



Virginia Y League Championship

March 13, 2010
VSI Approval No.



SANCTION:	Closed YMCA Championship competition. Held under the approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: VS-_____
LOCATION:	Waynesboro YMCA, 648 S Wayne Ave., Waynesboro, VA 22980 (540) 942-5107
FACILITY:	<ul style="list-style-type: none"> Indoor 25 yard 6 lane pool with Competitor lane lines. Colorado automatic timing system with 2 line scoreboard. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2©.
MEET DIRECTOR:	Doug Wharam Phone: 540-942-5107 x205 Email: dougw@smacswimming.org
ELIGIBILITY:	<ul style="list-style-type: none"> This meet is a closed YMCA championship competition offered to YMCA teams who are part of the Virginia YMCA League and only those swimmers who have full membership privileges. All swimmers participating in this meet must be full privileged members of their YMCA. Age on March 13, 2010, will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcomed 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 events will be timed finals. Lane assignment and warm-up times for individual clubs will be posted on the SMAC website at www.smacswimming.org no later than Wednesday, March 11, and will also be emailed to the contact person of the participating clubs. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. All events will start from the blocks 8 & Under 100 yd relays will require in-water starts for swimmers 2 and 4.
WARM-UPS:	<ul style="list-style-type: none"> Morning sessions: Warm-ups at 7:00AM; competition starts at 8:30AM. Afternoon sessions: Warm-ups at 12:30PM ; competition starts at 2:00PM. 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.smacswimming.org
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Monday March 9, 2010.</p> <ul style="list-style-type: none"> 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. Teams may submit entries as an e-mail attachment (preferred). A Team Manager printout of entries must be included or the meet checklist/summary sheet. The name, phone number, and email address 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 3 <i>individual events</i> and 1 <i>relay event</i> per day or 2 <i>individual events</i> and 2 <i>relays</i> per day. Teams are limited to entering no more than THREE swimmers per event in the senior session, and no more than FIVE swimmers per event in the 12 & under session. Relay teams must be designated A or B if more than one per club is entered per event. A limit of

	<p>two relays per event per team may be entered. Only one relay per team per event may score.</p> <ul style="list-style-type: none"> • <u>Please delete any USA-S registration numbers from all non USA-S registered athletes for entry purposes.</u> This can be done under the athlete name function on Hy-Tek. Also, please submit a complete written list of all athletes who are NOT USA-S registered. This will help us ensure that the USA-S registered athletes get official times entered in the SWIMS database. • Email entries to: davidbihl@yahoo.com. • Mail entries and fees to: David Bihl c/o SMAC Swimming 648 S. Wayne Avenue Waynesboro, VA 22980 • IMPORTANT: If entries are 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.
	<p>Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Waynesboro YMCA SMAC
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for the 12 & under session only - first through eighth place. • SR events will be scored separately for 14 & under and 15 & older. • 10 & Younger individual events will be given separate awards for 9-10 and 8 & Younger age groups. • Relay events: Ribbons will be awarded for the first place finish only and only in the 12 & under session. • A team trophy will be awarded for 1st place. • SCORING: Individual events will be scored through 16 places. • 1-8th place will score 20-17-16-15-14-13-12-11, respectively. • 9th-16th place will score 9-7-6-5-4-3-2-1, respectively. • Only ONE relay, per event per team may score. • 1st through 5th place relays will score 40-34-32-30-28, respectively.
SEEDING:	<ul style="list-style-type: none"> • The 500 freestyle will require a positive check-in to swim. • Positive check-in for the 500 freestyle will close by the end of warm up. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • SWIMMERS WHO CHECK IN AND FAIL TO SHOW UP FOR THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT. • There will be no clerk of course. Swimmers should report directly to the blocks for their races. • 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.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded. • 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. • Clubs entering swimmers who are not full privilege members of their YMCA may be fined \$100 per swimmer in each event so entered.
RULES:	<ul style="list-style-type: none"> • The current YMCA Safety Rules and Regulations will apply. The current USA Swimming Technical Rules will apply. • The overhead start procedure will be used at the discretion of the Referee.
OFFICIALS:	<p>Meet Referee: David Bihl Email: davidbihl@yahoo.com Phone: (717) 350-3896 Officials at all positions will be required for this meet.</p>

	<ul style="list-style-type: none"> • Officials must be USA Swimming and/or YMCA certified officials. • Team Officials Chairpersons should submit the names and session availability of certified officials to David Bihl no later than Monday March 9, 2010. • Officials Meetings will be held 45 minutes before the start of each session. • Coaches Meeting will be held immediately following warm-ups for the morning session only.
SAFETY:	VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.
TIMERS:	Each team will need to provide timers in proportion to their entries for a session. Timing assignments will be posted on the SMAC website at www.smacswimming.org no later than Wednesday March 11 th , and will also be emailed to the contact person of the participating clubs.
GENERAL:	<p>Hospitality for coaches and officials will be provided.</p> <p>Heat sheets will be sold for \$5.00</p> <p>Concessions will be available.</p> <p>Swimmers will report directly to the blocks for their events.</p>
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. • Please note that 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. • SMOKING IS PROHIBITED anywhere on the grounds of the YMCA.
DIRECTIONS:	Take exit 96 off US Interstate 64. Go north towards Waynesboro. Take the second left (Windsor) and go straight until the road "T"s into Lyndhurst Road. Turn right onto Lyndhurst (changes to Wayne Ave.). The YMCA is ½ mile on the right.

Events – Saturday March 13th, 2010

12 & Under Session Warm Up 7:00 am; Competition 8:30 am

<u>Girls</u>		<u>Boys</u>
1	8 & Under 100 Fr. Relay	2
3	10 & Under 200 Fr. Relay	4
5	12 & Under 200 Fr. Relay	6
7	10 & Under 100 Freestyle	8
9	11-12 100 Freestyle	10
11	8 & Under 25 Backstroke	12
13	10 & Under 50 Backstroke	14
15	11-12 50 Backstroke	16
17	8 & Under 25 Breaststroke	18
19	10 & Under 50 Breaststroke	20
21	11-12 50 Breaststroke	22
23	8 & Under 25 Butterfly	24
25	10 & Under 50 Butterfly	26
27	11-12 50 Butterfly	28
29	10 & Under 100 Ind. Medley	30
31	11-12 100 100 Ind. Medley	32
33	8 & Under 25 Freestyle	34
35	10 & Under 50 Freestyle	36
37	11-12 50 Freestyle	38
39	8 & Under 100 Medley Relay	40
41	10 & Under 200 Medley Relay	42
43	12 & Under 200 Medley Relay	44

Senior Session Warm Up 12:30 pm; Competition 2:00 pm

<u>Girls</u>		<u>Boys</u>
45	Senior 200 Free Relay	46
47	13-14 200 Free Relay	48
49	Senior 200 Individual Medley	50
51	Senior 100 Freestyle	52
53	Senior 200 Backstroke	54
55	Senior 100 Butterfly	56
57	Senior 200 Breaststroke	58
59	Senior 200 Medley Relay	60
61	13-14 200 Medley Relay	62
63	Senior 500 Freestyle	64
65	Senior 100 Backstroke	66
67	Senior 200 Butterfly	68
69	Senior 200 Freestyle	70
71	Senior 100 Breaststroke	72
73	Senior 50 Freestyle	74
75	Senior 400 Free Relay	76
77	13-14 400 Free Relay	78