



**2008-2009 SEASON OPENER**  
**A/BB/B/C Meet**  
**September 27- 28, 2008**  
**SANCTION NO. VS-09-02**

Hosted by



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-09-02</b>
<b>LOCATION:</b>	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, Virginia 24502 (434) 583-1900
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>The Jamerson YMCA has an indoor, 8 lane competition pool. All are bottom striped and wall targeted with non-turbulent lane lines.</li><li>Bleacher seating is available on deck and the gym will be available for seating as well. Three 25 yard lanes are available for continuous warm up and warm down.</li><li>Colorado Automatic Timing System with a 4 panel scoreboard. Lanes 1-4 are displayed simultaneously and then rotate to lanes 5-8 for simultaneous display.</li></ul>
<b>MEET DIRECTOR:</b>	TJ & Lisa Liston Phone: (434) 384-6338 Email: <a href="mailto:TJListon@adelphia.net">TJListon@adelphia.net</a> or <a href="mailto:LisaLListon@aol.com">LisaLListon@aol.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA Swimming registered swimmers</li><li>All swimmers participating in this meet must be registered by the first day of the meet.</li><li>No on deck registration will be permitted.</li><li>Age on September 27, 2008 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 welcomed 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>12 &amp; Younger swimmers will compete in the Saturday morning and Sunday afternoon sessions (session #1 &amp; 4)</li><li>13 &amp; Older swimmers and swimmers entering senior events will compete in the Saturday afternoon and Sunday morning sessions (session #2 &amp; 3)</li><li>All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Morning sessions: Warm-ups at 7:30 AM; competition starts at 9:00 AM.</li><li>Afternoon sessions: Warm-ups at 1:00 PM; competition starts at 2:30 PM.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the LY website no later than Tuesday, September 23, 2008, and will also be emailed to the contact person of the participating clubs.</li><li>If adjustments need to be made to the warm up times and competition start once entries are received, each team will be notified and changes will be posted at <a href="http://www.swim4ly.com">www.swim4ly.com</a></li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, SEPTEMBER 19, 2008</b> <ul style="list-style-type: none"><li>Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li><li>Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</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, regardless of how they are submitted.</li><li>Coaches Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li><li>No Time (NT) entries will be accepted.</li><li>Swimmers may enter a maximum of 5 individual events and 1 relay event per day.</li><li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li></ul>

	<ul style="list-style-type: none"> <li>• Entries will be processed in the order received. This meet will be limited to a total of 450 swimmers.</li> <li>• 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.</li> <li>• Email entries to: <a href="mailto:Patbrm@aol.com">Patbrm@aol.com</a></li> <li>• Mail entries and fees to: Pat Brame 1220 Abbey Place Forest, VA 24551</li> <li>• <b>IMPORTANT:</b> 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: <b>YMCA of Central Virginia</b></li> <li>• Payment must be received by Wednesday, September 24, 2008 for email entries. Payment must be included with all mailed entries.</li> <li>• Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> <li>○ Senior events will be given separate awards for 14 &amp; under and 15 &amp; older age groups.</li> <li>○ 10 &amp; Younger events will be given separate awards for 9-10 and 8 &amp; Younger age groups.</li> </ul> </li> <li>• Mystery prizes will be awarded.</li> <li>• Relay events: Ribbons will be awarded for first through fourth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except events #35, 36 (400 IM) and #61, 62 (500 Free) will be pre-seeded.</li> <li>• All Swimmers should report directly to the blocks for their events.</li> <li>• The 400 IM and 500 Freestyle will require a positive check-in to swim and will be swum slow to fast, all girls and then all boys.</li> <li>• Positive check-in time will be announced.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></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.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> <li>• <b>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.</b></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> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• The overhead start procedure will be used for the Saturday afternoon and Sunday morning sessions, and may be used for the other sessions at the discretion of the Referee.</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referees: Roy Fisher</b> <b>Email: <a href="mailto:rfisher@BGF.com">rfisher@BGF.com</a></b> <b>Phone: (434) 525-5456</b></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet.</li> <li>• 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</li> </ul>

	<p><a href="mailto:tpworkathome@aim.com">tpworkathome@aim.com</a> no later than Tuesday, September 23, 2008.</p> <ul style="list-style-type: none"> <li>Necessary coaches' meetings and officials' meetings will be announced during meet warm ups.</li> </ul>
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>VSI Safety and Warm-up procedures will be in effect.</li> <li>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.</li> <li>Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet.</li> </ul>
<b>TIMERS:</b>	Timers from participating teams are welcomed and encouraged.
<b>GENERAL:</b>	Hospitality for coaches and officials will be provided. Heat sheets will be sold and concessions will be available. A swim vendor will be on sight.
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>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 meet.</li> <li>Please note that 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.</li> <li>Access to the pool deck will be strictly controlled. <ul style="list-style-type: none"> <li>Swimmers, coaches, officials, and event staff only will be permitted on the deck during warm ups and the competition.</li> <li>SPECTATORS MUST REMAIN IN THE BLEACHERS OR THE GYM. No spectator's chairs will be allowed to be set up on the pool deck.</li> <li>Swimmers and families are NOT ALLOWED to set up in the warm down pool area.</li> </ul> </li> </ul>
<b>DIRECTIONS:</b>	Directions are available on the team website at <a href="http://www.swim4ly.com">www.swim4ly.com</a>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>Wingate Hotel, 3777 Candler's Mtn. Road, (434) 845-1700</li> <li>Days Inn, 3320 Candler's Mtn. Road, (434) 847-8655</li> <li>Kirkley Hotel, (434) 237-6333</li> </ul>

**ORDER OF EVENTS**  
**2008-2009 Season Opener**  
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**Saturday, September 27, 2008**

<b>Session 1: Warm Up</b>		<b>7:30AM Start 9:00AM</b>	<b>Session 2: Warm up 1:00PM Start 2:30PM</b>	
<b>Event #</b>			<b>Event #</b>	
1-2	12 & U	200 Medley Relay	31-32	SR 200 Medley Relay
3-4	10 & U	200 Medley Relay	33-34	13-14 200 Medley Relay
5-6	8 & U	100 Medley Relay	35-36	SR 400 IM
7-8	11-12	200 free	37-38	SR 100 back
9-10	10 & U	200 free	39-40	SR 200 fly
11-12	11-12	50 back	41-42	SR 50 free
13-14	10 & U	50 back	43-44	SR 100 breast
15-16	8 & U	25 back	45-46	SR 200 free
17-18	11-12	100 breast		
19-20	9-10	100 breast		
21-22	11-12	50 fly		
23-24	10 & U	50 fly		
25-26	8 & U	25 fly		
27-28	11-12	100 IM		
29-30	10 & U	100 IM		

**Sunday, September 28, 2008**

<b>Session 3: Warm Up</b>		<b>7:30AM Start 9:00AM</b>	<b>Session 4: Warm Up 1:00PM Start 2:30PM</b>	
47-48	SR	200 Free Relay	63-64	12 & U 200 Free Relay
49-50	13-14	200 Free Relay	65-66	10 & U 200 Free Relay
51-52	SR	200 IM	67-68	8 & U 100 Free Relay
53-54	SR	100 free	69-70	11-12 100 free
55-56	SR	200 back	71-72	10 & U 100 free
57-58	SR	100 fly	73-74	11-12 50 breast
59-60	SR	200 breast	75-76	10 & U 50 breast
61-62	SR	500 free	77-78	8 & U 25 breast
			79-80	11-12 100 fly
			81-82	9-10 100 fly
			83-84	11-12 50 free
			85-86	10 & U 50 free
			87-88	8 & U 25 free
			89-90	11-12 100 back
			91-92	9-10 100 back
			93-94	11-12 200 IM
			95-96	10 & U 200 IM