Backstroke	40
41	9-10 100 Backstroke	42
43	11-12 50 Butterfly	44
45	10 & Under 50 Butterfly	46
47	11-12 100 Individual Medley	48
49	10 & Under Individual Medley	50

<b>Afternoon Session</b>		
<b>Warm-up: not before 11:30AM; Start: not before 12:30 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
65	8 & Under 100 Medley Relay	66
67	10 & Under 200 Medley Relay	68
69	12 & Under 200 Medley Relay	70
71	8 & Under 25 Freestyle	72
73	8 & Under 25 Breaststroke	74
75	11-12 200 Freestyle	76
77	10 & Under 200 Freestyle	78
79	11-12 100 Breaststroke	80
81	9-10 100 Breaststroke	82
83	11-12 50 Backstroke	84
85	10 & Under 50 Backstroke	86
87	11-12 100 Butterfly	88
89	9-10 100 Butterfly	90
91	11-12 50 Freestyle	92
93	10 & U 50 Freestyle	94

