



**2019 VIRGINIA SWIMMING  
LC SENIOR CHAMPIONSHIPS**  
July 18-21, 2019  
**SANCTION NO. VS-19-132 & VS-19-132TT**

Coordinated by:



Lynchburg YMCA

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc. <b>Sanction No. VS-19-132</b> and <b>Time Trial Sanction No. VS-19-132TT</b>.</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Lynchburg YMCA, the YMCA of Central Virginia, and Liberty University 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>	Liberty University Natatorium, 1521 Liberty Mountain Drive, Lynchburg, VA 24502		
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>Liberty University facility provides a 9-lane, 50-meter competition pool with moveable bulkhead, separate 8-lane 25-yard diving well, and supporting amenities including hospitality and concession stand.</li> <li>The course of competition will be an indoor 9-lane 50-meter racing course with 7 feet continuous depth; overflow gutters with non-turbulent lane markers.</li> <li>Indoor 8-lane 25-yard diving well pool for continuous warm-up and cool down.</li> <li>Paddock starting blocks with track plates, Colorado backstroke wedges, and Daktronics timing system.</li> <li>Spectator wrap-around three-sided seating for 1,400.</li> <li>Two video boards allow for two simultaneous course displays plus the ability to scroll preliminary results.</li> <li>The natatorium combines a 1-2 micron regenerative filter with an ultraviolet light disinfect system, ensuring premium water quality during heavy usage.</li> <li>The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4).</li> </ul>		
<b>MEET DIRECTOR:</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">           Steve Hennessy            VSI Senior Chair            Email: <a href="mailto:seniorchair@virginiawimming.org">seniorchair@virginiawimming.org</a>            Phone: (757) 450-0706         </td> <td style="width: 50%; border: none;">           Ryan Woodruff            Host Team Coordinator            Email: <a href="mailto:ryan.d.woodruff@gmail.com">ryan.d.woodruff@gmail.com</a>            Phone: (919) 943-6420         </td> </tr> </table>	Steve Hennessy VSI Senior Chair Email: <a href="mailto:seniorchair@virginiawimming.org">seniorchair@virginiawimming.org</a> Phone: (757) 450-0706	Ryan Woodruff Host Team Coordinator Email: <a href="mailto:ryan.d.woodruff@gmail.com">ryan.d.woodruff@gmail.com</a> Phone: (919) 943-6420
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming athletes registered before the first day of the competition that meet the qualifying time in each event entered.</li> <li>Swimmers who have a minimum qualifying time in the 800 meter/1000 yard Freestyle or the 1500 meter/1650 yard Freestyle may swim both events.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>Athletes listed as UNAT must check in with the meet director and be assigned a supervising coach in order to warm-up and to compete.</li> <li>The qualifying period for this meet is January 1, 2018 through July 17, 2019.</li> <li>Age on July 18, 2019 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 welcome 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>	<p><b>Preliminary Sessions:</b></p> <ul style="list-style-type: none"> <li>Individual events EXCEPT the 1500 meter Freestyle and the 800 meter Freestyle will be swum as trials and finals.</li> <li>The 1500 meter Freestyle will be swum fastest to slowest as a timed final event, alternating women and men.</li> <li>The 400 meter Individual Medley and the 400 meter Freestyle will be swum as trials and finals.             <ul style="list-style-type: none"> <li>In trials, the <b>four</b> fastest women's heats will be swum first followed by the <b>four</b> fastest men's heats. These heats will be swum slowest to fastest.</li> <li>The remaining heats in trials will be swum fastest to slowest, alternating women and men.</li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>• The 800 meter Freestyle will be swum slowest to fastest as a timed final event, alternating women and men. <b>The event seeding will be distributed following the close of the positive check-in.</b> <ul style="list-style-type: none"> <li>○ The starting time for the first heat will be scheduled so that the second fastest heat of the men’s event is concluded at the start of the finals warm-up session.</li> <li>○ The fastest women’s and men’s heat will swim in the finals session</li> </ul> </li> </ul> <p><b>Finals Sessions:</b></p> <ul style="list-style-type: none"> <li>• Top 36 qualifiers in prelims of each event will compete in each day’s final session in the following order: D-Final (<b>18 &amp; under only bonus heat</b>), C-Final (bonus heat), B-Final (consolation heat), and the A-Final (championship heat) <ul style="list-style-type: none"> <li>○ D-Final, C-Final, B-Final, and A-Final will report directly to their assigned starting block. A-Final swimmers will be presented with music, their names and team affiliation announced prior to the start of the race.</li> <li>○ Finals session timeline will be posted in the finals heat sheet for the coaches and officials.</li> </ul> </li> <li>• <b>Relay events:</b> All relay events will be timed finals swum slowest to fastest. The fastest 2 heats of the 400 meter Freestyle Relay, the 800 meter Freestyle Relay, and the 400 Medley Relay will be swum during the finals session with any other heats swum during the trials session.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:59 PM, MONDAY, July 15, 2019</b></p> <ul style="list-style-type: none"> <li>• <b>On-Line Meet Entry (OME)</b> – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) <b>ONLY</b>. Email entries during the regular entry period will not be accepted. <ul style="list-style-type: none"> <li>○ The OME system is accessed from the USA Swimming web site at the address: <a href="http://www.usaswimming.org/ome">http://www.usaswimming.org/ome</a></li> <li>○ <b>Further information is found on OME Instructions sheet at the end of the meet announcement.</b></li> </ul> </li> <li>• <b>Meet entries in the form of an entry list or psych sheet will be posted to the VSI website on Tuesday, July 16, 2019</b></li> <li>• <b>Conforming and Non-Conforming times will be used for entry. Order of preference is: Long Course Meters, Short Course Meters, then, Short Course Yards.</b></li> <li>• <b>ENTRY LIMITS:</b> <ul style="list-style-type: none"> <li>○ <b>Individual Events:</b> Athletes may enter all events for which they qualify, however they may only compete in Six (6) individual events for the meet, and no more than Three (3) individual events per day.</li> <li>○ <b>Bonus Events:</b> Maximum of one (1) bonus event. Swimmers entered in an individual event will be permitted to enter a bonus event in which they have achieved the bonus qualifying standard.</li> <li>○ Bonus swims for the 400 meter Medley, 400 meter Freestyle, 800 meter Freestyle, and the 1500 meter Freestyle are not available, with the exception that swimmers who have the qualifying time in the 800 meter Freestyle or the 1500 meter Freestyle may swim both events.</li> <li>○ <b>Relays:</b> Two (2) per team per event. <b>All entries for 200 meter Medley relays must use 400 meter Medley relay times.</b></li> </ul> </li> <li>• <b>Proof of asterisk (*) submitted times must be provided to the Administrative Referee prior the scratch or positive check in deadline for that event in order to be seeded.</b></li> <li>• “No Time” relay entries will not be accepted.</li> <li>• Entries which improve the time of an earlier entry will <b>only</b> be accepted while OME is open.</li> <li>• <b>LATE ENTRIES:</b> <ul style="list-style-type: none"> <li>○ Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input.</li> <li>○ Late entries at the meet must be made to the Admin Referee and will only be accepted for events for which the scratch box has not closed.</li> <li>○ All late entries must be submitted with proof of time. Late entries may not be used to improve the seed time of an earlier entry</li> </ul> </li> <li>• The Meet Referee reserves the right to combine heats and events, which may require reseeding.</li> </ul>
<b>FEES:</b>	<p><b>Individual events: \$9.50</b>  <b>Relay events: \$18.00</b>  <b>Swimmer surcharge: \$2.50</b> per person (entered in the meet in any capacity)</p>

	<p><b>Late Entry Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the Entry Deadline.</p> <ul style="list-style-type: none"> <li>• OME payments may be made using VISA, MasterCard, American Express or Discover (on line) or check. If a check is the preferred method of payment it should be made payable to Virginia Swimming</li> <li>• Checks should be sent to: Virginia Swimming PO Box 1059 Appomattox, Virginia 24522</li> <li>• <b>The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, July 18, 2019).</b> Payment for events entered at the meet must be made to Meet Director at the time of the request.</li> <li>• <b>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</b> Payment for events entered at the meet must be made to Meet Director at the time of the request.</li> </ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>• <b>Thursday afternoon/evening session: Warm-ups at 12:30 -1:50 pm; competition starts at 2:00 pm.</b></li> <li>• <b>Prelims:</b> <ul style="list-style-type: none"> <li>○ <b>Friday:</b> 6:30-8:20 am; <b>General Meeting at 8:25 am;</b> Competition begins at 8:40 am</li> <li>○ <b>Saturday:</b> 6:30-8:20 am; Competition begins at 8:30 am</li> <li>○ <b>Sunday:</b> 6:30 – 8:20 am; Competition begins at 8:30 am</li> </ul> </li> <li>• <b>Finals:</b> <ul style="list-style-type: none"> <li>○ <b>Friday &amp; Saturday:</b> 4:30-5:35 pm; Competition begins at 5:45 pm</li> <li>○ <b>Sunday:</b> 3:30-4:20 pm; Competition begins at 4:30 pm</li> </ul> </li> <li>• <b>Additional information about lane designations for warm-ups is included on the Warm-up Schedule and Instructions sheet at the end of the meet announcement.</b></li> <li>• Specific lanes will be designated for PACE ONLY in the warm-up/cool-down pool.</li> </ul>
<b>SCRATCHES</b>	<ul style="list-style-type: none"> <li>• The scratch procedures listed in current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6 A-E will apply with the exception of 207.11.6.C as it pertains to timed final events requiring a positive check-in: <b>A swimmer who positively checks in for a distance event and does not show up to compete will be barred from his/her next individual event.</b></li> <li>• Scratches from Individual Events: Will be located at the Positive Check-in Table <ul style="list-style-type: none"> <li>○ Scratches for Friday's events are due 30 minutes after the start of the distance session Thursday</li> <li>○ Scratches for Saturday's events are due 30 minutes after the start of the finals' session Friday</li> <li>○ Scratches for Sunday's events are due 30 minutes after the start of the finals' session Saturday</li> </ul> </li> <li>• The scratch rule regarding finals will apply to all four (4) evening heats <b>D</b> and <b>C Bonus</b>, <b>B</b> Consolation, <b>A</b> Finals excluding the relays, the 1500 meter Freestyle, and the 800 meter Freestyle.</li> <li>• <b>Scratches from finals shall be made with the Administrative Referee.</b> All other scratches shall be made at the Scratch box which shall be located at the Positive check in table except during the General Meeting, when it will be located there.</li> <li>• Swimmers failing to scratch events which, if swum, would put them in violation of either the 3 events per day or the 6 events in the meet will not be permitted to swim the event or events. The events to be eliminated will be counted in strict numerical sequence as listed in the meet announcement.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All Long Course Meters times will be seeded first followed by Short Course Meter times, Short Course Yard times, and then Bonus times.</li> <li>• <b>ALL RELAY TEAMS MUST POSITIVELY CHECK-IN TO BE SEEDED.</b></li> <li>• <b>Positive check-in deadlines:</b> <ul style="list-style-type: none"> <li>○ 1500 meter Freestyle is due by 1:00 pm, Thursday.</li> <li>○ 800 meter Freestyle Relay is due by 9:30 am, Friday.</li> <li>○ 200 meter Freestyle Relay is due by 6:30 pm, Friday.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ 400 meter Medley Relay is due by 9:30 am, Saturday.</li> <li>○ 200 meter Medley Relay is due by 6:30 pm, Saturday.</li> <li>○ 800 meter Freestyle are due by 6:30 pm, Saturday. (see below for AM/PM designation)</li> <li>○ 400 meter Freestyle Relay is due by 9:30 am, Sunday.</li> <li>● <b>AM and PM Designations:</b> <ul style="list-style-type: none"> <li>○ Relay teams wanting to swim in morning and not evening sessions (Friday, Saturday, and Sunday) must designate that desire on the positive check-in sheet.</li> <li>○ Relays teams will swim in the session desired with up to two full heats participating at finals.</li> <li>○ If a team does not designate a preference, it may be assigned to the evening finals if the team is next in line to fill open lanes in the two heats at finals.</li> <li>○ Athletes wanting to swim the 800 meter Freestyle in the afternoon and not in the fastest heat swimming in finals must designate that desire on the check-in sheet prior to the close of the scratch box on Saturday evening.</li> </ul> </li> <li>● <b>All distance swims MUST positively check-in by the scratch deadline for that day's events TO BE SEEDED.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>● Scoring <ul style="list-style-type: none"> <li>○ Individual Events: F – 22-19-18-17-16-15-14-13-12, C – 10-8-7-6-5-4-3-2-1.</li> <li>○ Relay Events: F – 44-38-36-34-32-30-28-26-24, C – 20-16-14-12-10-8-6-4-2</li> </ul> </li> <li>● Team (Overall): Women, Men, Team Combined High Point.</li> <li>● Team (Specific): Large Team, Medium Team, and Small Team. Both women's high point and men's high point in each category. Team sizes defined by the following: <ul style="list-style-type: none"> <li>○ 1-99 small team</li> <li>○ 100-199 medium team</li> <li>○ 200 + large team</li> </ul> </li> <li>● Individual: First through Ninth Place. Women's High Point, Men's High Point</li> <li>● Relay: First through Third Place.</li> </ul>
<b>TIME TRIALS</b>	<ul style="list-style-type: none"> <li>● At the conclusion of Friday and Saturday preliminary sessions, and <b>at the conclusion of Sunday evening finals</b>, time permitting, time trials will be offered to any swimmer entered in an individual event in the meet.</li> <li>● Times Trials will begin no earlier than 10 minutes after the conclusion of the session it is following.</li> <li>● Each day's events will be offered in order, on the following schedule (800 meter and 1500 meter Freestyle will only be offered as the last events on Saturday): <ul style="list-style-type: none"> <li>○ Thursday: Time trials for 800 meter Freestyle and the 1500 meter Freestyle only.</li> <li>○ Friday: Friday's events, Saturday's events, Sunday's events (excluding the 800 meter Freestyle and the 1500 meter Freestyle).</li> <li>○ Saturday: Saturday's events, Sunday's events, Friday's events, the 800 meter and 1500 meter Freestyle.</li> <li>○ Sunday: Sunday's events (excluding the 800 meter Freestyle and the 1500 meter Freestyle), Friday's events, Saturday's events.</li> <li>○ Cost: \$15.00 per individual event, \$20.00 per relay.</li> </ul> </li> <li>● At the discretion of Time Trial Referee, the day's scheduled events may be reordered or combined into a single heat.</li> <li>● A swimmer requesting a time trial must inform the Meet Referee, or his designee, no later than 10:30 am of the day the time trial is desired. Each swimmer participating in these events should provide a timer and/or a counter.</li> <li>● Time Trials are included in the three events per day limit.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>● The current <i>USA Swimming Rules and Regulations</i>, including the Minor Athlete Abuse Protection Policy, will govern this meet.</li> <li>● 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 permission.</li> </ul>

	<ul style="list-style-type: none"> <li>Any swimmer entered in the meet must be certified by a USAS 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>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>USA Swimming prohibits deck changing into or out of swim wear.</li> <li>In accordance with VSI best practices, swimmers should shower before entering the pool.</li> <li>The Meet Referee in accordance with 102.23.2 in the USA Swimming Rules and Regulations will appoint a Meet Jury.</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. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>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"> <li>Entries using fraudulent or non-verifiable times.</li> <li>Athlete competed in the incorrect age group.</li> <li>Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </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> <li>Any event in which an athlete participated illegally will be rescored and re-awarded</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Georg Fuhs</b>  <b>Email: <a href="mailto:hqfuhs@verizon.net">hqfuhs@verizon.net</a></b>  <b>Phone: (757) 685-9310</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>Officials must have been certified for a year in the positions in which they are planning to work.</li> <li>An Application to Officiate is available on the VSI website (<a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a>) and should be sent to the Meet Referee no later than July 14, 2019. Those requesting assigned positions need to apply by June 30, 2019.</li> <li>This meet is approved as an Officials Qualifying Meet for N2/N3 certification/re-certification. Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate.</li> <li><b>Briefings will be held one hour prior to the start of each session.</b></li> </ul>
<b>SAFETY:</b>	VSI Safety and Warm-up procedures will be in effect. Swimmer Snorkels are permitted.
<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 the VSI website at <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> no later than Tuesday, July 16, 2019, 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><b>A General Meeting</b> will be held at <b>8:25 am, Friday, July 19, 2019</b>. Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance. The meeting will be held in the Hospitality Room.</li> <li><b>Hospitality:</b> A light breakfast, lunch and dinner will be provided for coaches and officials. Coaches and officials who have special dietary concerns or needs should bring their own food and beverages.</li> <li><b>Meet Program:</b> Heat sheets for trials will be available for \$3 and for finals for \$2.00.</li> <li><b>Photography:</b> In accordance with VSI Guidelines for Photographers at Meets, photography without the express permission of the Meet Director. Individuals who violate the photography restrictions may be asked by the Meet Director to leave the pool venue.</li> <li><b>Meet Event Apparel:</b> A vendor will be on site selling VSI Senior Champs t-shirt and sweatshirts.</li> <li><b>A swim shop vendor will be onsite</b> offering full service equipment such as goggles and swimsuits.</li> <li><b>Lost and Found:</b> Check with the front desk for lost and found items.</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>• Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers; lap counters, or at other needed volunteer positions.</li> <li>• All Air Flow in take Vents on deck are not to be blocked by chairs, benches, spectators or towels!</li> <li>• Spectators may not sit in the aisles and may not reserve blocks of seats.</li> <li>• No glass containers of any kind are allowed in the facility.</li> <li>• No lawn/deck chairs allowed in the grandstand.</li> <li>• Objects are not to be passed over the grandstand railing.</li> <li>• No smoking on the campus.</li> <li>• Shoes are suggested to be worn in all areas outside the pool deck including locker rooms.</li> <li>• The front door is the only entry/exit door for the facility.</li> <li>• Young children must be supervised by an adult.</li> <li>• No tape of any kind is to be used inside to hang signs, banners or decorations.</li> </ul>
<b>DIRECTIONS:</b>	Directions to the pool can be found by going to: <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a>
<b>PARKING:</b>	<ul style="list-style-type: none"> <li>• Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.</li> <li>• There will be a drop off area designated. Please follow guidance of parking attendants.</li> </ul>

## SCHEDULE OF EVENTS

### 2019 VIRGINIA SWIMMING LONG COURSE SENIOR CHAMPIONSHIPS

(Qualifying period: January 1, 2018 to July 17, 2019)

Qualifying Times				THURSDAY	Qualifying Times			
Women	SCY	SCM	LCM	JULY 18	LCM	SCM	SCY	Men
1	19:08.99	19:02.29	19:37.19	1500 M /1650 Y FREE	17:58.49	17:29.09	17:35.09	2

All events swum as timed finals. Order: fastest to slowest alternating women's and men's.

Qualifying Times				FRIDAY	Qualifying Times			
Women	SCY	SCM	LCM	JULY 19	LCM	SCM	SCY	Men
3	1:59.79	2:12.39	2:15.39	200 M FREE	2:04.49	2:00.39	1:48.99	4
5	1:12.39	1:20.09	1:23.09	100 M BREAST	1:15.49	1:11.09	1:05.19	6
7	1:01.69	1:08.19	1:09.09	100 M FLY	1:02.39	1:01.19	55.29	8
9	4:47.99	5:18.49	5:26.09	400 M MEDLEY	5:01.59	4:53.29	4:25.99	10
11				800 M FREE REL <sup>‡</sup>				12

<sup>‡</sup>Requires positive check-in to swim; may choose AM or PM preference; fastest two heats swim in finals  
Order of Finals: Events 3, 4, 5, 6, 7, 8, 9,10, Break (10min), Events 11, 12

Qualifying Times				SATURDAY	Qualifying Times			
Women	SCY	SCM	LCM	JULY 20	LCM	SCM	SCY	Men
13				200 M FREE REL <sup>†</sup>				14
15	2:18.39	2:32.89	2:35.79	200 M FLY	2:21.19	2:18.19	2:04.99	16
17	25.89	28.69	29.49	50 M FREE	26.09	25.39	22.89	18
19	2:35.99	2:52.39	2:57.99	200 M BREAST	2:44.59	2:36.69	2:21.79	20
21	1:02.59	1:09.19	1:11.79	100 M BACK	1:05.79	1:02.89	56.89	22
23	5:19.19	4:39.39	4:43.89	400 M / 500 Y FREE	4:24.79	4:18.89	4:55.89	24
25				400 M MED REL <sup>‡</sup>				26

<sup>†</sup>Requires positive check-in to swim. All heats swim in prelims.

<sup>‡</sup>Requires positive check-in to swim; may choose AM or PM preference; fastest two heats swim in finals.  
Order of Finals: Events 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, Break (10 min), Events 25, 26

Qualifying Times				SUNDAY	Qualifying Times			
Women	SCY	SCM	LCM	JULY 21	LCM	SCM	SCY	Men
27				200 M MED REL <sup>†</sup>				28
29	2:15.59	2:29.89	2:34.99	200 M BACK	2:21.99	2:17.39	2:04.19	30
31	55.79	1:01.69	1:03.09	100 M FREE	57.29	55.39	49.99	32
33	2:15.99	2:30.29	2:34.79	200 M MEDLEY	2:22.39	2:16.39	2:03.39	34
35				400 M FREE REL <sup>‡</sup>				36
37	11:15.69	9:51.29	10:01.39	800 M/1000 Y FREE <sup>#</sup>	9:24.19	9:08.59	10:27.99	38

<sup>†</sup>Requires positive check-in to swim; **enter using your 400 Medley Relay time.** All heats swim in prelims.

<sup>‡</sup>Requires positive check-in to swim; may choose AM or PM preference; up to two heats swim in finals.

<sup>#</sup>May designate AM or PM preference; top 8 PM designees will swim at finals.

Order of Finals: Events 37, 38, 29, 30, 31, 32, 33, 34, Break (10 min), Awards (Individual High Point), Events 35, 36, Awards (Team), Time Trials

## 2019 VIRGINIA SWIMMING SENIOR CHAMPIONSHIPS BONUS STANDARDS

(Qualifying period: January 1, 2018 to July 17, 2019)

**Swimmers are allowed a maximum of one (1) bonus event. Bonus events count toward the maximum number of swims (6) for the meet and maximum number of swims (3) per day.**

SCY	SCM	LCM	EVENT	LCM	SCM	SCY
26.39	29.19	29.99	50 FREE	26.59	25.89	23.39
56.89	1:02.79	1:04.19	100 FREE	58.29	56.39	50.99
2:01.79	2:14.59	2:17.59	200 FREE	2:06.49	2:02.39	1:50.99
<b>Bonus swims for the 400, 800, or 1500 Free are not available</b>			400/500 FREE	<b>Bonus swims for the 400, 800, or 1500 Free are not available</b>		
			800/1000 FREE			
			1500/1650 FREE			
1:03.59	1:10.19	1:12.79	100 BACK	1:06.79	1:03.89	57.89
2:17.59	2:31.89	2:36.99	200 BACK	2:23.99	2:19.39	2:06.19
1:13.39	1:21.09	1:24.09	100 BREAST	1:16.49	1:12.09	1:06.19
2:37.99	2:54.39	2:59.99	200 BREAST	2:46.59	2:38.69	2:23.79
1:02.69	1:09.19	1:10.09	100 FLY	1:03.39	1:02.19	56.29
2:20.39	2:34.89	2:37.79	200 FLY	2:23.19	2:20.19	2:06.99
2:17.99	2:32.29	2:36.79	200 MEDLEY	2:24.39	2:18.39	2:05.39
<b>Bonus swims for the 400 Medley are not available</b>			400 MEDLEY	<b>Bonus swims for the 400 Medley are not available</b>		



## ONLINE MEET ENTRY (OME) INSTRUCTIONS

- Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) **ONLY**. Email entries during the regular entry period will not be accepted.
  - The OME system is accessed from the USA Swimming web site at the address:  
<http://www.usaswimming.org/ome>
  - Coaches must register for an account (Free) to utilize the system. Log in and select “Enter Team”.
- **OME OPENS:** 9:00 AM EST –Monday, July 1, 2019
- **OME CLOSES:** 11:59 PM EST – Monday, July 15, 2019 (Entry Deadline)
- **Meet entries in the form of an entry list or psych sheet will be posted to the VSI website on Tuesday, July 16, 2019**
- **Meet Entry Officer:** Mary Turner, (434) 352-5451, [myturner525@gmail.com](mailto:myturner525@gmail.com)
- **OME HELP:**

Jamie Lewis	Mary Turner
USA Swimming	Meet Entry Officer
Phone: (719) 866-3562	Phone: (434)352-5451
Email: <a href="mailto:jlewis@usaswimming.org">jlewis@usaswimming.org</a>	Email: <a href="mailto:torandolph@gmail.com">torandolph@gmail.com</a>
- **Conforming and Non-Conforming times will be used for entry. Order of preference is: Long Course Meters, Short Course Yards, then, Short Course Meters.**
- **ENTRY LIMITS:**
  - **Individual Events:** Athletes may enter all events for which they qualify, however they may only compete in Six (6) individual events for the meet, and no more than Three (3) individual events per day.
  - **Bonus Events:** Maximum of one (1) bonus event. Swimmers entered in an individual event will be permitted to enter a bonus event in which they have achieved the bonus qualifying standard.
  - Bonus swims for the 400 Medley, 400 Freestyle, 800 Freestyle, and the 1500 Freestyle are not available, with the exception that swimmers who have the qualifying time in the 800 Freestyle or the 1500 Freestyle may swim both events.
  - **Relays:** Two (2) per team per event.
- **Individual Entries:** Use the fastest time in national database for entry within the qualifying period.
  - Swimmers may enter using an “Override Time” for times that are not in the national database.
  - Override times must include the meet name and date.
  - Override times that cannot be proven during the entry process will be annotated with an asterisk (\*) on the meet psych sheet (Entry List).
- **Proof of asterisk (\*) submitted times must be provided to the Administrative Referee prior the scratch or positive check in deadline for that event in order to be seeded.**
- “No Time” relay entries will not be accepted.
- Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
- Entries which improve the time of an earlier entry will be accepted **only** while OME is open.
- **OME RELAY ENTRY PROCEDURES: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.**
  - If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (\*\*).
  - The \*\* signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay
  - **All entries for 200 M Medley Relays must use 400 M Medley Relay times.** NT entries will not be accepted.
- **ATTENTION TEAMS WITH UNATTACHED ATHLETES:** Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link.
- **ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually.
  - Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”
  - These individuals may send a text file of their entries to the Meet Entry Officer to be entered manually.
  - Unless other arrangements are made payment must be made by check prior to the first session of the meet (Thursday, July 18, 2019).

- **LATE ENTRIES:**

- Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input.
- Late entries at the meet must be made to the Admin Referee and will only be accepted for events for which the scratch box has not closed.
- All late entries must be submitted with proof of time. Late entries may not be used to improve the seed time of an earlier entry

## Warm-up Schedule & Instructions

- **Thursday afternoon/evening session: Warm-ups at 12:30-1:50 pm; competition starts at 2:00 pm.** The competition pool will be reserved for swimmers entered into the 1500 meter Freestyle from 1:00 -1:50 pm.
  - All other swimmers must use the warm-up/warm down pool. Specific lanes will be designated upon request (start or pace) by the Meet Referee.
  - Meet Referee has the authority to designate such lanes as needed.
- Friday, Saturday, and Sunday Trials sessions: Warm-ups 6:30-8:20 am; **Friday competition starts 8:40 am following the General Meeting at 8:25 am**, Saturday & Sunday competition starts at 8:30 am.
  - 6:30-7:50 am: All lanes designated for general warm-up
  - 7:50-8:20 am: Lanes 1 and 8 designated for pace; Lanes 2-3 and 6-7 designated for sprint; Lanes 4-5 and all other lanes will remain general.
- Finals session on (Friday & Saturday): Warm-ups 4:30-5:35 pm; competition starts at 5:45 pm.
  - 4:30-5:15 pm: All lanes designated for general warm-up for all participants.
  - 5:15-5:35 pm: **Competition pool reserved for finals competitors only.**
  - 5:15-5:35 pm: Lanes 1 and 8 designated for pace; Lanes 2-3 and 6-7 designated for sprint; Lanes 4-5 and all other lanes will remain general.
- Finals session (Sunday): Warm-ups at 3:30-4:20 pm; competition starts at **4:30 pm**.
  - 3:30-3:55 pm: All lanes designated for general warm-up
  - 4:00-4:20 pm: **Competition pool reserved for finals competitors only.**
  - 3:55-4:20 pm: Lanes 1 and 8 designated for pace; Lanes 2-3 and 6-7 designated for sprint; Lanes 4-5 and all other lanes will remain general.
  - 800 meter Freestyle session: Warm-ups are planned to begin 45 min prior to the start of the first scheduled heat and will close 5 min prior to the start of the first scheduled 800 meter freestyle heat.
- There will be specific lanes designated for PACE ONLY in the warm-up/cool down lanes. Meet Referee has the right to change lane assignments based on the needs of the swimmers.