



CYAC Fall Invite
November 1-3, 2019
Sanction NO. VS-20-13



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-13USA Swimming, Inc., Virginia Swimming, Inc. CYAC, Brooks YMCA and the Piedmont Family 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.
LOCATION:	Brooks YMCA 151 McIntire Park Road Charlottesville Va. 22902 434-974-9622
FACILITY:	<ul style="list-style-type: none">Indoor 25 Yard pool. 9 feet to 4 feet in depth. 10 lanes with non-turbulent lane lines. Colorado touch pads, backup buttons and timing system will be in use.The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).
MEET DIRECTOR:	Name James Hargrove Email: jameshargrove516@gmail.com Phone: 434 -249-0651
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming athletes registered before the first day of the meet.No on deck Virginia Swimming athlete registration will be permitted.Age on November 1, 2019 will determine age for the entire meet.
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">All 11 and older swimmers will swim in the morning sessionAll 10 and under swimmers will swim in the afternoon session.Friday distance session is open to all 9 and over swimmers.All events will be timed finals.There will be a 15-minute break after event 26 (200 backstroke) and 68 (200 IM).
WARM-UP:	<ul style="list-style-type: none">Morning sessions: Warm-ups at 7:00 a.m. competition starts at 8:10 a.m.Afternoon sessions: Warm-ups not before 12 00 p.m.; competition starts not before 1:30 p.m.Friday afternoon session: Warm-ups at 4:30., competition begins at 5:30 p.m.Lane assignment and warm-up times for individual clubs will be posted on the CYAC website no later than Monday October 28, 2019 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.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, October 22, 2019

	<ul style="list-style-type: none"> • Entries must be submitted in short course yards times using Hy-Tek Team Manager and Commlink-2 software. • Teams must submit entries via email. • 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. • Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT <u>must be slower than an "A" time</u>. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • "No Time" (NT) entries will not be accepted. • 8 and Under swimmers may enter 4 individual events on Saturday and Sunday. • 9-10 Swimmers may enter a maximum of 2 events on Friday and 4 individual events on Saturday and Sunday. • 11 and Over swimmers may enter 1 event on Friday and a maximum of 3 events on Saturday and Sunday. • Entries will be processed in the order received and <u>accepted to</u> the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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 Administrative Official on the provided forms. • Email entries to Jessica Simons at jrsimons@comcast.net.
FEES:	<p>Individual events: \$6.00 per event 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: CYAC Swimming • Mail payment to Jessica Simons 109 Reynard Drive Charlottesville Va. 22901-2026. • Payment must be received by October 28, 2019. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: 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.
SEEDING:	<ul style="list-style-type: none"> • All events, except #1-2 (12 & Under 200 IM), 3-4 (13 & O 1000 free), 5-6 (12 & Under 500 free), 27-28 (11& O 400 IM), 69-70 (13 & O 500 free) will be pre-seeded. • Clerk of Course will be provided for all 8 & Under events. • All other Swimmers should report directly to the blocks for their events. • Events #1-2 (12 & Under 200 IM), 3-4 (13 & O 1000free), 5-6 (12 & Under 500 free), 27-28 (11& O 400 IM), 69-70 (13 & O 500 free) will require a positive check-in. • Positive check-in will close at 4:45p.m. on Friday and 2:00 p.m. on Saturday and Sunday. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT

	<ul style="list-style-type: none"> • Events #1-2 (12 & Under 200 IM), 3-4 (13 & O 1000free), 5-6 (12 & Under 500 free), 27-28 (11& O 400 IM), 69-70 (13 & O 500 free) will be swum fastest to slowest and alternating heats of girls and boys.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through tenth place <ul style="list-style-type: none"> ○ 13 & Over events will be given awards for the 13-14 age group only. ○ 11 & Over events will be given separate awards for the 11-12, 13-14, age groups ○ 12 and Under events will be given separate awards for the 9-10 and 11-12 age groups.
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 Prevention Policy, will govern this meet. • 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 this requirement. • 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 • 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 into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • 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: Gordon Hair Email: grhair919@aol.com Phone: 434-960-0849</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Sam

	<p>Addison at samdavidaddison@icloud.com or at 434-960-1316 no later than Monday, October 28, 2019.</p> <ul style="list-style-type: none"> An Officials briefing will take place at 4:30 p.m. on Friday, 7:10 A.M on Saturday and Sunday and at 12:30 p.m. on Saturday and Sunday afternoon.
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 CYAC website at swimcyac.org no later than October 28, 2019 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> Deck Access: to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Grandstand seating is available for spectators. Parking: Overflow parking may be pre-arranged with Charlottesville High School on Saturday and Sunday. Team Areas: Seating is also permitted in the gym. Programs: Meet programs will be sold for \$6.00. Results: Will be posted in the gym. Concessions: CYAC Swimming will operate concessions during the meet First Aid: YMCA lifeguards are on deck and available for first aid. Hospitality: CYAC Swimming will operate a Hospitality Room for all coaches and officials during the meet. On Friday, snacks will be available. A light breakfast and lunch will be provided on Saturday and Sunday. Hospitality will be in the yoga room located just off deck opposite the stairwell. Bottled water will also be available on deck.
FACILITY RULES:	<ul style="list-style-type: none"> Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its 'swimmers/spectators. Any swimmer/spectator who violates YMCA facility rules will be disqualified from the meet and escorted from the facility. Parents are responsible for any siblings brought to the meet. Please chaperon them closely. No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers are acceptable. No red drinks allowed. Meet participants and spectators should remain in the event areas. All other YMCA areas are off limits. No running or horseplay allowed. Shoes/sandals should be worn by swimmers and spectators in all areas except on the pool deck prior to swimming. No shaving anywhere in the venue. The YMCA and its' property are a smoke-free environment. Smoking include E-cigarettes, or any kind of tobacco is NOT permitted on YMCA property.
HOTELS	<p>Homewood Suites 2036 India Road Charlottesville Va. 434-244-6200 November 1-2 30 King Studios with sofa beds 129.00 per night.</p>

**CYAC FALL INVITE
ORDER OF EVENTS**

Distance Session		
Friday November 1, 2019		
Warm-up: 4:30 p.m.; Start: 5:30 p.m.		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-12 200 IM	2
3	13 and over 1000 Free	4
5	9-12 500 free	6

Saturday November 2, 2019					
Morning Session			Afternoon Session		
Warm-up: 7:00 a.m.; Start: 8:10 a.m.			Warm-up: 12:00 p.m.; Start: 1:30 p.m.		
			<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	11-12 50 Butterfly	8	29	9-10 50 Back	30
9	13 and over 200 Free	10	31	8 and under 25 Back	32
11	11-12 200 Free	12	33	9-10 200 Free	34
13	13 and over 100 Breast	14	35	8 and under 100 Free	36
15	11-12 100 Breast	16	37	9-10 100 Butterfly	38
17	11 and over 200 Butterfly	18	39	8 and under 50 Butterfly	40
19	11-12 50 Free	20	41	9-10 50 Breast	42
21	13 and over 50 Free	22	43	8 and under 50 Breast	44
23	11-12 50 Back	24	45	9-10 50 Free	46
25	11 and over 200 Back	26	47	8 and under 25 Free	48
	15-minute break				
27	11 and over 400 IM	28			
Sunday, November 3, 2019					
Morning Session			Afternoon Session		

Warm-up: 7:00 a.m.; Start: 8:10 a.m.			Warm-up: 12:00 p.m.; Start: 1:30 p.m. (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	11-12 100 Free	50	71	8 and under 25 Butterfly	72
51	13 and over 100 Free	52	73	9-10 50 Butterfly	74
53	11-12 50 Breast	54	75	8 and under 25 Breast	76
55	11 and over 200 Breast	56	77	9-10 100 Breast	78
57	11-12 100 Back	58	79	8 and under 50 Back	80
59	13 and over 100 Back	60	81	9-10 100 Back	82
61	11-12 100 Butterfly	62	83	8 and under 50 Free	84
63	13 and over 100 Butterfly	64	85	9-10 100 Free	86
65	11-12 100 IM	66	87	8 and under 100 IM	88
67	13 and over 200 IM	68	89	9-10 100 IM	90
	15-minute break				
69	13 and over 500 Free	70			