



LYNCHBURG FIRECRACKER INVITATIONAL
A/BB/B/C Meet
June 25-27,2010
SANCTION NO. VS-10-69



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-69
LOCATION:	Miller Park Pool, 2100 Park Avenue, Lynchburg, VA 24501 (434) 847-1759
FACILITY:	<ul style="list-style-type: none">• 50 meter, 8 lane, 4.5 deep (lane 8) to 5 feet deep (lanes 1-7) at the start end and 3 feet deep at the turn end, outdoor pool with non-turbulent lane markers. Colorado Timing System.• Small diving well for continuous warm down.• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming
MEET DIRECTOR:	TJ & Lisa Liston Email: CoachListon@comcast.net or LisaListon@aol.com Phone: (434) 384-6338
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes registered by the first day of the meet.• No on deck USA Swimming athlete registration will be permitted.• Age on June 25, 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:	<ul style="list-style-type: none">• Senior swimmers and swimmers 9-12 years old swim a single Friday evening session (1)• Senior swimmers swim in the morning sessions (2 & 4) on Saturday and Sunday• Senior swimmers swim in a late mid-day distance session (5) on Sunday• 12 & younger swimmers swim in the afternoon sessions (3 & 6) on Saturday and Sunday• All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">• Friday evening warm ups will begin at 4:00 PM; competition will start at 5:30 PM.• Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:30 AM.• Saturday Afternoon session: Warm-ups at 12:30 PM; competition starts at 1:40 PM.• 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 1:30 PM; competition start at 2:40 PM.• Lane assignment and warm-up times for individual clubs will be posted on the LY website at www.lyswimming.org no later than Tuesday, June 22, 2010 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.• The Meet Director reserves the right to adjust warm up and start times if necessary. Notifications of adjustments made to warm-up and start times will be not later than Tuesday, June 22, 2010
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 15' 2010</p> <ul style="list-style-type: none">• Conforming and Non-conforming times will be used for entry – Long Course Meters then Short Course Yards, then Short Course Meters. Non-conforming times will be seeded following all conforming times. Converted times will not be allowed for entry times.• Entries must be submitted using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.• Teams submit entries as an e-mail attachment.• 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

	<p>accompany the entries, regardless of how they are submitted.</p> <ul style="list-style-type: none"> • “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> per day. • 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. • Email entries to: CoachListon@comcast.net • Mail entries 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. No additional heats will be added.
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: The YMCA of Central Virginia • Payment must be received by June 22nd 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 & under events will be given separate awards for 9-10 and 8 & under age groups.
SEEDING:	<ul style="list-style-type: none"> • All events, except events # 7, 8, 9, 10, (400 free), 19 & 20 (400 IM), and 47 & 48 (1500 free) will be pre-seeded. • All swimmers should report directly to the blocks for their events. • Events 7, 8, 9, 10, 19, 20, 47, & 48 will require a positive check-in to swim. • Positive check-in will close at 5:30 PM, Friday evening and 8:30 AM on Saturday and Sunday. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • SWIMMERS WHO CHECK-IN AND FAIL TO SHOW UP TO SWIM THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT. • Events 7 & 8 (9-12 400 free), 9 & 10 (senior 400 free), 19 & 20 (senior 400 IM), 47 & 48 (senior 1500 free) will be swum fastest to slowest and alternating heats of girls and boys.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for 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 have 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: Bryan Wallin Email: thewallin5Wcomcast.net Phone: (804) 389-2438</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:	Virginia Swimming Meet Safety Procedures will be in effect.
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:	<ul style="list-style-type: none"> • 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 25, 2010 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	9-12	400 free
9-10	Senior	400 free

Saturday, June 26, 2010, Session 2

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

11-12	Senior	200 free
13-14	Senior	100 breast
15-16	Senior	200 fly
17-18	Senior	100 back
19-20	Senior	400 IM

Session 3

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

21-22	12 & U	200 free
23-24	10 & U	100 breast
25-26	11-12	100 breast
27-28	10 & U	100 back
29-30	11-12	100 back
31-32	10 & U	50 fly
33-34	11-12	50 fly
35-36	10 & U	50 free
37-38	11-12	50 free

Sunday, June 27, 2010, Session 4

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

39-40	Senior	100 free
41-42	Senior	200 breast
43-44	Senior	100 fly
45-46	Senior	200 back

Session 6

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

49-50	10 & U	200 IM
51-52	11-12	100 fly
53-54	10 & U	100 fly
55-56	11-12	100 free
57-58	10 & U	100 free
59-60	11-12	50 breast
61-62	10 & U	50 breast
63-64	11-12	50 back
65-66	10 & U	50 back

15 minute warm up period immediately following the conclusion of event 46. Session 5

47-48	Senior	1500 free
-------	--------	-----------