



**VIRGINIA YMCA LEAGUE CHAMPIONSHIP**  
**February 12, 2012**  
**Y Sanction No.**  
**APPROVAL NO. VS-12-03Y**

Hosted by:



Lynchburg YMCA Swim Team

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Sanctioned by the YMCA Competitive Swimming and Diving Committee as a Championship level competition. Sanction # _____</li> <li>Held under the approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: <b>VS-12-03Y</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., and the Jamerson YMCA 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>	Jamerson Family YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502; 434-582-1900
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>The Jamerson YMCA has an indoor, 8 lane competition pool, 9 feet deep at the start end and 4 feet deep at the turn end of the pool. All lanes are bottom striped and wall targeted with non-turbulent lane lines.</li> <li>Bleacher seating is available on deck and the gym will be available for seating as well. Three 25 yard lanes are available for continuous warm up and warm down.</li> <li>Colorado Automatic Timing System with a 4 panel scoreboard.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming</li> </ul>
<b>MEET DIRECTOR:</b>	Lisa Liston Phone: (434) 384-6338 Email: <a href="mailto:LisaLListon@aol.com">LisaLListon@aol.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>This meet is a closed YMCA championship competition offered to YMCA teams who are part of the Virginia YMCA League and only those swimmers that have full membership privileges.</li> <li>All teams, as well as all coaches, must be registered through the YMCA Online Registration system in order to participate in the meet.</li> <li>All swimmers participating in this meet must have swum in two closed league competitions.</li> <li>All swimmers participating in this meet must be full privileged members of their YMCA, and must have been members of their YMCA for 90 days prior to the meet and must have represented only their YMCA team (high school teams excepted) 90 days prior to the meet</li> <li>The following conditions are necessary for USA Swimming registered athletes to have their times recognized by USA Swimming and input into SWIMS:             <ul style="list-style-type: none"> <li>USA Swimming athletes competing in this meet must be registered by the first day of the meet.</li> <li>No on deck USA Swimming athlete registration will be permitted.</li> </ul> </li> <li>Age on February 12, 2012, 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 welcomed 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>	<ul style="list-style-type: none"> <li>All events will be timed finals.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the LY website at <a href="http://www.lyswimming.org">www.lyswimming.org</a> no later than Wednesday, February 8, 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>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:30 AM.</li> <li>Afternoon sessions: Warm-ups at 12:30 PM ; competition starts at 2:00 PM.</li> <li>The meet director reserves the right to adjust warm up times and lengths once entries have been 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</li> </ul>

	<a href="http://www.lyswimming.org">www.lyswimming.org</a>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS FEBRUARY 6, 2012.</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Teams may submit entries via e-mail.</li> <li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with 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.</li> <li>• NT (No Time) entries will NOT be accepted. Times entered must have been achieved since the previous Virginia Y League Championship meet and must be provable by results from closed YMCA meets or verifiable in the USAS database.</li> <li>• Swimmers may enter a maximum of <i>3 individual events</i> and <i>1 relay event</i> per day or <i>2 individual events and 2 relays</i> per day.</li> <li>• Relay teams must be designated A or B or C, etc. if more than one per club is entered per event. Only one relay per team per event may score.</li> <li>• <b><u>Please delete any USA-S registration numbers from all non-USA-S registered athletes for entry purposes.</u></b> This can be done under the athlete name function on Hy-Tek. <ul style="list-style-type: none"> <li>○ Also, please submit a complete written list of all athletes that are NOT USAS registered.</li> <li>○ This will help us ensure that the USAS registered athletes get official times entered in the USAS database.</li> </ul> </li> <li>• Email entries to: <a href="mailto:CoachListon@comcast.net">CoachListon@comcast.net</a></li> <li>• Mail entries and fees to: TJ Liston 1240 Krise Circle Lynchburg, VA 24503</li> <li>• <b>IMPORTANT:</b> 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.</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.</li> </ul>
	<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"> <li>• Checks should be made payable to: <b>YMCA of Central Virginia</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Medals will be awarded for first through third place, and ribbons for fourth through eighth place. <ul style="list-style-type: none"> <li>○ SR events will be scored separately for 14 &amp; under and 15 &amp; older.</li> <li>○ 10 &amp; Younger events will be given separate awards for 9-10 and 8 &amp; Younger age groups.</li> </ul> </li> <li>• Relay events: Medals will be awarded for 1<sup>st</sup> place, and ribbons for 2<sup>nd</sup> -5<sup>th</sup> place.</li> <li>• There will be Team Age Group awards for 1<sup>st</sup> place in each age group.</li> <li>• A team trophy will be awarded for 1<sup>st</sup> place. <ul style="list-style-type: none"> <li>○ <b>SCORING:</b> Individual events will be scored through 16 places.</li> <li>○ First through eighth place will score 20-17-16-15-14-13-12-11, respectively.</li> <li>○ Ninth through sixteenth place will score 9-7-6-5-4-3-2-1, respectively.</li> <li>○ Only <b>ONE (1)</b> relay, per event per team may score.</li> <li>○ First through fifth place relays will score 40-34-32-30-28, respectively.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events except for #63 &amp; 64, the SR 500 free, will be pre-seeded.</li> <li>• The 500 freestyle, event #63 &amp; 64, will require a positive check-in to swim.</li> <li>• Positive check-in for the 500 freestyle will close by the end of warm up.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>SWIMMERS WHO CHECK IN AND FAIL TO SHOW UP FOR THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT.</b></li> <li>• Swimmers should report directly to the blocks for their races.</li> </ul>

<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• The overhead start procedure will be used at the discretion of the Referee.</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> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referees: Terri Proffitt</b>  <b>Email: <a href="mailto:tpworkathome@aim.com">tpworkathome@aim.com</a></b>  <b>Phone: (434) 386-4467</b></p> <p><b>Roy Fisher</b>  <b>Email: <a href="mailto:rfisher@bqf.com">rfisher@bqf.com</a></b>  <b>Phone: (434) 525-5456</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 be USA-Swimming and/or YMCA certified officials.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials to Terri Proffitt no later than Monday, February 6, 2012.</li> <li>• Any necessary coaches' meetings or officials' meetings will be announced during warm ups.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	Each team will need to provide timers.
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Hospitality for coaches and officials will be provided. Heat sheets will be sold and concessions will be available.</li> <li>• Swimmers will report directly to the blocks for their events.</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>• 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.</li> <li>• SMOKING IS PROHIBITED anywhere on the grounds of the YMCA.</li> </ul>
<b>DIRECTIONS:</b>	Directions are available on the LY website at <a href="http://www.lyswimming.org">www.lyswimming.org</a>

# EVENTS

## Sunday, February 12

### Session 1: Warm Up 7:00AM Start 8:30AM

#### Event #

1-2 8 & U 100 Free Relay  
3-4 10 & U 200 Free Relay  
5-6 12 & U 200 Free Relay  
7-8 10 & U 100 Free  
9-10 11-12 100 Free  
11-12 8 & U 25 Back  
13-14 10 & U 50 Back  
15-16 11-12 50 Back  
17-18 8 & U 25 Breast  
19-20 10 & U 50 Breast  
21-22 11-12 50 Breast  
23-24 8 & U 25 Fly  
25-26 10 & U 50 Fly  
27-28 11-12 50 Fly  
29-30 10 & U 100 IM  
31-32 11-12 100 IM  
33-34 8 & U 25 Free  
35-36 10 & U 50 Free  
37-38 11-12 50 Free  
39-40 8 & U 100 Medley Relay  
41-42 10 & U 200 Medley Relay  
43-44 12 & U 200 Medley Relay

### Session 2: Warm up 12:30 PM Start 2:00PM

#### Event #

45-46 SR 200 Free Relay  
47-48 13-14 200 Free Relay  
49-50 SR 200 IM  
51-52 SR 100 Free  
53-54 SR 200 Back  
55-56 SR 100 Fly  
57-58 SR 200 Breast  
59-60 SR 200 Medley Relay  
61-62 13-14 200 Medley Relay  
63-64 SR 500 Free  
65-66 SR 100 Back  
67-68 SR 200 Fly  
69-70 SR 200 Free  
71-72 SR 100 Breast  
73-74 SR 50 Free  
75-76 SR 400 Free Relay  
77-78 13-14 400 Free Relay