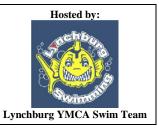


VIRGINIA Y LEAGUE CHAMPIONSHIP January 10-11, 2009 Y SANCTION NO. VSI SANCTION NO. VS-09-06Y



SANCTION:	Sanctioned by the YMCA Competitive Swimming and Diving Committee as a Championship competition. Sanction #					
	Held under the approval of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-06Y					
LOCATION:	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502, Phone: (434) 582-1900					
FACILITY:	The Jamerson YMCA has an indoor, 8 lane competition pool. All are bottom striped and wall targeted with non-turbulent lane lines.					
	 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. 					
	 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. 					
	 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 Phone: (434) 384-6338					
	Email: CoachListon@comcast.net or LisaLListon@aol.com					
ELIGIBILITY:	 This meet is a closed YMCA championship competition offered to YMCA teams only and only those swimmers that have full membership privileges. 					
	All swimmers participating in this meet must be full privileged members of their YMCA.					
	Age on January 10, 2009, will determine age for the entire meet.					
DISABILITY SWIMMERS:	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.					
	 Lane assignment and warm-up times for individual clubs will be posted on the LY website at <u>www.lyswimming.org</u> no later than Wednesday, January 7, 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 ends.					
WARM-UPS:	Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:30 AM.					
	Afternoon sessions: Warm-ups at 12:30 PM; competition starts at 2:00 PM.					
	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 www.lyswimming.org					
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, JANUARY 2, 2009					
	 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. 					
	Teams may submit entries as an e-mail attachment (preferred).					
	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 and 1 relay event per day.					
	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.					

	Entries will be processed in the order received. This meet will be limited to a total of 450 swimmers.				
	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.				
	Please delete any USAS registration numbers from all non-USAS registered athletes for				
	<u>entry purposes</u> . 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.				
	Email entries to: Patbrm@aol.com				
	Mail entries and fees 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:	Individual events: \$3.00 Relay events: \$12.00 Suimmer surcharge: \$2.50 per person (entered in the most in any conscitu)				
	Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)				
	Checks should be made payable to: YMCA of Central Virginia. Design of the received by Wednesday, January 7, for email entries. Beginner must be				
	 Payment must be received by Wednesday, January 7, 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:	Individual events: Ribbons will be awarded for first through eighth place.				
	Senior events will be given separate awards for 14 & under and 15 & Over age groups.				
	• 11 & Older events will be given separate awards for 11-12, 13-14, and 15 & Older age groups.				
	10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups.				
	Relay events: Ribbons will be awarded for first through fourth place.				
	Team trophies will be awarded for 1 st , 2 nd , and 3 rd place.				
	SCORING: Individual events will be scored through 16 places.				
	• 1-8 th place will score 20-17-16-15-14-13-12-11, respectively.				
	9 th -16 th place will score 9-7-6-5-4-3-2-1, respectively.				
	Only ONE relay, per event per team may score.				
	• 1 st through 8 th place relays will score 40-34-32-30-28-26-24-22, respectively.				
SEEDING:	 All events, except events #31-32 (12 & under 500 free), #37-38 (SR 400 IM), #49-50 (SR 500 free), #65-66 (SR 1000 free) will be pre-seeded. 				
	Swimmers should report directly to the blocks for their events.				
	The 500 freestyle, 400 IM, and 1000 freestyle will require a positive check-in to swim.				
	 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 1st warm up session Saturday afternoon. 				
	SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.				
	SWIMMERS WHO CHECK IN AND FAIL TO SHOW UP FOR THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT.				
	• Events #31-32, (12 & 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.				
	Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available.				
PENALTIES:	Penalties for entries using fraudulent and/or non-verifiable entry times:				
	Swimmer shall be disqualified from the event entered illegally and the event shall be rescored 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:	The current USA Swimming Rules and Regulations will apply.					
	The overhead start procedure will be used at the discretion of the Referee.					
OFFICIALS:	Meet Referees: Roy Fisher Terri Proffitt Email: rfisher@aol.com Phone: (434) 525-5456 Email: tpworkathome@aim.com Phone: (434) 386-4467					
	Officials at all positions will be required for this meet.					
	Officials must be certified as YMCA officials.					
	• Team Officials Chairpersons should submit the names and session availability of certified officials to Terri Proffitt at tpworkathome@aim.com no later than December 30, 2008.					
	Any necessary coaches' meetings or officials' meetings will be announced during warm ups.					
SAFETY:	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:	Timers from participating teams are welcome and encouraged.					
GENERAL:	Hospitality for coaches and officials will be provided. Heat sheets will be sold and concessions will be available. A swim vendor will be on site.					
FACILITY RULES:	• 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 the YMCA prohibits food of any kind in the pool area; permissible beverage inside the pool area are limited to those in closed, plastic containers. Consumption of food i allowed in the gym and concessions area ONLY. 					
	SMOKING IS PROHIBITED anywhere on the grounds of the YMCA.					
	 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 the 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. 					
DIRECTIONS:	Directions are available on the team website at www.lyswimming.org					
HOTELS:	Wingate Hotel, 3777 Candler's Mtn. Road, (434) 845-1700					
	• Days Inn, 3320 Candler's Mtn. Road, (434) 847-8655					
	Kirkley Hotel, (434) 237-6333					
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EVENTS

Saturday, January 10

Session 1: Warm Up 7:00AM Start 8:30AM		Session 2: Warm up 12:30 PM Start 2:00PM		
Event #		Event #		
1-2	12 & U 200 Medley Relay	33-34	SR 200 Medley Relay	
3-4	10 & U 200 Medley Relay	35-36	13-14 200 Medley Relay	
5-6	8 & U 100 Medley Relay	37-38	SR 400 IM	
7-8	11-12 200 free	39-40	SR 100 back	
9-10	10 & U 200 free	41-42	SR 200 fly	
11-12	11-12 50 back	43-44	SR 200 free	
13-14	10 & U 50 back	45-46	SR 100 breast	
15-16	8 & U 25 back	47-48	SR 50 free	
17-18	11-12 100 breast	49-50	SR 500 free	
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			

Sunday, January 11 Session 3: Warm Up 7:00AM Start 8:30AM

Sunday, Sundary 11		
Session 3: Warm Up 7:00AM Start 8:30AM	Session 4: Warm Up 12:30 PM Start 2:00PM	
51-52 SR 200 Free Relay	67-68	12 & U 200 Free Relay
53-54 13-14 200 Free Relay	69-70	10 & U 200 Free Relay
55-56 SR 200 IM	71-72	8 & U 100 Free Relay
57-58 SR 100 free	73-74	11-12 100 free
59-60 SR 200 back	75-76	10 & U 100 free
61-62 SR 100 fly	77-78	11-12 50 breast
63-64 SR 200 breast	79-80	10 & U 50 breast
65-66 SR 1000 free	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 97-98

99-100

9-10 100 back

10 & U 200 IM

11-12 200 IM