



**BLUE RIDGE REGION
13 & OVER CHAMPIONSHIP
February 22 - 24, 2019
SANCTION NO. VS-19-87**

Hosted by:



Lynchburg YMCA

SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-87. USA Swimming, Inc., Virginia Swimming, Inc., Lynchburg YMCA Swimming, the Jamerson Family YMCA, and the YMCA of Central Virginia, 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. 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 simultaneous display. The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.
MEET DIRECTOR:	<p>Name: Ryan Woodruff Phone: 919-943-6420 E-mail: ryan.d.woodruff@gmail.com</p>
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming registered athletes 13 years and older in the Blue Ridge Region registered prior to the first day of the meet. Teams in the Blue Ridge Region are: ACAC, ACST, BASS, CAST, CCA, CYAC, DYST, FUAC, GATR, HOKI, KFY, LASO, LY, QSTS, SCAT, SFY, SMAC, STRM, YMST The qualifying period for this meet is January 1, 2018 through February 21, 2019 No on deck Virginia Swimming athlete registration will be permitted. Swimmers in the 13-14 age group may compete in any individual event or relay leg in which they have a time that is slower than the Age Group Championship qualifying time except the 400 IM, 500 free, and the 1000 free. 15 and older swimmers may compete in any individual event or relay leg in which they have a time that is slower than the Senior Champs qualifying time except the 400 IM, 500 free, and the 1000 free. 13-14 swimmers must have at least a 13-14 “B” time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time. 15 and older swimmers must have at least a 15-16 “B” time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the senior championship qualifying time. 2017-2020 NAG time standards are in effect. Age on February 22, 2019 will determine age for the entire meet. 14 year old swimmers aging up from February 22 to March 7, 2019 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> The swimmer does not qualify for the event at Senior Champs The swimmer will be seeded correctly by time but will swim exhibition only and will not be eligible to receive an award or compete in the Finals session.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcome 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 athletes will swim a combined preliminary session in the morning session. Top 16 13-14 swimmers and the top 16 15&O swimmers from preliminary events will swim the final session each day. Prelims and Finals will be contested in a single 8-lane pool. Only the top heat of the 1000 free will swim in finals, regardless of age. All relay events will be timed finals and will be conducted during the preliminary session.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 11, 2019</p> <ul style="list-style-type: none"> Conforming and Non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all 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 email. A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiawimming.org) with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. Swimmers may enter a maximum of 8 individual events, no more than 3 per day, and one relay per day. Relay teams must be designated A, B, or C, if more than one per club is entered per event. Teams may submit three (3) relays per event. The Meet Director reserves the right to combine heats and events, which may require reseeding. “No Time” (NT) entries will be accepted <u>except</u> in the 400 medley, 500 free, and 1000 free, where 13-14 swimmers must have achieved a minimum of a 13-14 “B” time, and 15 & older swimmers must have achieved a minimum of a 15-16 “B” time. Email entries to: ryan.d.woodruff@gmail.com Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$6.00 Relay Events: \$14.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline. 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, February 19, 2019, for all entries. Failure to pay entry fees by this deadline may result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. 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.
SEEDING:	<ul style="list-style-type: none"> The 400 IM, 500 free, and 1000 free will require a positive check-in to be seeded. All other events will be pre-seeded. Positive check-in will close at 9:00 AM, Friday for event #11 and 12 (400 medley). Positive check-in will close at 9:00 AM, Saturday for event #25 and 26 (500 free). Positive check-in will close at 9:00 AM, Sunday for event #37 and 38 (1000 free). SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. A swimmer who positively checks-in for a distance event and does not show up to

	<p>compete will not be able to swim his/her next event.</p> <ul style="list-style-type: none"> The 400 medley and the 500 free will be swum in preliminaries with the four fastest heats of girls swimming first, slow to fast, followed by the four fastest heats of boys, swimming slow to fast. The remaining heats will be swum fast to slow, alternating girls and boys. The 1000 free will be swum fastest to slowest, and alternating heats of girls and boys. <ul style="list-style-type: none"> Any athlete entered in the 1000 free will be asked to indicate a preference for swimming with preliminaries or with finals. The preliminaries/finals preference must be declared by the appropriate positive check-in deadline The fastest 8 swimmers who wish to swim during the evening finals will swim during the evening finals.
WARM-UP:	<ul style="list-style-type: none"> Prelim sessions: Warm-ups at 7:00 AM; competition starts at 8:30 AM. There will be two 30 minute warm-up sessions. Finals sessions: Warm-ups not before 4:30 PM; competition starts not before 5:30 PM 1000 free: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the relay events, with the 1000 free (Sunday) competition starting 5 minutes thereafter. <ul style="list-style-type: none"> The approximate start time for the distance sessions will be posted on the LY website (www.lyswimming.org) no later than Monday, February 18, 2019 and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times. Lane assignment and warm-up times for individual clubs will be posted on the LY website (www.lyswimming.org) no later than Monday, February 18, 2019, and will also be emailed to the contact person of the participating clubs.
AWARDS:	<ul style="list-style-type: none"> Individual events will be scored and awarded first through sixteenth place for 13-14 and 15 & over age groups. Medals will be awarded for first through third place, ribbons for fourth through sixteenth place. Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. Team awards will be given, first through third place. The teams placing will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> Individual: Finals - 20-17-16-15-14-13-12-11; Consolations - 9-7-6-5-4-3-2-1. Relay: Finals - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. Only the top two relays for one team may score in an event.
PENALTIES:	<ul style="list-style-type: none"> A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> Entries using fraudulent or non-verifiable times. Athlete competed in the incorrect age group. Athlete is not registered with USA Swimming prior to the first day of the meet. 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. Any event in which an athlete participated illegally will be rescored and re-awarded.
RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations will apply. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. 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 the requirement. The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only, will be in effect and modified as follows: The scratch rule regarding finals will apply to all heats (final and consolation), of all events, excluding the relays and the 1000 Free. 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

	<p>appropriate and is PROHIBITED.</p> <ul style="list-style-type: none"> • 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. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Gordon Hair Email: grhair919@aol.com Phone: (434)960-0849</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. • Team Officials Chairpersons should submit the names and session availability of certified officials to Kris Sennett (ksennett@liberty.edu) no later than Tuesday, February 18, 2019 • There will be an official's meeting in hospitality one hour prior to the start of each session. • There will be a coaches meeting at 8:15 am on Friday February 22, 2019.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the LY website (www.lyswimming.org) no later than Monday, February 18, 2019, and will also be emailed to the contact person of each of the individual clubs. • Swimmers competing in the 400 medley, 500 free, and 1000 free are responsible for providing their own timers. Swimmers competing in the 1000 free and 500 free are responsible for providing their own lap counters.
GENERAL:	<ul style="list-style-type: none"> • Heat Sheets will be sold for \$5.00. • Light refreshments will be provided for the USA-S officials and coaches. • Swim gear will be available through The Swim Shop. • Food and drinks will be available through the concessions stand. • Each club is responsible for supervising the conduct of its swimmers. • Swimmers are not permitted in any room of the building not directly associated with the meet. • Any swimmer violating the rules may be disqualified from the meet and escorted from the building.
FACILITY RULES:	<ul style="list-style-type: none"> • No red drinks in the basketball gym • Parking is available for free in all lots surrounding the Jamerson YMCA

2019 Blue Ridge Region Short Course 13 & Older Championship

ORDER OF EVENTS

Friday, February 22, 2019

Morning Prelims Warm-ups: 7:00 AM; Start: 8:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 100 Breast	2
3	13 & Over 200 Free	4
5	13 & Over 100 Fly	6
7	13-14 400 Free Relay	8
9	15 & Over 400 Free Relay	10
11	13 & Older 400 Medley	12

Evening Finals Warm-ups: 4:30 PM; Start: 5:30 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 100 Breast	2
3	13 & Over 200 Free	4
5	13 & Over 100 Fly	6
11	13 & Over 400 Medley	12

Saturday, February 23, 2019

Morning Prelims Warm-ups: 7:00 AM; Start: 8:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	13 & Over 200 Fly	14
15	13 & Over 50 Free	16
17	13 & Over 200 Breast	18
19	13 & Over 100 Back	20
21	13-14 400 Medley Relay	22
23	15 & Over 400 Medley Relay	24
25	13 & Over 500 Free	26

Evening Finals Warm-ups: 4:30 PM; Start: 5:30 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	13 & Over 200 Fly	14
15	13 & Over 50 Free	16
17	13 & Over 200 Breast	18
19	13 & Over 100 Back	20
25	13 & Over 500 Free	26

Sunday, February 24, 2019

Morning Prelims Warm-ups: 7:00 AM; Start: 8:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	13 & Over 200 Back	28
29	13 & Over 100 Free	30
31	13 & Over 200 Medley	32
33	13-14 200 Free Relay	34
35	15 & Over 200 Free Relay	36
37	13 & Over 1000 Free (*)	38

Evening Finals Warm-ups: 4:30 PM; Start: 5:30 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	13 & Over 1000 Free	38
27	13 & Over 200 Back	28
29	13 & Over 100 Free	30
31	15 & Over 200 Medley	32

(*) Timed Final Event – final heat to swim at Finals session