



VIRGINIA YMCA LEAGUE CHAMPIONSHIP
February 12, 2012
Y Sanction No.
APPROVAL NO. VS-12-03Y and Time Trial Sanction
#VS-12-03T



SANCTION:	<ul style="list-style-type: none"> Sanctioned by the YMCA Competitive Swimming and Diving Committee as a Championship level competition. Sanction # _____ Held under the approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: VS-12-03Y and Time Trial Sanction #VS-12-03T USA Swimming, Inc., Virginia Swimming, Inc., and the 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.
LOCATION:	Jamerson Family YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502; 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. 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:	Lisa Liston Phone: (434) 384-6338 Email: LisaLListon@aol.com
ELIGIBILITY:	<ul style="list-style-type: none"> This meet is a closed YMCA championship competition offered to YMCA teams who are part of the Virginia YMCA League and only those swimmers that have full membership privileges. All teams, as well as all coaches, must be registered through the YMCA Online Registration system in order to participate in the meet. All swimmers participating in this meet must have swum in two closed league competitions. All swimmers participating in this meet must be full privileged members of their YMCA, and must have been members of their YMCA for 90 days prior to the meet and must have represented only their YMCA team (high school teams excepted) 90 days prior to the meet 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 by the first day of the meet. No on deck USA Swimming athlete registration will be permitted. Age on February 12, 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"> All events will be timed finals. Lane assignment and warm-up times for individual clubs will be posted on the LY website at www.lyswimming.org no later than Wednesday, February 8, 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.
WARM-UPS:	<ul style="list-style-type: none"> Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:30 AM. Afternoon sessions: Warm-ups at 12:30 PM ; competition starts at 2:00 PM. The meet director reserves the right to adjust warm up times and lengths once entries have been 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 FEBRUARY 6, 2012.</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 may 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. • NT (No Time) entries will NOT be accepted. Times entered must have been achieved since the previous Virginia Y League Championship meet and must be provable by results from closed YMCA meets or verifiable in the USAS database. • Swimmers may enter a maximum of <i>3 individual events</i> and <i>1 relay event</i> per day or <i>2 individual events and 2 relays</i> per day. • Relay teams must be designated A or B or C, etc. if more than one per club is entered per event. Only one relay per team per event may score. • <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: CoachListon@comcast.net • Mail entries and fees to: TJ Liston 1240 Krise Circle Lynchburg, VA 24503 • 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: \$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: YMCA of Central Virginia
AWARDS:	<ul style="list-style-type: none"> • Individual events: Medals will be awarded for first through third place, and ribbons for fourth through eighth place. <ul style="list-style-type: none"> ○ SR events will be scored separately for 14 & under and 15 & older. ○ 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. • Relay events: Medals will be awarded for 1st place, and ribbons for 2nd -5th place. • There will be Team Age Group awards for 1st place in each age group. • A team trophy will be awarded for 1st place. <ul style="list-style-type: none"> ○ SCORING: Individual events will be scored through 16 places. ○ First through eighth place will score 20-17-16-15-14-13-12-11, respectively. ○ Ninth through sixteenth place will score 9-7-6-5-4-3-2-1, respectively. ○ Only ONE (1) relay, per event per team may score. ○ First through fifth place relays will score 40-34-32-30-28, respectively.
SEEDING:	<ul style="list-style-type: none"> • All events except for #63 & 64, the SR 500 free, will be pre-seeded. • The 500 freestyle, event #63 & 64, will require a positive check-in to swim. • Positive check-in for the 500 freestyle will close by the end of warm up. • 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 EVENT.

EVENTS

Sunday, February 12

Session 1: Warm Up 7:00AM Start 8:30AM

Event

1-2 8 & U 100 Free Relay
3-4 10 & U 200 Free Relay
5-6 12 & U 200 Free Relay
7-8 10 & U 100 Free
9-10 11-12 100 Free
11-12 8 & U 25 Back
13-14 10 & U 50 Back
15-16 11-12 50 Back
17-18 8 & U 25 Breast
19-20 10 & U 50 Breast
21-22 11-12 50 Breast
23-24 8 & U 25 Fly
25-26 10 & U 50 Fly
27-28 11-12 50 Fly
29-30 10 & U 100 IM
31-32 11-12 100 IM
33-34 8 & U 25 Free
35-36 10 & U 50 Free
37-38 11-12 50 Free
39-40 8 & U 100 Medley Relay
41-42 10 & U 200 Medley Relay
43-44 12 & U 200 Medley Relay

Session 2: Warm up 12:30 PM Start 2:00PM

Event

45-46 SR 200 Free Relay
47-48 13-14 200 Free Relay
49-50 SR 200 IM
51-52 SR 100 Free
53-54 SR 200 Back
55-56 SR 100 Fly
57-58 SR 200 Breast
59-60 SR 200 Medley Relay
61-62 13-14 200 Medley Relay
63-64 SR 500 Free
65-66 SR 100 Back
67-68 SR 200 Fly
69-70 SR 200 Free
71-72 SR 100 Breast
73-74 SR 50 Free
75-76 SR 400 Free Relay
77-78 13-14 400 Free Relay