



LYNCHBURG FIRECRACKER INVITATIONAL
A/BB/B/C Meet
June 26-28, 2009
SANCTION NO. VS-09-60



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-60
LOCATION:	Miller Park Pool, 2100 Park Avenue, Lynchburg, VA 24501 (434)847-1759
FACILITY:	<ul style="list-style-type: none">50 meter, 8 lane, outdoor pool with non-turbulent lane markers. Colorado Timing System. Small diving well for continuous warm down.The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).
MEET DIRECTOR:	TJ & Lisa Liston Email: CoachListon@comcast.net or LisaLListon@aol.com Phone: (434) 384-6338
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming swimmers registered prior to the first day of the meet.No on deck registration will be permitted.Age on June 26, 2009, will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">Athletes with a disability are welcomed 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:	All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">Friday evening warm ups will begin at 4:00PM; competition will start at 5:30PM.Morning sessions: Warm-ups at 7:00AM; competition starts at 8:30AM.Saturday Afternoon session: Warm-ups at 12:30PM; competition starts at 1:40PM.Sunday distance session will begin with a 15 minute warm up immediately following the completion of the morning session.Sunday afternoon session warm up at 1:30PM; competition start at 2:40PM.Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the morning session on Sunday, with the distance session competition starting 5 minutes thereafter.Lane assignment and warm-up times for individual clubs will be posted on the LY website at www.lyswimming.org no later than Tuesday, June 23rd 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 endsThe Meet Director reserves the right to adjust warm up and start times if necessary.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 16, 2009 <ul style="list-style-type: none">Entries must be submitted in long course meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.Teams may submit entries as an e-mail attachment (preferred) or on a 3 1/2" computer disk.A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.No Time (NT) entries will be accepted for events in which a swimmer does not have a time of record.Swimmers may enter a maximum of 5 individual events per day.Entries will be processed in the order received. This meet will be limited to a total of 450 swimmers.

	<ul style="list-style-type: none"> The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. Email entries to: Patbrm@aol.com Mail entries to: Pat Brame 1220 Abbey Place Forest, VA 24551 IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries.
FEES:	<p>Individual events: \$3.00 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: The YMCA of Central Virginia Payment must be received by June 23rd for email entries. Payment must be included with all mailed entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through eighth place. Senior events will be given separate awards for 15 & over and 14 & under age groups. 9-12 year old events will be given separate awards for 9-10 and 11-12 age groups. 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups.
SEEDING:	<ul style="list-style-type: none"> All events, except events # 9,10, 11,12 (400 free), 23 & 24 (400 IM), and 53 & 54 (1500 free) will be pre-seeded. All swimmers should report directly to the blocks for their events. Events 9, 10, 11, 12, 23, 24, 53, & 54 will require a positive check-in to swim. Positive check-in will close at 5:30pm Friday evening and 8:30AM on Saturday and Sunday. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events 11,12, 23, 24, 53, 54 will be swum fastest to slowest and alternating heats of girls and boys. 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.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded. Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. Clubs entering swimmers not legally registered with United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered. 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.
RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations will apply. The overhead start procedure will be used at the discretion of the Referee. In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Roy Fisher Email: rfisher@bqf.com Phone: (434) 525-5456</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Terri Proffitt at tpworkathome@aim.com Officials meetings and any coaches' meetings will be announced.

SAFETY:	<ul style="list-style-type: none"> VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules. Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet.
TIMERS:	Clubs are encouraged to provide help with timing.
GENERAL:	<ul style="list-style-type: none"> Hospitality will be provided for coaches and officials. Concessions will be available along with a swim vendor. Each club is responsible for the conduct of its swimmers.
FACILITY RULES:	Parking is limited at the pool. PLEASE DO NOT PARK ON THE GRASS. Additional parking is available on the street and at the Lynchburg Public Library two blocks down Park Avenue on the left. Swimmer drop off is available at the pool.
DIRECTIONS:	Directions can be found at www.lyswimming.org
HOTELS:	<ul style="list-style-type: none"> Days Inn (434) 847-8655 Wingate (434) 845-1700 Kirkley Hotel (434) 237-6333

ORDER OF EVENTS

Friday, June 26, 2009 Session 1

Warm ups 4:00 PM; Competition begins at 5:30PM

1-2	Senior	50 free
3-4	11-12	200 IM
5-6	Senior	200 IM
7-8	Senior	50 fly
9-10	9-12	400 free
11-12	Senior	400 free

Saturday, June 27, 2009, Session 2

Warm ups 7:00AM; Competition 8:30AM

13-14	Senior	50 back
15-16	Senior	100 free
17-18	Senior	200 fly
19-20	Senior	200 back
21-22	Senior	100 breast
23-24	Senior	400 IM

Session 3

Warm ups 12:30PM, Competition 1:40PM

25-26	11-12	50 free
27-28	10 & U	50 free
29-30	11-12	100 fly
31-32	10 & U	100 fly
33-34	11-12	50 back
35-36	10 & U	50 back
37-38	11-12	100 breast
39-40	10 & U	100 breast
41-42	12 & U	200 free

Sunday, June 28, 2009, Session 4

Warm ups 7:00AM; Competition 8:30AM

43-44	Senior	50 breast
45-46	Senior	200 free
47-48	Senior	200 breast
49-50	Senior	100 back
51-52	Senior	100 fly

Session 6

Warm ups 1:30PM, Competition 2:40PM

55-56	10 & U	100 back
57-58	11-12	100 back
59-60	10 & U	50 fly
61-62	11-12	50 fly
63-64	10 & U	100 free
65-66	11-12	100 free
67-68	10 & U	50 breast
69-70	11-12	50 breast
71-72	10 & U	200 IM

15 minute warm up period immediately following the conclusion of event 52. Session 5

53-54	Senior	1500 free
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