



**Winchester Long Course  
Invitational  
June 21-23, 2019  
SANCTION NO. VS-19-107**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-19-107</b></li><li>• USA Swimming, Inc., Virginia Swimming, Inc., Jim Barnett Park and Winchester Swim Team 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>	Jim Barnett Park, 1001 East Cork Street, Winchester, VA 22601
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• The Jim Barnett Swim Facility provides a 50-meter outdoor pool with 8 lanes, pool depth varies from 11'5" deep at the start end and 3'5" deep at the turn end, with non-turbulent lane markers.</li><li>• A semi-automated Dolphin Timing System made by Colorado Timing System will be used for all events.</li><li>• Eight lanes will be used for competition.</li><li>• The indoor pool will be available for continuous warm up and cool down.</li><li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).</li></ul>
<b>MEET DIRECTORS:</b>	Jennifer Lilly Email: <a href="mailto:wstlongcourse@gmail.com">wstlongcourse@gmail.com</a> Phone: (540) 247-4327
<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 June 21, 2019 (first day of the meet) 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 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>• All swimmers will swim in the Friday sessions. <b>12 &amp; U athletes must select to enter either the AM or PM session on Friday. They <u>may not</u> enter both sessions.</b></li><li>• All 12 and under swimmers will swim in the morning sessions both Saturday and Sunday.</li><li>• All 13 and over swimmers will swim in the afternoon sessions both Saturday and Sunday.</li><li>• All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Morning sessions: warm-ups at 7:00 am; competition starts at 8:05 am.</li><li>• Afternoon sessions: warm-ups not before 12:00 pm; competition starts not before 1:00 pm.</li><li>• Distance sessions: The pool will be opened immediately following the finish of the Friday morning session for open warm-ups; competition start not before 1:00 pm.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the Winchester Swim Team website no later than Monday, June 17, 2019, 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>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS JUNE 7, 2019.</b> <ul style="list-style-type: none"><li>• Entries must be submitted in long course meter 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></ul>

	<ul style="list-style-type: none"> <li>Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT <b>must be slower than an "A" time</b>. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. Coach Times can be a conversion of SCY times. Converted times will be accepted but must be submitted in long course meters.</li> <li>"No Time" (NT) entries will not be accepted.</li> <li>Swimmers may enter a maximum of <b>5 individual event(s) per day</b>.</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>If a session is over-subscribed swimmers will be required to cut down to 4 events. Clubs will be notified no later than June 18, 2019.</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 may require reseeding.</li> <li>Email entries to: Faye Thompson, <a href="mailto:wstlongcourse@gmail.com">wstlongcourse@gmail.com</a>, if you do not receive a confirmation email within 24 hours, please resubmit and contact the Meet Director.</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 Meet Referee on the provided forms prior to the start of the event session.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$6.50 Deck entries: \$10.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li><b>Checks should be made payable to: Winchester Swim Team.</b></li> <li><b>Mail payment to: Winchester Swim Team</b> <b>4 Weems Ln #178</b> <b>Winchester, VA 22601</b></li> <li><b>Payment must be received by Tuesday, June 18, 2019 for all entries.</b> 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>Heat winners will be awarded for all events.</li> <li>Ribbons will not be awarded for individual events.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be deck-seeded. Swimmers will be seeded from slowest to fastest. Events 9-10 (400 IM), 11-12 (800 Free), and 13-14 (1500 Free) will be swum fastest to slowest and alternating heats of girls and boys.</li> <li>Coaches will be given a team positive check-in and scratch back list prior to each session beginning which will be due 15 minutes after warm-up has begun. Coaches are asked to eliminate any swimmer that is not in attendance or not intending to swim their event(s) that day. These eliminations will not be given a refund. At that time, the session will be officially seeded.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEED.</b></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>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations will apply.</li> <li>Operation of a drone, or any flying apparatus, is prohibited over the venue (pools, athlete/coaches' areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</li> <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</li> </ul>

	<p>unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> <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>• The Meet Referee reserves the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for 12 &amp; under sessions in Rule 205.3.1F.</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. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Stan Lesniak</b>  <b>Email: wdkrfr@comcast.net Phone: 717-387-1057</b></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 Kelly Warnagiris, <a href="mailto:kelly@warnagiris.org">kelly@warnagiris.org</a> <b>no later than Tuesday, June 18, 2019. Please follow the link to sign-up:</b>  <a href="https://docs.google.com/forms/d/10n7n6jNAI7TJvmRPdbTPTyihIFYc-15o7pdJiS5N5C0/viewform?edit_requested=true">https://docs.google.com/forms/d/10n7n6jNAI7TJvmRPdbTPTyihIFYc-15o7pdJiS5N5C0/viewform?edit_requested=true</a></li> <li>• Officials meetings will be conduct one-hour prior to the start of each session in the hospitality area.</li> <li>• Officials who sign up to work 4 sessions or more will receive a free official's white polo shirt, please include your size in the sign-up comments.</li> <li>• Official's uniform is white polo shirt, dark, blue pants/short/skirt, white socks and white shoes. White hats are permitted.</li> </ul>
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>• VSI Safety and warm-up procedures will be in effect.</li> <li>• Weather: If weather conditions make it impossible to follow the original timeline of events, the Meet Referee has a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. <b>Cancellation of the meet or session is a decision of the Meet Director and Meet Referee.</b></li> </ul>
<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 Winchester Swim Team website no later than Monday, June 17, 2019 and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Timers should report to the timers meeting 30 minutes before the start of each session.</li> <li>• All swimmers are required to provide a timer and a counter for all Friday afternoon events, 400 IM, 800 free and 1500 free. An additional timer will be assigned to each lane for a total of 2 timers.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Swimmer/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers and spectators.</li> <li>• <b>Meet Mobile:</b> Will be available for all sessions with complimentary Wifi access provided by Wave 2 Net, LLC</li> <li>• <b>Meet Programs with Heat Sheet:</b> Will be available for \$3 per session</li> <li>• <b>Concessions:</b> Will be available for purchase onsite during the entire meet by WST.</li> <li>• <b>Hospitality:</b> Will be available for coaches and registered officials to include breakfast, lunch, dinner, and light snacks each day.</li> <li>• <b>Swim Supplies:</b> Swim and Tri swim shop will be available for swim supply purchases.</li> <li>• Commemorative t-shirt vendor will be onsite each day.</li> <li>• <b>Team Areas:</b> There is ample lawn space for the setup of canopies or other shelter. You may leave tents and chairs overnight at your own risk.</li> <li>• <b>First Aid:</b> See Lifeguard for assistance.</li> </ul>

<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>● Winchester Park and Recreational Rules and Regulations apply.</li> <li>● Please obey all posted signs.</li> <li>● No glass, smoking or pets inside the fenced pool area or near entrance.</li> <li>● No alcohol permitted in the park.</li> <li>● No photos or video of any kind permitted behind the blocks at any time.</li> </ul>
<b>DIRECTIONS:</b>	<p>Jim Barnett Park Outdoor Pool – 1001 East Cork Street, Winchester, VA 22601  <a href="http://bit.ly/JimBarnettOutdoorPool">http://bit.ly/JimBarnettOutdoorPool</a></p>
<b>HOTELS:</b>	<p>George Washington Hotel - <a href="http://bit.ly/GeorgeWashingtonHotel">http://bit.ly/GeorgeWashingtonHotel</a>  Courtyard by Marriott - <a href="http://bit.ly/CourtyardMarriottWinchester">http://bit.ly/CourtyardMarriottWinchester</a>  Fairfield Inn - <a href="http://bit.ly/FairfieldInnWinchester">http://bit.ly/FairfieldInnWinchester</a>  Country Inn &amp; Suites - <a href="http://bit.ly/CountryInnSuitesWinchester">http://bit.ly/CountryInnSuitesWinchester</a>  Hilton Garden Inn - <a href="http://bit.ly/HiltonGardenInnWinchester">http://bit.ly/HiltonGardenInnWinchester</a>  Hampton Inn - <a href="http://bit.ly/HamptonInnWinchester">http://bit.ly/HamptonInnWinchester</a></p>

**Winchester Long Course Invitational  
ORDER OF EVENTS**

<b>Friday, June 21, 2019</b>					
<b>Morning Session</b> Warm-up: 7:00 am; Start: 8:05 am			<b>Afternoon Session*</b> Warm-up: 12:00 pm; Start: 1:00 pm		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	Open 200 Butterfly	2	9	Open 400 IM	10
3	Open 200 Backstroke	4	11	Open 800 Freestyle	12
5	Open 200 Breaststroke	6	13	Open 1500 Freestyle	14
7	Open 200 IM	8			
<b>Saturday, June 22, 2019</b>					
<b>Morning Session</b> Warm-up: 7:00 am; Start: 8:05 am			<b>Afternoon Session*</b> Warm-up: 12:00 pm; Start: 1:00 pm		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
15	10 & Under 400 Freestyle	16	35	13-14 400 Freestyle	36
17	11-12 400 Freestyle	18	37	15 & Over 400 Freestyle	38
19	10 & Under 50 Butterfly	20	39	13-14 100 Breaststroke	40
21	11-12 50 Butterfly	22	41	15 & Over 100 Breaststroke	42
23	10 & Under 100 Breaststroke	24	43	13-14 200 IM	44
25	11-12 100 Breaststroke	26	45	15 & Over 200 IM	46
27	10 & Under 50 Backstroke	28	47	13-14 100 Freestyle	48
29	11-12 50 Backstroke	30	49	15 & Over 100 Freestyle	50
31	10 & Under 100 Freestyle	32			
33	11-12 100 Freestyle	34			
<b>Sunday, June 23, 2019</b>					
<b>Morning Session</b> Warm-up: 7:00 am; Start: 8:05 am			<b>Afternoon Session</b> Warm-up: 12:00 pm; Start: 1:00 pm		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
51	10 & Under 100 Butterfly	52	71	13-14 100 Butterfly	72
53	11-12 100 Butterfly	54	73	15 & Over 100 Butterfly	74
55	10 & Under 200 Freestyle	56	75	13-14 200 Freestyle	76
57	11-12 200 Freestyle	58	77	15 & Over 200 Freestyle	78
59	10 & Under 50 Breaststroke	60	79	13-14 100 Backstroke	80
61	11-12 50 Breaststroke	62	81	15 & Over 100 Backstroke	82
63	10 & Under 100 Backstroke	64	83	13-14 50 Freestyle	84
65	11-12 100 Backstroke	66	85	15 & Over 50 Freestyle	86
67	10 & Under 50 Freestyle	68			
69	11-12 50 Freestyle	70			
*If a morning session run long, afternoon warm-ups will begin immediately after the end of that session.					