



**VIRGINIA Y LEAGUE CHAMPIONSHIP**  
January 10-11, 2009  
**Y SANCTION NO.**  
**VSI SANCTION NO. VS-09-06Y**

Hosted by:



Lynchburg YMCA Swim Team

<b>SANCTION:</b>	Sanctioned by the YMCA Competitive Swimming and Diving Committee as a Championship level competition. Sanction # _____ Held under the approval of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-09-06Y</b>
<b>LOCATION:</b>	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502, Phone: (434) 582-1900
<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 they 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><li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li></ul>
<b>MEET DIRECTOR:</b>	TJ & Lisa Liston Phone: (434) 384-6338 Email: <a href="mailto:CoachListon@comcast.net">CoachListon@comcast.net</a> or <a href="mailto:LisaListon@aol.com">LisaListon@aol.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>This meet is a closed YMCA championship competition offered to YMCA teams only and only those swimmers that have full membership privileges.</li><li>All swimmers participating in this meet must be full privileged members of their YMCA.</li><li>Age on January 10, 2009, 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>All events will be timed finals.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the LY website at <a href="http://www.lyswimming.org">www.lyswimming.org</a> no later than Wednesday, January 7, and will also be emailed to the contact person of the participating clubs.</li><li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:30 AM.</li><li>Afternoon sessions: Warm-ups at 12:30 PM; competition starts at 2:00 PM.</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.lyswimming.org">www.lyswimming.org</a></li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, JANUARY 2, 2009</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).</li><li>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.</li><li>No Time (NT) entries will be accepted for events in which a swimmer does not have a time of record.</li><li>Swimmers may enter a maximum of <i>5 individual events</i> and <i>1 relay event</i> per day.</li><li>Relay teams must be designated A or B if more than one per club is entered per event. A limit of two relays per event per team may be entered. Only one relay per team per event may score.</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>• <b><u>Please delete any USAS registration numbers from all non-USAS registered athletes for entry purposes.</u></b> This can be done under the athlete name function on hytek. Also, please submit a complete written list of all athletes that are NOT USAS registered. This will help us ensure that the USAS registered athletes get official times entered in the USAS database.</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: YMCA of Central Virginia.</li> <li>• Payment must be received by Wednesday, January 7, 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.</li> <li>• Senior events will be given separate awards for 14 &amp; under and 15 &amp; Over age groups.</li> <li>• 11 &amp; Older events will be given separate awards for 11-12, 13-14, 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> <li>• Relay events: Ribbons will be awarded for first through fourth place.</li> <li>• Team trophies will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place.</li> <li>• <b>SCORING:</b> Individual events will be scored through 16 places.</li> <li>• 1-8<sup>th</sup> place will score 20-17-16-15-14-13-12-11, respectively.</li> <li>• 9<sup>th</sup>-16<sup>th</sup> place will score 9-7-6-5-4-3-2-1, respectively.</li> <li>• Only ONE relay, per event per team may score.</li> <li>• 1<sup>st</sup> through 8<sup>th</sup> place relays will score 40-34-32-30-28-26-24-22, respectively.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except events #31-32 (12 &amp; under 500 free), #37-38 (SR 400 IM), #49-50 (SR 500 free), #65-66 (SR 1000 free) will be pre-seeded.</li> <li>• Swimmers should report directly to the blocks for their events.</li> <li>• The 500 freestyle, 400 IM, and 1000 freestyle will require a positive check-in to swim.</li> <li>• Positive check-in for the 500 freestyles and the 1000 freestyle will close by the end of warm ups for their respective sessions. Positive check in for the 400 IM will close at the end of the 1<sup>st</sup> warm up session Saturday afternoon.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>SWIMMERS WHO CHECK IN AND FAIL TO SHOW UP FOR THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT.</b></li> <li>• Events #31-32, (12 &amp; under 500 free), #49-50 (SR 500 free), #65-66 (SR 1000 free) will swim the first four fastest heats, slow to fast, with remaining heats going fast to slow, alternating girls and boys.</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> </ul>



## EVENTS

### Saturday, January 10

#### Session 1: Warm Up 7:00AM Start 8:30AM

##### Event #

1-2 12 & U 200 Medley Relay  
3-4 10 & U 200 Medley Relay  
5-6 8 & U 100 Medley Relay  
7-8 11-12 200 free  
9-10 10 & U 200 free  
11-12 11-12 50 back  
13-14 10 & U 50 back  
15-16 8 & U 25 back  
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  
31-32 12 & U 500 free

#### Session 2: Warm up 12:30 PM Start 2:00PM

##### Event #

33-34 SR 200 Medley Relay  
35-36 13-14 200 Medley Relay  
37-38 SR 400 IM  
39-40 SR 100 back  
41-42 SR 200 fly  
43-44 SR 200 free  
45-46 SR 100 breast  
47-48 SR 50 free  
49-50 SR 500 free

### Sunday, January 11

#### Session 3: Warm Up 7:00AM Start 8:30AM

51-52 SR 200 Free Relay  
53-54 13-14 200 Free Relay  
55-56 SR 200 IM  
57-58 SR 100 free  
59-60 SR 200 back  
61-62 SR 100 fly  
63-64 SR 200 breast  
65-66 SR 1000 free

#### Session 4: Warm Up 12:30 PM Start 2:00PM

67-68 12 & U 200 Free Relay  
69-70 10 & U 200 Free Relay  
71-72 8 & U 100 Free Relay  
73-74 11-12 100 free  
75-76 10 & U 100 free  
77-78 11-12 50 breast  
79-80 10 & U 50 breast  
81-82 8 & U 25 breast  
83-84 11-12 100 fly  
85-86 9-10 100 fly  
87-88 11-12 50 free  
89-90 10 & U 50 free  
91-92 8 & U 25 free  
93-94 11-12 100 back  
95-96 9-10 100 back  
97-98 11-12 200 IM  
99-100 10 & U 200 IM