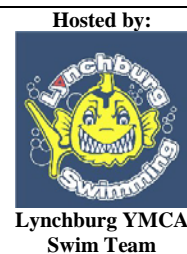




LYNCHBURG FIRECRACKER INVITATIONAL
A/BB/B/C Meet
June 29-July 1, 2012
SANCTION NO. VS-12-71



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-71 USA Swimming/Virginia Swimming, Inc., the YMCA of Central Virginia, and the City of Lynchburg 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:	Miller Park Pool, 2100 Park Avenue, Lynchburg, VA 24501 (434) 847-1759
FACILITY:	<ul style="list-style-type: none"> 50 meter, 8 lane, 4.5 deep (lane 8) to 5 feet deep (lanes 1-7) at the start end and 3 feet deep at the turn end, outdoor pool with non-turbulent lane markers. Colorado Timing System. Small diving well for continuous warm down. 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:	TJ & Lisa Liston Email: CoachListon@comcast.net or LisaListon@aol.com Phone: (434) 384-6338
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered by the first day of the meet. No on deck USA Swimming athlete registration will be permitted. Senior events are open to swimmers 11 years of age and older Age on June 29, 2012, 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:	<ul style="list-style-type: none"> Senior swimmers and swimmers 9-12 years old swim a single Friday evening session (1) Senior swimmers swim in the morning sessions (2 & 4) on Saturday and Sunday Senior swimmers swim in a late mid-day distance session (5) on Sunday. Swimmers in the distance session may only swim one event in that session. <ul style="list-style-type: none"> Swimmers may enter either event, the 1500 or 800, but they may decide at check in on that day if they would prefer to swim the other event instead. Please bring proof of time for seeding purposes. 12 & younger swimmers swim in the afternoon sessions (3 & 6) on Saturday and Sunday All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none"> Friday evening warm ups will begin at 4:00 PM; competition will start at 5:30 PM. Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:30 AM. Saturday Afternoon session: Warm-ups start not earlier than 12:00 PM; competition starts not earlier than 1:15 PM. Sunday distance session will begin with a 15 minute warm up immediately following the completion of the morning session. Sunday afternoon session warm up start not earlier than at 12:30 PM; competition start not earlier than at 1:45 PM. Lane assignment and warm-up times for individual clubs will be posted on the LY website at www.lyswimming.org no later than Tuesday, June 26, 2012 and will also be emailed to the contact person of the participating clubs. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 19, 2012</p> <ul style="list-style-type: none"> • Conforming and Non-conforming times will be used for entry – Long Course Meters then Short Course Yards, then Short Course Meters. Non-conforming times will be seeded following all conforming times. Converted times will not be allowed for entry times. • Proof of time will be required for events 47 & 48, the 800 meter freestyle and events 49 & 50, the 1500 freestyle. NT entries will be accepted. Proof of time is for verification of seeding priority of conforming and non-conforming times. • Entries must be submitted 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 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. • “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 <i>5 individual events</i> per day. Only 1 event may be swum in the distance session. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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. • Email entries to: CoachListon@comcast.net • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added.
FEES:	<p>Individual events: \$3.00 Relay events: \$12.00 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: The YMCA of Central Virginia • Mail payment to: TJ Liston 1240 Krise Circle Lynchburg VA 24503 • Payment must be received by June 27th 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 as this will delay the receipt of your entries.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. • Senior events will be given separate awards for 15 & over and 14 & under age groups. • 9-12 year old events will be given separate awards for 9-10 and 11-12 age groups. • 10 & under events will be given separate awards for 9-10 and 8 & under age groups.
SEEDING:	<ul style="list-style-type: none"> • All events, except events # 7, 8, 9, 10, (400 free), 19 & 20 (400 IM), and 47 & 48 (800 free) and 49 & 50 (1500 free) will be pre-seeded. • All swimmers should report directly to the blocks for their events. • Events 7, 8, 9, 10, 19, 20, 47, 48, 49, & 50 will require a positive check-in to swim. • Positive check-in will close at 5:30 PM, Friday evening and 8:30 AM on Saturday and Sunday. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • SWIMMERS WHO CHECK-IN AND FAIL TO SHOW UP TO SWIM THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT INDIVIDUAL EVENT. • Events 7 & 8 (9-12 400 free), 9 & 10 (senior 400 free), 19 & 20 (senior 400 IM), 47 & 48 (senior 800 free), 49 & 50 (senior 1500 free) will be swum fastest to slowest and alternating heats of girls and boys.

PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded. • 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. • Clubs entering swimmers not legally registered with USA Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered. • 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.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> ○ Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. ○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. • The overhead start procedure will be used at the discretion of the Referee. • 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. • 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"> ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Roy Fisher Email: rfisher@bgf.com Phone: (434) 525-5456</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Terri Proffitt, Email: tpworkathome@aim.com • Officials meetings and any coaches' meetings will be announced.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	Clubs are encouraged to provide help with timing.
GENERAL:	<ul style="list-style-type: none"> • Hospitality will be provided for coaches and officials. • Concessions will be available along with a swim vendor. • Each club is responsible for the conduct of its swimmers.
FACILITY RULES:	<ul style="list-style-type: none"> • Parking is limited at the pool. PLEASE DO NOT PARK ON THE GRASS. • Additional parking is available on the street and at the Lynchburg Public Library two blocks down Park Avenue on the left. Swimmer drop off is available at the pool.
DIRECTIONS:	Directions can be found at www.lyswimming.org
HOTELS:	<ul style="list-style-type: none"> • Wingate Hotel, 3777 Candler's Mtn. Road, (434) 845-1700 • Days Inn, 3320 Candler's Mtn. Road, (434) 847-8655 • Kirkley Hotel, (434) 237-6333 • Sleep Inn (434) 846-6900 • Best Western (434) 237-2986 • Craddock Terry Hotel (434) 455 -1500 • Days Inn (434) 847-8655

ORDER OF EVENTS

Friday, June 29, 2012

Session 1

Warm ups: 4:00 PM; Competition begins at 5:30 PM

G-B	Age Group	Event
1-2	Senior	50 free
3-4	11-12	200 IM
5-6	Senior	200 IM
7-8	9-12	400 free
9-10	Senior	400 free

Saturday, June 30, 2012

Session 2

Warm ups: 7:00 AM; Competition: 8:30 AM

G-B	Age Group	Event
11-12	Senior	200 free
13-14	Senior	100 breast
15-16	Senior	200 fly
17-18	Senior	100 back
19-20	Senior	400 IM

Session 3

Warm ups 12:00 PM; Competition: 1:15 PM

G-B	Age Group	Event
21-22	12 & U	200 free
23-24	10 & U	100 breast
25-26	11-12	100 breast
27-28	10 & U	100 back
29-30	11-12	100 back
31-32	10 & U	50 fly
33-34	11-12	50 fly
35-36	10 & U	50 free
37-38	11-12	50 free

Sunday, June 26, 2011

Session 4

Warm ups: 7:00 AM; Competition: 8:30 AM

G-B	Age Group	Event
39-40	Senior	100 free
41-42	Senior	200 breast
43-44	Senior	100 fly
45-46	Senior	200 back

Session 6

Warm ups: 12:30 PM; Competition: 1:45 PM

G-B	Age Group	Event
51-52	10 & U	200 IM
53-54	11-12	100 fly
55-56	10 & U	100 fly
57-58	11-12	100 free
59-60	10 & U	100 free
61-62	11-12	50 breast
63-64	10 & U	50 breast
65-66	11-12	50 back
67-68	10 & U	50 back

15 minute warm up period immediately following the conclusion of event 46. Session 5

G-B	Age Group	Event
47-48	Senior	800 free
49-50	Senior	1500 free