



**CYAC /SFY/SMAC  
FALL Relay Meet  
October 6, 2019  
APPROVAL NO. VS-20-02A**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the Approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: <b>VS-20-02A</b> USA Swimming, Inc., Virginia Swimming, Inc., and The Piedmont Family YMCA and CYAC Swimming 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>	Brooks Family YMCA 151 McIntire Park Drive, Charlottesville VA. 22902 434-974-9622.
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>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. <b>8 lanes will be used.</b></li><li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).</li></ul>
<b>MEET DIRECTOR:</b>	Name James Hargrove Email: jameshargrove516@gmail.com Phone: 434 -249-0651
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all members of the CYAC, SMAC, and SFY YMCA swim teams.</li><li>No on deck Virginia Swimming athlete registration will be permitted.</li><li>Age on October 6, 2019 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 welcome 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 swimmers will swim in the morning session.</li><li>All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Warm-ups at 7:00 A.M.; competition starts at 8:10 A.M.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the CYAC website (<a href="http://www.swimcyac.org">www.swimcyac.org</a>) no later than Wednesday, October 2, 2019 and will also be emailed to the contact person of the participating clubs.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, September 24, 2019.</b></p> <ul style="list-style-type: none"><li>Entries must be submitted in short course times using Hy-Tek Team Manager and Commlink-2 software,</li><li>Teams must submit entries via email.</li><li>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.</li><li>“No Time” (NT) entries will be accepted.</li><li>Individual events will have unlimited entries for all teams.</li><li>Relay events will be limited to 8 relays per team in each event.</li><li>Swimmers may enter a maximum of <b>2 individual event(s) and 2 relay events.</b></li><li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li><li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</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. No additional heats will be added. Deck entries must be submitted to the Administrative Official on the provided forms</li><li>Email entries to <b>Jessica Simons</b> at <a href="mailto:jrsimons@comcast.net">jrsimons@comcast.net</a>.</li></ul>
<b>FEES:</b>	Individual events: \$5.00 per event Relay events: \$10.00 per event Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)

	<ul style="list-style-type: none"> <li>• Checks should be made payable to: CYAC Swimming</li> <li>• Mail payment to <b>Jessica Simons</b> <b>109 Reynard Drive</b> <b>Charlottesville, VA, 22901-2026</b></li> <li>• Payment must be received by October 2, 2019. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> 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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• No awards will be given.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> <li>• Clerk of Course will be provided for all 8 &amp; Under events.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• 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"> <li>• Entries using fraudulent or non-verifiable times.</li> <li>• Athlete competed in the incorrect age group.</li> <li>• Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>• 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.</li> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.</li> <li>• 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.</li> <li>• 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</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> <li>• Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Gordon Hair</b> <b>Email: <a href="mailto:grhair919@aol.com">grhair919@aol.com</a></b> <b>Phone: 434-960-0849</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• 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 Addison, <a href="mailto:samdavidaddison@icloud.com">samdavidaddison@icloud.com</a> or at 434-960-1316 no later than Wednesday, September 25, 2019.</li> <li>• An Officials briefing will take place at 7:10 A.M.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	CYAC will provide all timers.
<b>GENERAL:</b>	Heat sheets will be available at no charge.
<b>FACILITY RULES:</b>	Spectator viewing areas are limited to on deck and the mezzanine above the pool deck. All other areas of the Brooks Family YMCA are off limits to swimmers and spectators.

**CYAC/SMAC/SFY  
Relay Meet  
ORDER OF EVENTS**

<b>Warm-up: 7:00 A.M.; Start: 8:10 A.M.</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	8 & Y 25 Free	2
3	9-10 50Y Free	4
5	11 and Over 50Y Free	6
7	8 & Y 100Y Medley Relay	8
9	9-10 200Y Medley Relay	10
11	11-12 200Y Medley Relay	12
13	13 and Over 200Y Medley Relay	14
15	8 & Y 100Y Free Relay	16
17	9-10 200Y Free Relay	18
19	11-12 200 Y Free Relay	20
21	13 and Over 200Y Free Relay	22
23	10 & Under 100 Y IM	24
25	11-12 100 Y IM	26
27	13 and Over 100 IM	27