



CYAC Winter Invite
January 25-26, 2020
SANCTION NO. VS-20-66



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-66.USA Swimming, Inc., Virginia Swimming, Inc., CYAC Swimming 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 Family YMCA 151 McIntire Park Drive, Charlottesville, Va. 22902. 434-974-9622
FACILITY:	<ul style="list-style-type: none">Indoor 25 Yard pool 12 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.3 lanes of continuous warm up and warm down will be available in the adjacent teaching pool. This is an indoor 25 yard pool 7' to 4' in depth.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: jameshargove516@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 January 25, 2020 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 8 and under and any swimmer entered in open events will swim in the morning sessions. These sessions will be limited to 4 hours.Age specific events for 9-10 and 11-12 swimmers will swim in the afternoon sessions.All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">Morning session: Warm-ups at 7:00 – 8:00 a.m. Competition starts not before 8:10 a.m.Afternoon session: Warm-ups at 12:30 -1:20 p.m.; Competition starts at 1:30 p.m.The pool will be opened for 10 minutes of open warm-ups immediately following the finish of event 19-20, 45-46, 67-68, and 95-96 with competition starting 5 minutes thereafter.Athletes may enter events in only one session per day.The approximate start time for the distance events will be posted on the CYAC website (www.swimcyac.org) no later than Tuesday, January 21, 2020 and will also be emailed to the contact person of the participating clubs.Lane assignment and warm-up times for individual clubs will be posted on the CYAC website (www.swimcyac.org) no later than Tuesday, January 21, 2020 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday January 14, 2020.</p> <ul style="list-style-type: none">Entries must be submitted in short course yards 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 Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an “A” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.

	<ul style="list-style-type: none"> Swimmers may enter a maximum of 4 individual events per day. Entries will be processed in the order received and accepted to 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 Mail payment to Jessica Simons 109 Reynard Drive, Charlottesville VA. 22901 Payment must be received by Thursday, January 23, 2020. 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.
SEEDING:	<ul style="list-style-type: none"> All events, except #21-22 (Open 500 free), # 47-48 /9-12 500 free), # (69-70 Open 400 IM) and #97-98 (9-12 400 IM) will be pre-seeded. Clerk of Course will be provided for all 8 & Under events. All 9 and over swimmers should report directly to the block for their events. Events # 21-22 (Open 500 free), #47-48 (9-12 500 free), #69-70 (Open 400 IM) and #97-98 (9-12 400 IM) will require a positive check-in. Positive check-in for events #21-22 (Open 500 free) and will close at 8:00 a.m. Positive check in for events #47-48 (9-12 500 free) will close a 1:15 p.m. on Saturday. Positive check in for events #69-70 (Open 400 IM) will close at 8 a.m. Positive check in for events #97-98 (9-12 400 IM) will close at 1:15 p.m. on Sunday. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events #35-36 (Open 500 free), #47-48 (9-12 500 free), # 69-70 (Open 400 IM) and # 97-98 (9-12 400 IM) will be swum slowest to fastest alternating heats of girls and boys.
AWARDS:	<ul style="list-style-type: none"> Individual events will be awarded for 8 & under, 9-10, and 11-12 age groups only. Open events will be awarded only as 10 and under and 11-12. Ribbons will be awarded for first through 10th place. 13 & Over age groups will not be awarded.
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. 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,

	<p>officials and/or spectators are present without written USA Swimming approval</p> <ul style="list-style-type: none"> • 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 a 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: David Strider Email: dvs7e@virginia.edu Phone: 434-996-0497</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 Addison, samdavidaddison@icloud.com or 434-960-1316 no later than Wednesday, January 22, 2020. • There will be an officials' meeting one (1) hour prior to the start of each session in hospitality.
SAFETY:	Virginia Swimming Meet Safety Procedure 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 www.swimcyac.org web site no later than Tuesday, January 23, 2019 and will also be emailed to the contact person of each of the individual clubs. • Timers meeting will be held 20 minutes before the start of each session. • Swimmers will be responsible for providing their own timers and lap counters for the 500 free events. • Swimmers will be responsible for providing their own timers for the 400 IM events.
GENERAL:	<ul style="list-style-type: none"> • Deck Access: 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. • Team Areas: Seating is also permitted in the gym. • Programs: Meet programs will be sold for \$5.00. • 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. A light breakfast and lunch will be provided both Saturday and Sunday.. Hospitality will be located 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.

	<ul style="list-style-type: none">• No running or horseplay.• 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.
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**CYAC Winter Invite
ORDER OF EVENTS
January 25 -26, 2020**

Morning Session January 25		
Warm-up: 7:00 a.m.; Start: 8:10 a.m.		
Girls	Events	Boys
1	8 and Under 100 IM	2
3	Open 100 Free	4
5	8 and under 25 Fly	6
7	Open 100 Fly	8
9	8 and Under 50 Free	10
11	Open 200 Back	12
13	8 and Under 25 Back	14
15	Open 100 Breast	16
17	8 and Under 50 Breast	18
19	<u>Open 200 IM</u>	20
	15 Minute Break	
21	Open 500 Free	22

Morning Session January 26		
Warm-up: 7:00 a.m.; Start: 8:10 a.m.		
Girls	Events	Boys
49	8 and Under 25 Free	50
51	Open 200 Free	52
53	8 and under 25 Breast	54
55	Open 200 Breast	56
57	8 and Under 50 Back	58
59	Open 100 Back	60
61	8 and Under 100 Free	62
63	Open 50 Free	64
65	8 and Under 50 Fly	66
67	<u>Open 200 Fly</u>	68
	15 Minute Break	
69	Open 400 IM	70

Afternoon Session January 25		
Warm-up: 12:30 p.m.; Start: 1:30 p.m.		
Girls	Events	Boys
23	12 and Under 200 Fly	24
25	9-10 50 Fly	26
27	11-12 50 Fly	28
29	9-10 100 Back	30
31	11-12 100 Back	32
	5 Minute Break	
33	12 and Under 200 Breast	34
35	9-10 50 Breast	36
37	11-12 50 Breast	38
39	9-10 100 Free	40
41	11-12 100 Free	42
43	9-10 200 IM	44
45	11-12 200 IM	46
	15 Minute Break	
47	9-12 500 Free	48

Afternoon Session January 26		
Warm-up: 12:30 p.m.; Start: 1:30 p.m.		
Girls	Events	Boys
71	12 and Under 200 Back	72
73	9-10 50 Back	74
75	11-12 50 Back	76
77	9-10 100 Breast	78
79	11-12 100 Breast	80
81	9-10 200 Free	82
83	11-12 200 Free	84
85	9-10 100 IM	86
87	11-12 100 IM	88
89	9-10 100 Fly	90
91	11-12 100 Fly	92
93	9-10 50 Free	94
95	11-12 50 Free	96
	15 Minute Break	
97	9-12 400 IM	98