



LYNCHBURG YMCA INVITATIONAL
January 8-10, 2010
VSI SANCTION NO. VS-10-04Y



Hosted by:
 Lynchburg YMCA Swim Team

SANCTION:	Held under the approval of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-04Y
LOCATION:	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502, Phone: (434) 582-1900
FACILITY:	<ul style="list-style-type: none"> The Jamerson YMCA has an indoor, 8 lane competition pool, 9 to 4 feet in depth, start end to turn end. All lanes 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 been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
MEET DIRECTOR:	TJ & Lisa Liston Phone: (434) 384-6338 Email: CoachListon@comcast.net or LisaLListon@aol.com
ELIGIBILITY:	<ul style="list-style-type: none"> This meet is a closed YMCA competition offered to YMCA teams only and only those swimmers that have full membership privileges USA Swimming athletes competing in this meet must be registered by the first day of the meet. No on deck USA Swimming athlete registration will be permitted. Age on January 8, 2010, 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 at 4:30 PM; competition starts at 6:00PM. 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 1:40 PM. Lane assignment and warm-up times for individual clubs will be posted on the LY website at www.lyswimming.org no later than Wednesday, January 6, 2010 and will also be emailed to the contact person of the participating clubs. 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 If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, JANUARY 2, 2010</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, 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 <i>5 individual events</i> and <i>1 relay event</i> per day. Relay teams must be designated A or B if more than one per club is entered per event. A limit of

	<p>two relays per event per team may be entered. Only one relay per team per event may score.</p> <ul style="list-style-type: none"> • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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. • <u>Please delete any USAS registration numbers from all non-USAS registered athletes for entry purposes.</u> This can be done under the athlete name function on Hy-Tek. <ul style="list-style-type: none"> ○ 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: CoachListon@comcast.net • Mail entries and fees to: TJ Liston 1240 Krise Circle Lynchburg, VA 24503 • 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. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available.
FEES:	<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"> • Checks should be made payable to: YMCA of Central Virginia. • Payment must be received by Wednesday, January 6, 2010 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. <ul style="list-style-type: none"> ○ Senior individual events will be given separate awards for 14 & Under and 15 & Over age groups. ○ 11 & Over individual events will be given separate awards for 11-12, 13-14, and 15 & Over age groups. ○ 10 & Under individual events will be given separate awards for 9-10 and 8 & Under age groups. • Relay events: Ribbons will be awarded for first through fourth place. • Team trophies will be awarded for first, second, and third place.. • SCORING: Individual events will be scored through 16 places. <ul style="list-style-type: none"> ○ First through eighth place will score 20-17-16-15-14-13-12-11, respectively. ○ Ninth through sixteenth place will score 9-7-6-5-4-3-2-1, respectively. ○ Only ONE relay, per event per team may score. ○ First through eighth place relays will score 40-34-32-30-28-26-24-22, respectively.
SEEDING:	<ul style="list-style-type: none"> • All events, except events #1-2 (11-12 400 IM), #3-4 (11 & Over 1000 Free), #19-20 (SR 400 IM), #51-52 (9-12 500 Free), and #67-68 (SR 500 free) will be pre-seeded. • Swimmers should report directly to the blocks for their events. • The 400 IM, 1000 Freestyle, and 500 Freestyle will require a positive check-in to swim. • Positive check-in for the SR 400 IM, the 500 Freestyles and the 1000 Freestyle will close by the end of warm ups for their respective sessions. Positive check in for the 11-12 400 IM will close at 5:20 PM on Friday evening. • 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 INDIVIDUAL EVENT. • Events #1-2 (11-12 400 IM), #3-4 (11 & Over 1000 Free) and #51-52 (9-12 500 Free) will be swum fast to slow, alternating girls and boys.

Event#

1-2 11-12 400 IM
 3-4 11 & Over 1000 Free

Saturday, January 9**Session 2: Warm Up 7:00 AM Start 8:30 AM****Event #**

5-6 SR 200 Medley Relay
 7-8 13-14 200 Medley Relay
 9-10 SR 200 free
 11-12 SR 100 breast
 13-14 SR 100 back
 15-16 SR 200 fly
 17-18 SR 50 free
 19-20 SR 400 IM

Session 3: Warm up 12:30 PM Start 1:40 PM**Event #**

21-22 8 & U 100 Medley Relay
 23-24 10 & U 200 Medley Relay
 25-26 12 & U 200 Medley Relay
 27-28 8 & U 25 back
 29-30 8 & U 25 fly
 31-32 11-12 200 free
 33-34 9-10 200 free
 35-36 11-12 50 back
 37-38 10 & U 50 back
 39-40 11-12 100 breast
 41-42 9-10 100 breast
 43-44 11-12 50 fly
 45-46 10 & U 50 fly
 47-48 11-12 100 IM
 49-50 10 & U 100 IM
 51-52 9-12 500 free

Sunday, January 10**Session 4: Warm Up 7:00 AM Start 8:30 AM**

53-54 SR 200 Free Relay
 55-56 13-14 200 Free Relay
 57-58 SR 200 IM
 59-60 SR 100 free
 61-62 SR 200 back
 63-64 SR 100 fly
 65-66 SR 200 breast
 67-68 SR 500 free

Session 5: Warm Up 12:30 PM Start 1:40 PM

69-70 8 & U 100 Free Relay
 71-72 10 & U 200 Free Relay
 73-74 12 & U 200 Free Relay
 75-76 8 & U 25 free
 77-78 8 & U 25 breast
 79-80 11-12 100 free
 81-82 10 & U 100 free
 83-84 11-12 50 breast
 85-86 10 & U 50 breast
 87-88 11-12 100 fly
 89-90 9-10 100 fly
 91-92 11-12 50 free
 93-94 10 & U 50 free
 95-96 11-12 100 back
 97-98 9-10 100 back
 99-100 11-12 200 IM
 101-102 9-10 200 IM