



**BLUE RIDGE REGION/SW DISTRICT
CHAMPIONSHIPS**
February 28 – March 1, 2020
SANCTION NO. VS-20-87

Hosted by:
Lynchburg YMCA



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-87. USA Swimming, Inc., Virginia Swimming, Inc., Lynchburg YMCA Swimming, the YMCA of Central Virginia, and the Christiansburg Aquatic Center 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:	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073 (540) 381-7665
FACILITY:	<ul style="list-style-type: none"> 50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet at the starting end. Colorado Timing System with color scoreboard and separate video board will be used. Two 8 lane racing courses will be utilized. 6 lanes of warm-up warm-down space in between the competition courses will be available throughout the meet. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). Two 25 Yard courses will be used.
MEET DIRECTOR:	<p>Ryan Woodruff Email: LYmeetentries@gmail.com Phone: (919) 943-6420</p>
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming registered athletes in the Blue Ridge Region or the Southwest District registered prior to the first day of the meet. Teams in the Blue Ridge Region are: ACAC, ACST, BASS, CAST, CCA, CYAC, DYST, FUAC, GATR, HOKI, KFY, LASO, LY, SCAT, SFY, SMAC, STRM, YMST. Teams in the Southwest District are: ACAC, BASS, CAST, CCA, CYAC, DYST, FUAC, GATR, HOKI, KFY, LASO, LY, SCAT, SFY, SMAC, STRM, VOLT and YMST The qualifying period for this meet is January 1, 2019 through February 27, 2020. No on deck Virginia Swimming athlete registration will be permitted. Swimmers in the 13-14 age group may compete in any individual event or relay leg in which they have a time that is slower than the age group championship qualifying time except the 400 IM, 500 free, and the 1000 free. 15 and older swimmers may compete in any individual event or relay leg in which they have a time that is slower than the Senior Champs qualifying time except the 400 IM, 500 free, and the 1000 free. Swimmers 13-14 must have at least a 13-14 “B” time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time. 15 and older swimmers must have at least a 15-16 “B” time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the senior championship qualifying time. 8 & U Virginia Swimming registered athletes in the Southwest District may enter the 10 & U 500 Free. 2017-2020 NAG time standards are in effect. Age on February 28, 2020 will determine age for the entire meet. 14 year old swimmers aging up from February 28 to March 12, 2020 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> The swimmer does not qualify for the event at Senior Champs The swimmer will be seeded correctly by time, however will swim exhibition only and will not be eligible to receive an award or compete in the Finals session.

	<ul style="list-style-type: none"> 9-12 year-old athletes may compete in any individual event or relay leg in which they do NOT have a VSI Age Group Championship qualifying time. 10 and 12 year-old swimmers aging up from February 14 to March 12, 2020 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> The swimmer does not qualify for the event in his/her new age group at Age Group Champs. The swimmer will be seeded correctly by time but will swim Exhibition only and will not be eligible to receive an award or compete in the finals session.
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"> 11-12 year old swimmers will swim prelim/finals in all individual events except the 400 IM and the 500 free which will be swum as timed finals. The top 16 swimmers in the 11-12 age group from prelims will come back to compete in finals, except for the 200 fly, 200 back, and 200 breast where only the top 8 swimmers will compete in finals. 9-10 year old swimmers will swim prelim/finals in all individual events with the exception of the 200 IM and 500 Free which will be contested as timed finals. The top 8 swimmers in the 9/10 age group from prelims will come back to compete in finals. The fastest heat of the 200 IM will be swum in finals. Ready Room: A Ready Room will be used at this Championship prior to each "A" final heat. Each Swimmer in the "A" Final (Final heat) should report to the Ready Room 10 minutes preceding the event and participate in the "A" Final parade. <ul style="list-style-type: none"> "A" Final swimmers will be presented with music and their names will be announced prior to the start of the race. "B" Final heats will report directly to their assigned lane. All heats of the 11-12 year old 400 Free Relay will be swum during the preliminary session. All heats of the 11-12 and 9-10 year old 200 Free and 200 Medley Relays will be swum during the Finals sessions. Two 8-lane competition courses will be used during preliminary and final sessions. Sunday finals may be run in one course at the discretion of the meet referee. Top 16 13-14 swimmers and the top 16 15&O swimmers from preliminary events will swim the final session each day. Only the top heat of the 1000 free will swim in finals, regardless of age.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 18, 2020</p> <ul style="list-style-type: none"> Conforming and Non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times. Entries must be submitted using Hy-Tek Team Manager and Commlink-2 software. Teams submit entries via email. A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiawimming.org) with the name, email address, and phone number 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 8 individual events, no more than 3 per day, and one relay per day. Relay teams must be designated A, B, or C, if more than one per club is entered per event. Teams may submit three (3) relays per event. For 13/14 and 13 & over relay events: Teams may enter 3 relays per event. For 9/10 and 11/12 relays: No restriction on number of relays entered per event. The Meet Director reserves the right to combine heats and events, which may require reseeding. "No Time" (NT) entries will be accepted for relay and individual events except in the 400 individual medley, 500 free, and 1000 free, where 13-14 swimmers must have achieved a minimum of a 13-14 "B" time, and 15 & older swimmers must have achieved a minimum of a 15-16 "B" time. If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter

	<p>the relay as a NT.</p> <ul style="list-style-type: none"> • Coach Times (CT) will not be accepted for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. • Email entries to: LYmeetentries@gmail.com • Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$6.50 Relay Events: \$15.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline. • Checks should be made payable to: YMCA of Central Virginia • Mail payment to: Lynchburg Y Swimming c/o Ryan Woodruff 105 Fox Hollow Road Lynchburg, VA 24503 • Payment must be received by Tuesday, February 25, 2020, for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING:	<ul style="list-style-type: none"> • The 400 IM, 500 free, and 1000 free will require a positive check-in to be seeded. All other events will be pre-seeded. • Positive check-in will close at 8:15 AM each day for that day's positive check-in events. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. • A swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event. • All swimmers should report directly to the blocks for all preliminary and "B" Final events. • The 13 & over 400 IM and the 500 free will be swum in preliminaries with the four fastest heats of girls swimming first, slow to fast, followed by the four fastest heats of boys, swimming slow to fast. The remaining heats will be swum fast to slow, alternating girls and boys. • The 9-10 and 11-12 500 free will be swum in preliminaries as timed final events. • The 1000 free will be swum fastest to slowest, and alternating heats of girls and boys. <ul style="list-style-type: none"> ○ Any athlete entered in the 1000 free will be asked to indicate a preference for swimming with preliminaries or with finals. The preliminaries/finals preference must be declared by the appropriate positive check-in deadline ○ The fastest 8 swimmers who wish to swim during the evening finals will swim during the evening finals.
WARM-UP:	<ul style="list-style-type: none"> • Prelim sessions: Warm-ups not before 7:00 AM; competition starts at 8:30 AM. There will be two or three warm-up sessions with a 10 minute session for specific warm-ups. • Finals sessions: <ul style="list-style-type: none"> ○ Friday and Saturday: Warm-ups not before 4:30 PM; competition starts not before 5:30 PM ○ Sunday: Warm-ups not before 4:00 PM; competition starts not before 5:00 PM • 1000 free: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the relay events, with the 1000 free (Sunday) competition starting 5 minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on www.lyswimming.org no later than Monday, February 24, 2020 and will also be emailed to the contact person of the participating clubs. ○ The distance sessions will start no earlier than the estimated times. • Lane assignment and warm-up times for individual clubs will be posted on the www.lyswimming.org website no later than Monday, February 24, 2020, and will also be emailed to the contact person of the participating clubs.

AWARDS:	<ul style="list-style-type: none"> Individual events will be scored and awarded first through sixteenth place for 9-10, 11-12, 13-14 and 15 & over age groups. Medals will be awarded for first through third place, ribbons for fourth through sixteenth place. The 10 & Under 500 Free will be awarded and scored separately for 8 & Under and 9-10 age groups. Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. Team awards will be given, first through third place. For the District Championships, total team points will be combined with scores from 8 & Under District Championships. The teams placing will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> Individual: Finals - 20-17-16-15-14-13-12-11; Consolations - 9-7-6-5-4-3-2-1. Relay: Finals - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. Only the top two relays per team may score.
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, including the Minor Athlete Abuse Protection Policy, will govern this meet. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to all heats (final and consolation), of all events, excluding the relays and the 1000 Free. 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. 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 unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with the requirement. 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, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. In accordance with VSI best practices, all swimmers should shower before entering the pool. Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. 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: Sue Munson Email: susamun@cox.net Phone: (540) 314-5723</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Training for Officials will be offered in accordance with Training Guidelines and Initial

	<p>Certification, Virginia Swimming Officials Handbook.</p> <ul style="list-style-type: none"> • Team Officials Chairpersons should submit the names and session availability of certified officials to Kris Sennett (ksennett@liberty.edu) no later than Tuesday, February 18, 2020 • There will be an official's meeting in hospitality one hour prior to the start of each session. • There will be a coaches meeting at 8:15 am on Friday February 28, 2020.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the lyswimming.org no later than Monday, February 24, 2020 and will also be emailed to the contact person of each of the individual clubs. • Swimmers competing in the 400 medley, 500 free, and 1000 free are responsible for providing their own timers. Swimmers competing in the 1000 free and 500 free are responsible for providing their own lap counters.
GENERAL:	<ul style="list-style-type: none"> • Breakfast & dinner and light snacks will be provided for coaches and officials each day. • Concessions will be provided for the swimmers and parents. • Heat sheets will be available at no additional charge (paper copy, pdf and Meet Mobile formats. Finals heat sheets will be provided prior to Finals.
FACILITY RULES:	<p>CHRISTIANSBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> • Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult. • Observers and spectators are to stay in designated areas. • No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Aquatic Tournaments Coordinator prior to hanging up any relevant decorations. • Only Aquatic Center staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Center staff or management. • No smoking is permitted within the Center Facilities. • The Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Center Director. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. <ul style="list-style-type: none"> ○ <i>No Parking in the skatepark parking lot</i> ○ <i>No Parking in areas marked by yellow curb</i> • Overflow parking will be pre-arranged with Kroger or Christiansburg High School on weekends. • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear throughout the meet. • <i>In compliance with USA Swimming Safe Sport the back building entrance, under the diving tower is a secure entrance reserved for facility staff and essential personnel with access cards or swim meet credentials.</i> • All rules and regulations of the Aquatic Center are in effect and shall be followed. • Any individual or team member that fails to comply with any rule or regulation of the Aquatic Center or any of the terms and conditions of this Contract will not be permitted to participate in the Event and will be asked to leave the Center Facilities
DIRECTIONS:	<ul style="list-style-type: none"> • Directions are available on the Virginia Swimming website virginiawimming.org

2020 Blue Ridge Region/SW District Championships ORDER OF EVENTS

Friday, February 28, 2020

PRELIMS - Warmup not before 7:00 AM, Meet starts not before 8:30 AM					
Ev # Girls	DEEP END – 13 & O	Ev # Boys		SHALLOW END – 12&U	Ev # Boys
101	13 & Over 100 Breast	102		113	11-12 200 Free
103	13 & Over 200 Free	104		115	9-10 200 Free
105	13 & Over 100 Butterfly	106		117	11-12 50 Fly
107	13-14 400 Free Relay (TF)	108		119	9-10 50 Fly
109	13 & Over 400 Free Relay (TF)	110		121	11-12 200 Back
111	13 & Over 400 IM	112		123	9-10 100 Breast
				125	11-12 100 Breast
				127	9-10 100 IM
				129	11-12 100 IM
				131	11-12 400 Free Relay (TF)

FINALS - Warmup not before 4:30 PM, Meet starts not before 5:30 PM					
Ev #	DEEP END - BOYS			SHALLOW END - GIRLS	
114	11-12 200 Free			113	11-12 200 Free
116	9-10 200 Free*			115	9-10 200 Free*
102	13 & Over 100 Breast			101	13 & Over 100 Breast
118	11-12 50 Fly			117	11-12 50 Fly
120	9-10 50 Fly*			119	9-10 50 Fly*
122	11-12 200 Back*			121	11-12 200 Back*
104	13 & Over 200 Free			103	13 & Over 200 Free
124	9-10 100 Breast*			123	9-10 100 Breast*
126	11-12 100 Breast			125	11-12 100 Breast
106	13 & Over 100 Fly			105	13 & Over 100 Fly
128	9-10 100 IM*			127	9-10 100 IM*
130	11-12 100 IM			129	11-12 100 IM
112	13 & Over 400 IM			111	13 & Over 400 IM
	*Top 8 only				*Top 8 only

Saturday, February 29, 2020

PRELIMS - Warmup not before 7:00 AM, Meet starts not before 8:30 AM					
Ev #	DEEP END – 13 & O	Ev #		SHALLOW END 12 & U	Ev #
Girls		Boys		Girls	Boys
201	13 & Over 200 Fly	202		219	11-12 100 Back
203	13 & Over 50 Free	204		221	9-10 100 Back
205	13 & Over 200 Breast	206		223	11-12 50 Breast
207	13 & Over 100 Back	208		225	9-10 50 Breast
209	13-14 400 Medley Relay	210		227	11-12 200 Fly
211	13 & Over 400 Medley Relay (TF)	212		229	9-10 50 Free
213	13 & Over 500 Free	214		231	11-12 50 Free
				233	9-10 200 IM**
				235	11-12 200 IM
				237	11-12 500 Free (TF)
				220	222
				224	226
				228	230
				232	234
				236	238

**Timed final event. Top 8 seeds at Finals

FINALS - Warmup not before 4:30 PM, Meet starts not before 5:30 PM					
Ev #	DEEP END - BOYS			SHALLOW END - GIRLS	Ev #
216	11-12 200 Free Relay			215	11-12 200 Free Relay
218	9-10 200 Free Relay			217	9-10 200 Free Relay
202	13 & Over 200 Fly			201	13 & Over 200 Fly
220	11-12 100 Back			219	11-12 100 Back
222	9-10 100 Back*			221	9-10 100 Back*
204	13 & Over 50 Free			203	13 & Over 50 Free
224	11-12 50 Breast			223	11-12 50 Breast
226	9-10 50 Breast*			225	9-10 50 Breast*
206	13 & Over 200 Breast			205	13 & Over 200 Breast
228	11-12 200 Fly*			227	11-12 200 Fly*
230	9-10 50 Free*			229	9-10 50 Free*
232	11-12 50 Free			231	11-12 50 Free
208	13 & Over 100 Back			207	13 & Over 100 Back
234	9-10 200 IM*			233	9-10 200 IM*
236	11-12 200 IM			235	11-12 200 IM
214	13 & Over 500 Free			213	13 & Over 500 Free
	*Top 8 only				*Top 8 only

Sunday, March 1, 2020

PRELIMS - Warmup not before 7:00 AM, Meet starts not before 8:30 AM					
Ev #	DEEP END – 13 & O	Ev #	Ev #	SHALLOW END 12&U	Ev #
Girls		Boys	Girls		Boys
301	13 & Over 200 Back	302	317	11-12 100 Fly	318
303	13 & Over 100 Free	304	319	9-10 100 Fly	320
305	13 & Over 200 IM	306	321	11-12 50 Back	322
307	13-14 200 Free Relay (TF)	308	323	9-10 50 Back	324
309	13 & Over 200 Free Relay (TF)	310	325	11-12 200 Breast	326
311	13 & Over 1,000 Free*	312	327	9-10 100 Free	328
			329	11-12 100 Free	330
			331	10 & Under 500 Free (TF)	332
			333	11-12 400 IM (TF)	334

*Timed Final Event - top heat to swim at finals

FINALS - Warmup not before 4:00 PM, Meet starts not before 5:00 PM					
Ev #	DEEP END - BOYS		Ev #	SHALLOW END - GIRLS	
314	11-12 200 Medley Relay		313	11-12 200 Medley Relay	
316	9-10 200 Medley Relay		315	9-10 200 Medley Relay	
312	13 & Over 1,000 Free		311	13 & Over 1,000 Free	
318	11-12 100 Fly		317	11-12 100 Fly	
320	9-10 100 Fly*		319	9-10 100 Fly*	
302	13 & Over 200 Back		301	13 & Over 200 Back	
322	11-12 50 Back		321	11-12 50 Back	
324	9-10 50 Back*		323	9-10 50 Back*	
304	13 & Over 100 Free		303	13 & Over 100 Free	
326	11-12 200 Breast*		325	11-12 200 Breast*	
328	9-10 100 Free*		327	9-10 100 Free*	
330	11-12 100 Free		329	11-12 100 Free	
306	13 & Over 200 IM		305	13 & Over 200 IM	
	*Top 8 only			*Top 8 only	