



2019 YMCA Fall Meet
October 19-20, 2019
APPROVAL NO.VS-20-27A



SANCTION:	<ul style="list-style-type: none">• Held under the approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: VS-20-27A.• USA Swimming, Inc., Virginia Swimming, Inc., Lynchburg YMCA Swimming, 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.
LOCATION:	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502 (434) 582-1900
FACILITY:	<ul style="list-style-type: none">• The Jamerson YMCA has an indoor, 25-yard, 8-lane competition pool, 9 feet deep at the start end to 4 feet in depth at the turn end. All lanes are bottom-striped and wall- targeted with non-turbulent lane lines.• Bleacher seating is available on deck and the gym will be available for seating as well. Three lanes in the adjacent family pool are available for continuous warm-up and warm down.• Colorado Automatic Timing System with a 4-panel scoreboard will be used. Lanes 1-4 are displayed simultaneously and then rotate to lanes 5-8 for simultaneously.• 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
MEET DIRECTOR:	Ryan Woodruff Phone: (919) 943-6420 E-mail: ryan.d.woodruff@gmail.com
ELIGIBILITY:	<ul style="list-style-type: none">• This meet is a closed YMCA competition offered to YMCA swimmers in Virginia. Other YMCAs outside of Virginia that may wish to compete should contact Ryan Woodruff at ryan.d.woodruff@gmail.com for an invitation.• 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">○ USA Swimming athletes competing in this meet must be registered before the first day of the meet.○ No on-deck USA Swimming athlete registration will be permitted.• Age on October 19, 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 events will be timed finals.• 13 & Over events will be swum during the morning sessions on both days. 12 & U events will be swum during the afternoon sessions on both days.• We will take a 5 minute break at the conclusion of the relays each day.
WARM-UP:	<ul style="list-style-type: none">• Saturday and Sunday morning warm-ups: 8:00am; competition begins: 9:00am• Saturday and Sunday afternoon warm-ups not before 12:00pm, competition begins not before 1:00pm.• Lane assignment and warm-up times for individual clubs will be posted on the LY website at www.lyswimming.org no later than Tuesday, October 15, 2019, and will also be emailed to the contact person of the participating clubs.• The meet director reserves the right to adjust meet warm up times and start times after all entries are received. If adjustments need to be made to the warm up times and competition start, each team will be notified and changes will be posted at www.lyswimming.org no later than Tuesday, October 15th.

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, OCTOBER 8, 2018.</p> <ul style="list-style-type: none"> • Entries must be submitted in short-course yard times using Hy-Tek Team Manager and Commlink-2 software. • Teams submit entries via email. • A Team Manager printout of entries or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. • “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of <i>3 individual events and 1 relay event per day</i>. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. Relays may also be eliminated if necessary and relay fees will be refunded should this happen. • Please delete any USA Swimming registration numbers from all non-USA Swimming registered athletes for entry purposes. This can be done under the athlete function on Hy-Tek. • Email entries to: Ryan Woodruff, ryan.d.woodruff@gmail.com • 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.
FEES:	<p>Individual events: \$4.00 Relay events: \$14.00 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: YMCA of Central Virginia. • Mail payment to: Ryan Woodruff 105 Fox Hollow Road Lynchburg, VA 24503 • Payment must be received by Tuesday, October 15, 2019 for all entries unless other arrangements have been made with the meet director. 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.
AWARDS:	<ul style="list-style-type: none"> • Senior and 13 & over individual events will not receive awards. • 12 & Under individual events given separate awards (ribbons for 1st-8th place) for 11-12, 9-10 and 8 & Under age groups. • 9-12 individual events will be given separate awards for 9-10 and 11-12 age groups. • Relay events: Ribbons will be awarded for first through third place for 11-12, 9-10, and 8 & Under relays.
SEEDING:	<ul style="list-style-type: none"> • All events except the 500 free (#13, #14, #34, #35) and 400 IM (#48, #49, #73, and #74) will be pre-seeded. • The 500 free (#13, #14, #34, #35) and 400 IM (#48, #49, #73, and #74) will require a positive check-in. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • All swimmers should report directly to the blocks for their events. • Per USA Swimming rule, all mixed-gender relays must include two male and two female swimmers. • Positive check-in deadlines: <ul style="list-style-type: none"> ○ Events #13 and #14 (13 & Over 500 Free): 8:45am on Saturday ○ Events #34 and #35 (12 & Under 500 Free): 12:45pm on Saturday ○ Events #48 and #49 (13 & Over 400 IM): 8:45am on Sunday ○ Events #73 and #74 (12 & Under 400 IM): 12:45pm on Sunday

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. • 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 YMCA 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. • 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 or YMCA 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: Kris Sennett Email: ksennett@liberty.edu Phone: 434-582-2388</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 Kris Sennett, ksennett@liberty.edu, no later than Tuesday, October 16. • Officials' meeting will be at 1:30pm on Saturday.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Volunteer timers from visiting clubs will be appreciated. • Athletes need to provide their own timers for the 400 IM. • Athletes need to provide their own timers and counters for the 500 Free.
GENERAL:	<ul style="list-style-type: none"> • Light refreshments and lunch for coaches and officials will be provided. • Heat sheets will be sold and concessions will be available
FACILITY RULES:	<ul style="list-style-type: none"> • 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. • Please note that there is no smoking allowed anywhere on the YMCA grounds. • 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. • Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and competition. • Spectators must remain in the bleachers or the gym. No spectator's chairs will be allowed to be set up on the pool deck or in the warm down pool area. • NO RED BEVERAGES (Gatorade, Powerade, etc.) are allowed in the gym area.
DIRECTIONS:	Directions are available on the team website, www.lyswimming.org .

HOTELS:	<ul style="list-style-type: none">• Comfort Inn & Suites (434) 266-1111• Kirkley Hotel, (434) 237-6333• Sleep Inn (434) 846-6900• Best Western (434) 237-2986• Craddock Terry Hotel (434) 455-1500	<ul style="list-style-type: none">• Hilton Garden Inn (434) 239-3006• Courtyard Marriott (434) 846-7900• Holiday Inn (434) 528-2500• Spring Hill Suites (434) 237-5848
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**2019 YMCA Fall Meet
ORDER OF EVENTS**

Saturday, October 19, 2019

Session 1		
Warm-up: 8:00 a.m.; Start: 9:00 a.m.		
<u>Mixed</u>	<u>Event</u>	
1	Mixed Senior 200 Medley Relay	
2	Mixed 13-14 200 Medley Relay	
<u>Girls</u>	<u>5 minute break after event #2</u>	<u>Boys</u>
3	13 & Over 100 Freestyle	4
5	13 & Over 100 Breaststroke	6
7	13 & Over 200 Backstroke	8
9	13 & Over 100 Butterfly	10
11	13 & Over 200 Individual Medley	12
Session 2		
10-minute Warm-up immediately following conclusion of event #12		
13	13 & Over 500 Freestyle	14

Session 3		
Warm-up: Not before 12:00 p.m.; Start: Not before 1:00 p.m.		
<u>Mixed</u>	<u>Event</u>	
15	Mixed 11-12 200 Medley Relay	
16	Mixed 9-10 200 Medley Relay	
17	Mixed 8 & Under 100 Medley Relay	
<u>Girls</u>	<u>5 minute break after event #17</u>	<u>Boys</u>
18	12 & Under 200 Individual Medley	19
20	8 & Under 25 Breaststroke	21
22	12 & Under 100 Butterfly	23
24	12 & Under 50 Backstroke	25
26	8 & Under 25 Freestyle	27
28	9-12 200 Backstroke	29
30	12 & Under 100 Breaststroke	31
32	12 & Under 100 Freestyle	33
<u>5 minute break after event #31</u>		
34	12 & Under 500 Freestyle	35

**2019 YMCA Fall Meet
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Sunday, October 20, 2019

Session 4		
Warm-up: 8:00 a.m.; Start: 9:00 a.m.		
<u>Mixed</u>	<u>Event</u>	
36	Mixed Senior 200 Free Relay	
37	Mixed 13-14 200 Free Relay	
<u>Girls</u>	<u>5-minute break after event #35</u>	<u>Boys</u>
38	13 & Over 200 Butterfly	39
40	13 & Over 50 Freestyle	41
42	13 & Over 200 Breaststroke	43
44	13 & Over 100 Backstroke	45
46	13 & Over 200 Freestyle	47
Session 5		
10-minute Warm-up immediately following conclusion of event #45		
48	13 & Over 400 Individual Medley	49

Session 6		
Warm-up: Not before 12:00 p.m.; Start: Not before 1:00 p.m.		
<u>Mixed</u>	<u>Event</u>	
50	Mixed 11-12 200 Free Relay	
51	Mixed 9-10 200 Free Relay	
52	Mixed 8 & Under 100 Free Relay	
<u>Girls</u>	<u>5-minute break after event #50</u>	<u>Boys</u>
53	12 & Under 100 Individual Medley	54
55	9-12 200 Butterfly	56
57	8 & Under 25 Backstroke	58
59	12 & Under 50 Freestyle	60
61	9-12 200 Breast	62
63	8 & Under 25 Butterfly	64
65	12 & Under 100 Backstroke	66
67	12 & Under 50 Breaststroke	68
69	12 & Under 200 Freestyle	70
71	12 & Under 50 Butterfly	72
5 minute break after event #66		
73	12 & Under 400 Individual Medley	74