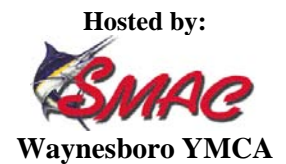




WAYNESBORO YMCA SMAC FALL INVITE
Age Group (14&Y) Meet
November 21-22, 2009
SANCTION NO. VS-10-19



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-19
LOCATION:	Waynesboro YMCA, 648 S. Wayne Ave., Waynesboro, VA 22980 (540) 942-5107
FACILITY:	<ul style="list-style-type: none">Indoor 25 yard 6 lane pool with Competitor lane lines. Colorado automatic Timing System with 2 line scoreboard.The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
MEET DIRECTOR:	Name: Doug Wharam Email: dougw@smacswimming.org Phone: 540-942-5107
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming/Virginia Swimming athletes registered by the first day of the meetNo on deck USA Swimming/Virginia Swimming athlete registration will be permitted.Age on November 21, 2009 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">All 10 & younger swimmers will swim in the morning.All 11-12 and 13-14 swimmers will swim in the afternoon.All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">Morning sessions: Warm-ups from 7:30 – 8:45 am; competition starts at 9:00 am. There will be three 25 minute warm-up sessions.Afternoon sessions: Warm-ups from 12:30-1:45 pm; competition starts 1:50 pm. There will be three 25 minute warm-up sessions.Lane assignment and warm-up times for individual clubs will be posted on the Waynesboro YMCA SMAC (smacswimming.org) website no later than Wednesday November 18, 2009 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.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 11, 2009</p> <ul style="list-style-type: none">Entries must be submitted in short course yards times 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 accompany the entries, regardless of how they are submitted.Coach's Time (CT) and "No Time" entries 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.Swimmers may enter a maximum of 5 <i>individual events</i> and 1 <i>relay event</i> per day.Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.Email and/or mail entries to: David Bihl, davidbihl@yahoo.comMail entries to: David Bihl c/o SMAC Swimming 648 S. Wayne Ave. Waynesboro, VA 22980 (cell) (717) 350-3896

	<ul style="list-style-type: none"> 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:	<p>Individual events: \$3.50 Relay events: \$14.00 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: Waynesboro YMCA SMAC. Payment must be received by Wednesday, November 18, 2009 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 sixth place. <ul style="list-style-type: none"> 10 & Younger events will be given separate awards for 9-10, 7-8, and 6 & Younger age groups. 8 & Younger events will be given separate awards for 7-8 and 6 & Younger age groups. Relay events: Ribbons will be awarded for first through third place.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. 8 & Younger swimmers in the morning sessions must report to the Clerk of Course next to the blocks and they will be escorted to the blocks from there. 9 and 10 year old swimmers may report directly to the blocks for their events. Swimmers in the afternoon sessions should report directly to the blocks for their events. 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. Deck entries must be submitted to the Meet Referee on the provided forms.
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 for all sessions, at the discretion of the Referee. 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 and will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: David Bihl Email: davidbihl@yahoo.com Phone: (717) 350-3896 (cell)</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. We encourage trainees and dry-deck officials as well as certified wet-deck officials. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to David Bihl no later than Monday November 16, 2009. Officials meeting will be held 45 minutes prior to the start of each session. Coaches meeting will be held 15 minutes prior to the start of the 1st session on Saturday morning.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. The number of timers required per club and their lane assignments will be posted on the Waynesboro YMCA SMAC website no later than Wednesday, November 18, 2009 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> Concessions will be available in the observation room overlooking the pool. Swimmers and spectators may sit in the pool area, in the observation room overlooking the pool,

	<p>and in an additional room also available on the pool level.</p> <ul style="list-style-type: none"> • Coaches and Officials hospitality will be available on the pool level in a separate room. • The Clerk of Course will be located next to the starting blocks for the morning sessions and will escort swimmers to the blocks from there. • Heat shirts will be available for \$5.00 in the observation room.
FACILITY RULES:	<ul style="list-style-type: none"> • No smoking or running in the facility. • Everyone will be expected to abide by the facility rules. • Swimmers, coaches, and teams will be held responsible for any damage.
DIRECTIONS:	<p>Take exit 96 off US Interstate 64. Go north towards Waynesboro. Take the second left (Windsor) and go straight until the road "T"s into Lyndhurst Rd. Turn right onto Lyndhurst (changes to Wayne Ave). The YMCA is ½ mile on the right.</p>
MEET HOTEL:	<p>Best Western Waynesboro (540) 942-1100</p> <p>The Waynesboro Best Western is offering a special rate of \$74.99 plus tax per night for guests attending the Fall Invitational. The hotel was new in 2007, includes hot breakfast buffet in the room rate, and offers an indoor saltwater pool and exercise room. It is located 3 ½ miles from the meet.</p>

Waynesboro YMCA SMAC Fall Invite

Order of Events

Saturday, November 21, 2009

Morning Session

Warm-up: 7:30 am; Start: 9:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-10 50 yd Freestyle	2
3	8 & Y 25 yd Freestyle	4
5	9-10 100 yd Butterfly	6
7	8 & Y 50 yd Butterfly	8
9	9-10 100 yd Ind. Medley	10
11	8 & Y 100 yd Ind. Medley	12
13	9-10 50 yd Breaststroke	14
15	8 & Y 25 yd. Breaststroke	16
17	9-10 100 yd Backstroke	18
19	8 & Y 50 yd Backstroke	20
21	10 & Y 200 yd Freestyle	22
23	8 & Y 100 Free Relay	24
25	10 & Y 200 Free Relay	26

Afternoon Session

Warm-up: 12:30 pm; Start: 1:50 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	11-12 100 yd Freestyle	28
29	13-14 100 yd Freestyle	30
31	11-12 50 yd Butterfly	32
33	11-12 200 yd Ind. Medley	34
35	13-14 200 yd Ind. Medley	36
37	11-12 50 yd Breaststroke	38
39	13-14 200 yd Breaststroke	40
41	11-12 100 yd Backstroke	42
43	13-14 100 yd Backstroke	44
45	11-12 200 yd. Free Relay	46
47	13-14 200 yd Free Relay	48
49	11-12 400 yd Ind. Medley	50
51	13-14 400 yd Ind. Medley	52

Sunday, November 22, 2009

Morning Session

Warm-up: 7:30 am; Start: 9:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	9-10 100 yd Freestyle	54
55	8 & Y 50 yd Freestyle	56
57	9-10 50 yd Butterfly	58
59	8 & Y 25 yd Butterfly	60
61	9-10 200 yd Ind. Medley	62
63	8 & Y 50 yd Breaststroke	64
65	9-10 100 yd Breaststroke	66
67	8 & Y 25 yd Backstroke	68
69	9-10 50 yd Backstroke	70
71	8 & Y 100 yd Freestyle	72
73	9-10 200 yd Med. Relay	74
75	8 & Y 100 yd Med. Relay	76
77	10 & Y 500 yd. Freestyle	78

Afternoon Session

Warm-up: 12:30 pm; Start: 1:50 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
79	11-12 200 yd Freestyle	80
81	13-14 200 yd Freestyle	82
83	11-12 100 yd Butterfly	84
85	13-14 100 yd Butterfly	86
87	11-12 100 yd Ind. Medley	88
89	13-14 100 yd Breaststroke	90
91	11-12 100 yd Breaststroke	92
93	13-14 200 yd Backstroke	94
95	11-12 50 yd Backstroke	96
97	13-14 50 yd Freestyle	98
99	11-12 50 yd Freestyle	100
101	13-14 200 yd Med. Relay	102
103	11-12 200 yd Med. Relay	104
105	11-12 500 yd Freestyle	106
107	13-14 500 yd Freestyle	108