



**2016 Season Opener**  
**September 23-25, 2016**  
**SANCTION NO. VS-17-13**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-17-03</b>.</li><li>• 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.</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 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.</li><li>• 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.</li><li>• 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 simultaneous display.</li><li>• 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</li></ul>
<b>MEET DIRECTOR:</b>	Ryan Woodruff Phone: (919) 943-6420 E-mail: ryan.d.woodruff@gmail.com
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming athletes registered before the first day of the meet.</li><li>• No on-deck USA Swimming athlete registration will be permitted.</li><li>• Age on September 23, 2016 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 swimmers 9 &amp; Over.</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><li>• All 25 yard events will start from the turn end of the pool.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Friday evening session: Warm-ups at 4:30 p.m.; competition starts at 5:30 p.m.</li><li>• Morning sessions: Warm-ups not before 7:30 a.m.; competition starts at 8:30 a.m.</li><li>• Afternoon sessions: Warm-ups not before 11:00 a.m.; competition starts not before 12:00 p.m.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the LY website at <a href="http://lyswimming.org">lyswimming.org</a> no later than Tuesday, September 20, 2016, 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 17, 2016.</b></p> <ul style="list-style-type: none"><li>• 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.</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.</li><li>• "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of</li></ul>

	<p>record. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> <li>• Swimmers may enter 2 events on Friday.</li> <li>• Swimmers may enter a maximum of 5 <b>individual events and 1 relay event per day</b>.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> 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 also be eliminated if necessary and relay fees will be refunded should this happen.</li> <li>• Email entries to: <a href="mailto:ryan.d.woodruff@gmail.com">Ryan Woodruff, ryan.d.woodruff@gmail.com</a></li> <li>• 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$4.00  Relay events: \$14.00  Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)  Checks should be made payable to: YMCA of Central Virginia.</p> <ul style="list-style-type: none"> <li>• Mail payment to: Ryan Woodruff  105 Fox Hollow Road  Lynchburg, VA 24503</li> <li>• Payment must be received by Tuesday, September 20, 2016 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 acceptance 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 (number of lanes) <ul style="list-style-type: none"> <li>○ Senior events will be given separate awards for 13-14 and 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>○ Heat winner ribbons will be awarded for all 10 &amp; Under individual events.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except #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 will be swum fastest to slowest and alternating heats of girls and boys (optional, but must be included if you intend to run the event in this manner).</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 swum 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 USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event(s) swum</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> </ul>

	<ul style="list-style-type: none"> <li>Any swimmer entered in the meet must be certified by a USA-S 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 <u>not permitted</u>.</li> <li>Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED.</li> <li>In accordance with VSI best practices, all swimmers should shower before entering the pool.</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 upon request will be issued temporary credentials by the meet director</li> <li>Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Sue Munson</b>  <b>Email:</b> susamun@cox.net  <b>Phone:</b> 540-314-5723</p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>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, September 20.</li> <li>Officials' 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>	<ul style="list-style-type: none"> <li>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>The number of timers required per club and their lane assignments will be posted on lyswimming.org no later than Tuesday, September 20, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<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 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 swim 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 gym. No spectator's chairs will be allowed to be set up on the pool deck or in the warm down pool area.</li> <li>NO RED BEVERAGES (Gatorade, Powerade, etc.) are allowed in the gym area.</li> </ul>
<b>DIRECTIONS:</b>	Directions are available on the team website, lyswimming.org
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>Comfort Inn &amp; Suites (434) 266-1111</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> </ul>

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|  | <ul style="list-style-type: none"><li>• Holiday Inn (434) 528-2500</li><li>• Spring Hill Suites (434) 237-5848</li></ul> |
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**2016 SEASON OPENER  
ORDER OF EVENTS**

<b>Friday, September 23, 2016</b>		
<b>Evening Session</b>		
<b>Warm-up: 4:30 p.m.; Start: 5:30 p.m.</b>		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	Senior 200 Individual Medley	2
3	9-12 200 Individual Medley	4
5	11 & Over 500 Freestyle	6

<b>Saturday, September 24, 2016</b>					
<b>Morning Session</b>			<b>Afternoon Session</b>		
<b>Warm-up: 7:30 a.m.; Start: 8:30 a.m.</b>			<b>Warm-up: not before 11:00 am; Start: Not Before 12:00 pm</b>		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
7	13-14 200 Free Relay	8	21	8 & Under 100 Free Relay	22
9	Senior 200 Free Relay	10	23	10 & Under 200 Free Relay	24
11	Senior 100 Backstroke	12	25	12 & Under 200 Free Relay	26
13	Senior 200 Butterfly	14	27	8 & Under 25 Butterfly	28
15	Senior 100 Freestyle	16	29	11-12 100 Freestyle	30
17	Senior 100 Breaststroke	18	31	10 & Under 100 Freestyle	32
19	Senior 400 Individual Medley	20	33	8 & Under 25 Backstroke	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 100 Individual Medley	50

*Continued on next page*

## Sunday, September 25, 2016

<b>Morning Session</b> Warm-up: 7:30 a.m.; Start: 8:30 a.m.			<b>Afternoon Session</b> Warm-up: not before 11:00 am; Start: not before 12:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	13-14 200 Medley Relay	52	65	8 & Under 100 Medley Relay	66
53	Senior 200 Medley Relay	54	67	10 & Under 200 Medley Relay	68
55	Senior 200 Freestyle	56	69	12 & Under 200 Medley Relay	70
57	Senior 100 Butterfly	58	71	8 & Under 25 Freestyle	72
59	Senior 200 Backstroke	60	73	11-12 200 Freestyle	74
61	Senior 200 Breaststroke	62	75	10 & Under 200 Freestyle	76
63	Senior 50 Freestyle	64	77	8 & Under 25 Breaststroke	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 & Under 50 freestyle	94