



**2016 YMCA Quad Meet
CYAC, SMAC, SFY & LY
October 22-23, 2016
APPROVAL NO.VS-17-02A**



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| SANCTION: | <ul style="list-style-type: none">• Held under the approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: VS-17-02A.• USA Swimming, Inc., Virginia Swimming, Inc., Lynchburg YMCA Swimming 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 YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502 (434) 582-1900 |
| 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.• Bleacher seating is available on deck and the gym will be available for seating as well. Three lanes in the adjacent family pool are available for continuous warm-up and warm down.• 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 simultaneously.• 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: | Ryan Woodruff Phone: (919) 943-6420 E-mail: ryan.d.woodruff@gmail.com |
| ELIGIBILITY: | <ul style="list-style-type: none">• This meet is a closed YMCA competition offered to swimmers from CYAC, SMAC, SFY, 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 in to 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 22, 2016 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. |
| WARM-UP: | <ul style="list-style-type: none">• Saturday afternoon warm-ups: 1:00pm; competition begins: 2:30pm• Saturday morning warm-ups: 7:00am; competition begins 8:30am.• 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 Tuesday, October 18, 2016, 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, each team will be notified and changes will be posted at www.lyswimming.org |
| ENTRIES: | DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, OCTOBER 15, 2016. <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 email. |

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| | <ul style="list-style-type: none"> • 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. • “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of <i>3 individual events and 1 relay event per day</i>. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • 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. Relays may also be eliminated if necessary and relay fees will be refunded should this happen. • Please delete any USA Swimming registration numbers from all non-USA Swimming registered athletes for entry purposes. This can be done under the athlete function on Hy-Tek. • Email entries to: Ryan Woodruff, ryan.d.woodruff@gmail.com • 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. Deck entries must be submitted to the Clerk-of-Course on the provided forms. |
| 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. • Mail payment to: Ryan Woodruff 105 Fox Hollow Road Lynchburg, VA 24503 • Payment must be received by Tuesday, October 18, 2016 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 acceptance of your entries. |
| AWARDS: | <ul style="list-style-type: none"> • Individual and relay events: Ribbons will be awarded for first through eighth place (number of lanes) for 12 & Unders. <ul style="list-style-type: none"> ○ Senior individual events will not receive awards. ○ 12 & Under events will be given separate awards for 11-12, 9-10 and 8 & Under 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 #31 & #32 (Senior 500 free) and #65 & 66 (Senior 400 IM) will be pre-seeded. • All swimmers should report directly to the blocks for their events. • The 500 Free 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 TO SWIM THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT. • Events #31-32 (500 free), and events #65-66 (400 IM) will be swum fast to slow, alternating 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 swum 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 before the first day |

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| | <p>of the meet may be fined \$100 per swimmer in each event(s) swum</p> <ul style="list-style-type: none"> 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. Any swimmer entered in the meet must be certified by a YMCA 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. 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 <u>not permitted</u>. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. In accordance with VSI best practices, all swimmers should shower before entering the pool. 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 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. Coaches with expired or non-current credentials will be required to leave the deck area. | |
| 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. Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Kris Sennett, Ksennett@liberty.edu, no later than Tuesday, October 18. Officials' meeting will be at 1:30pm on Saturday. | |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. | |
| TIMERS: | <ul style="list-style-type: none"> Volunteer timers from visiting clubs will be appreciated. | |
| 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 there is no smoking allowed anywhere on the YMCA grounds. 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. 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. 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 are. NO RED BEVERAGES (Gatorade, Powerade, etc.) are allowed in the gym area. | |
| DIRECTIONS: | Directions are available on the team website, lyswimming.org | |
| HOTELS: | <ul style="list-style-type: none"> Comfort Inn & Suites (434) 266-1111 Kirkley Hotel, (434) 237-6333 Sleep Inn (434) 846-6900 Best Western (434) 237-2986 Craddock Terry Hotel (434) 455-1500 | <ul style="list-style-type: none"> Hilton Garden Inn (434) 239-3006 Courtyard Marriott (434) 846-7900 Holiday Inn (434) 528-2500 Spring Hill Suites (434) 237-5848 |

**2016 YMCA Quad Meet
ORDER OF EVENTS**

| Saturday, October 22, 2016 | | |
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| Session 1 | | |
| Warm-up: 1:00 p.m.; Start: 2:30 p.m. | | |
| <u>Girls</u> | <u>Event</u> | <u>Boys</u> |
| 1 | Senior 200 Medley Relay | 2 |
| 3 | 12 & Under 200 Medley Relay | 4 |
| 5 | 8 & Under 100 Medley Relay | 6 |
| 7 | Senior 100 Freestyle | 8 |
| 9 | 12 & Under 100 Freestyle | 10 |
| 11 | 8 & Under 25 Freestyle | 12 |
| 13 | Senior 100 Breaststroke | 14 |
| 15 | 12 & Under 100 Breaststroke | 16 |
| 17 | 8 & Under 25 Breaststroke | 18 |
| 19 | Senior 200 Backstroke | 20 |
| 21 | 12 & Under 100 Backstroke | 22 |
| 23 | Senior 100 Butterfly | 24 |
| 25 | 12 & Under 50 Butterfly | 26 |
| 27 | Senior 200 Individual Medley | 28 |
| 29 | 12 & Under 200 Individual Medley | 30 |
| Session 2 | | |
| 10-minute Warm-up immediately following conclusion of event #30 | | |
| 31 | Senior 500 Freestyle | 32 |

| Sunday, October 23, 2016 | | |
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| Session 3 | | |
| Warm-up: 7:00 a.m.; Start: 8:30 a.m. | | |
| <u>Girls</u> | <u>Event</u> | <u>Boys</u> |
| 33 | Senior 200 Free Relay | 34 |
| 35 | 12 & Under 200 Free Relay | 36 |
| 37 | 8 & Under 100 Free Relay | 38 |
| 39 | Senior 200 Butterfly | 40 |
| 41 | 12 & Under 100 Butterfly | 42 |
| 43 | 8 & Under 25 Butterfly | 44 |
| 45 | 12 & Under 50 Freestyle | 46 |
| 47 | Senior 50 Freestyle | 48 |
| 49 | 8 & Under 25 Backstroke | 50 |
| 51 | 12 & Under 50 Backstroke | 52 |
| 53 | Senior 100 Backstroke | 54 |
| 55 | 12 & Under 50 Breaststroke | 56 |
| 57 | Senior 200 Breaststroke | 58 |
| 59 | 12 & Under 200 Freestyle | 60 |
| 61 | Senior 200 Freestyle | 62 |
| 63 | 12 & Under 100 IM | 64 |
| Session 4 | | |
| 10-minute Warm-up immediately following conclusion of event #64 | | |
| 65 | Senior 400 Individual Medley | 66 |

