



**Virginia Y League Championship**  
**March 13, 2010**  
**Waynesboro YMCA**  
**648 Wayne Ave., Waynesboro VA 22980**  
**540-942-5107**



**Meet Type:**

This is a one day YMCA meet held under the sanction of USA Swimming/ Virginia Swimming, Inc., hosted by SMAC Swim Club. The meet will be held at the YMCA in Waynesboro, VA. The YMCA is a 6 lane 25 yard pool. All Swimmers may enter a maximum of 3 individual events and 1 relay. **All Stingray Swimmers who are not participating in Age Group Champs or Senior Champs should sign up for this meet. This meet is also for those Seniors who still need a meet to qualify for Y Nats.**

**Entry Deadline & Procedures:**

**Monday, February 22nd.** Those invited should sign up via the RAYS' website [www.swimrays.org](http://www.swimrays.org), using the Meet Sign Up tab on the left of the Main Page. A confirmation will appear once you submit your entries. This method will be used to sign-up for all meets.

**Time Schedule:**

Morning Session	WU: 7:00 am	Events: 8:30 am
Afternoon Session	WU: TBA	Events: TBA

Check the RAYS' website [www.swimrays.org](http://www.swimrays.org) by Wednesday, March 10th for the correct WU times. An email will also be sent with WU & Meet start times.

**Pool Location:**

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.

**Fees:**

**Individual Events: \$3.00/event; Relay Events: \$3.00/swimmer; Swimmer Surcharge: \$3.00 per swimmer. For example: Three(3) individual events X \$3.00/individual event + One (1) relay event X \$3.00/relay event + \$3.00 swimmer surcharge = \$15.00**  
Your meet fees will be added to your monthly billing.

**Awards:**

Individual events: 12 & Under Ribbons 1<sup>st</sup> - 8<sup>th</sup> places.  
Relay events: 12 & Under 1<sup>st</sup> Place only  
Team Awards: Trophy awarded to 1<sup>st</sup> place

**Events – Saturday March 13<sup>th</sup>, 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	35
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