




LY Distance Festival
June 15, 2019
SANCTION NO. VS-19-118

Hosted by

Lynchburg YMCA

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| SANCTION: | <ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-118 • USA Swimming, Inc., Virginia Swimming, Inc., Lynchburg YMCA Swimming, the YMCA of Central Virginia, and the City of Lynchburg 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: | Miller Park Pool, 2100 Park Avenue, Lynchburg, VA 24501 (434) 455-5858 |
| FACILITY: | <ul style="list-style-type: none"> • Outdoor 50-meter, 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. 7 lanes will be used for competition and a single lane will be kept open at all times for warm-up and warm-down. • Large concrete deck space, and ample amounts of grassy area for tents and canopies. • Colorado Automatic Timing System will be used. • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). |
| 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 open to all USA Swimming athletes registered before the first day of the meet. • No on deck USA Swimming athlete registration will be permitted. • Age on June 15, 2019 will determine age for the entire meet. |
| 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"> • The 1500 Free and 400 IM will be open events. • The 400 Free will be swum as a 12 and under event. • The 800 Free will be swum as a 13 and over event. |
| WARM-UP: | <ul style="list-style-type: none"> • Warm-up will begin at 8:00 am and the meet will begin at 9:00am. One lane will be kept open during the meet for continuous warm-up and warm-down. • The approximate start times for heats will be posted on the LY website at www.lyswimming.org no later than Tuesday, June 11, 2019 and will also be emailed to the contact person of the participating clubs. • Warmup lane assignment for individual clubs will be posted on the LY website at www.lyswimming.org no later than Tuesday, June 11, 2019 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 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 TUESDAY, JUNE 4, 2019.</p> <ul style="list-style-type: none"> • Entries must be submitted in long course meters times 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 meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. |

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| | <ul style="list-style-type: none"> • “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 2 individual events for the meet. • 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. • 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 Administrative Official on the provided forms. |
| FEES: | <p>Individual events: \$8.00 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"> • Mail payment to: Ryan Woodruff 105 Fox Hollow Road Lynchburg, VA 24503 • Payment must be received by Tuesday, June 11, 2019 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. Please do not have individual swimmers send checks to the meet host. • 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"> • There will be no awards for this meet. |
| SEEDING: | <ul style="list-style-type: none"> • There will be no clerk of course. Swimmers should report directly to the blocks for their events. • All events will require a positive check-in to swim. Positive check-in will close 20 minutes prior the end of warm-ups. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • The 1500 Freestyle, 400 IM, 400 freestyle and 800 freestyle will be swum fastest to slowest with genders combined. |
| 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. • Any swimmer entered in the meet must be certified by a USA Swimming 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. • 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. • 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. |

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| | <ul style="list-style-type: none"> 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: Mary Turner Email: myturner525@gmail.com Phone: (434) 352-5451</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, June 4. Online sign-up for officials will be available on lyswimming.org on the Event page for the meet. Officials' meetings will take place on deck 45 minutes prior to the start of each session. There will be no coaches' meeting. |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. |
| TIMERS: | <ul style="list-style-type: none"> Each swimmer is required to provide his or her own timer for each individual event being swum. |
| GENERAL: | <ul style="list-style-type: none"> Limited hospitality for coaches and officials will be provided. Heat sheets will be available for free for spectators. |
| 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. No glass containers of any kind are permitted in the facility. No spectators/parents will be allowed on deck unless working the meet. No smoking is allowed on the campus. No flash photography. |
| DIRECTIONS: | Directions are available on the team website, www.lyswimming.org |

**2019 LY Distance Meet
ORDER OF EVENTS
June 15, 2019**

| Session 1 – Saturday Morning Warm-up: 8:00 a.m.; Start: 9:00 a.m. | |
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| <u>Event #</u> | <u>Event</u> |
| 1 | Mixed Open 1500 Freestyle* |
| 2 | Mixed Open 400 IM* |
| 3 | Mixed 12 & Under 400 Freestyle* |
| 4 | Mixed 13 & Over 800 Freestyle* |

*Swimmers must provide own timer and counter