



COVENTRY COMMONWEALTH GAMES OF VA
A/BB/B/C Meet
June 18-20, 2010
SANCTION NO. VS-10-68



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-68
LOCATION:	War Memorial Pool, Ridgeview Park, Waynesboro, VA 22980. (540) 949-7665
FACILITY:	<ul style="list-style-type: none">• Outdoor 8-lane, 50 meter pool, 13 feet deep at the start end and 3.5 feet deep at the turn end of the pool with Kiefer Wave Eater lane lines and 2 line scoreboard. No warm-up/cool-down lanes will be available.• Limited concrete deck space, but ample amounts of grassy area for tents and canopies. Colorado Timing System will be used.• 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: Rob Rule Email: robert.rule@shell.com Phone: (540) 440-0288 (cell)
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes registered by the first day of the meet that are living in the Commonwealth of Virginia.• No on deck USA Swimming athlete registration will be permitted.• Age on June 18, 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">• All 11-12 swimmers will swim the morning session each day• All 10 & under swimmers will swim in the midday session each day.• All 13 & over swimmers will swim in the afternoon session each day• All swimmers in the distance events will swim in the distance session, which will start 20 minutes after the conclusion of the afternoon sessions.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 6:30 am; competition starts at 8:00 am.• Midday sessions: Warm-ups at 10:15 am; competition starts at 11:10 am.• Afternoon sessions: Warm-ups at 1:35 pm; competition starts at 2:30 pm.• Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter.<ul style="list-style-type: none">○ The approximate start time for the distance sessions will be posted on the SMAC website (smacswimming.org) no later than Tuesday June 15th, and will also be emailed to the contact person of the participating clubs.○ The distance sessions will start no earlier than the estimated times.• Lane assignment and warm-up times for individual clubs will be posted on the SMAC website no later than Tuesday June 15, 2010, and will also be emailed to the contact person of the participating clubs.• If any session runs late, the following session warm-ups will begin immediately after the preceding session ends• Depending on the number of entries, the meet director reserves the right to adjust warm-up and session start times in consultation with the meet referee. Teams would be notified on Tuesday, June 15, 2010
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 8, 2010.

	<ul style="list-style-type: none"> • Entries must be submitted in long course meter 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 Times (CT) 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. • "No Time" (NT) entries will not be accepted. • Swimmers may enter a maximum of 4 <i>individual events</i> per day. This number includes evening distance events. • 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 Referee or 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: davidbihl@yahoo.com • Mail entries to: David Bihl Waynesboro YMCA 648 S. Wayne Avenue Waynesboro, VA 22980 Phone: (540) 942-5107 • 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. • Deck entries will only be accepted for 200 meter and longer events after the events have been scratched/checked-in and deck seeded. Deck entries must be submitted to the Meet Referee on the provided forms.
FEES:	<p>Individual events: \$4.00 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 Tuesday June 15, 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"> • Medals will be awarded for first through third place. • Ribbons will be awarded for fourth through eighth place. <ul style="list-style-type: none"> ○ 13 & over events will be given separate awards for 13-14 and 15 & over age groups. ○ 11 & over events will be given separate awards for 11-12, 13-14, and 15 & over age groups. ○ 10 & under events will be given separate awards for 9-10 and 8 & under age groups ○ 12 & under events will be given separate awards for 11-12, 9-10, and 8 & under age groups
SEEDING:	<ul style="list-style-type: none"> • All 100 meter or shorter events will be pre-seeded. • All 200 meter or longer events will be deck seeded. Coaches will be provided scratch sheets to report any scratches prior to the end of the first warm-up for each session. • Events 25-28 (400 Freestyle), 55-56 (400 Individual Medley) and 82-83 (1500 Freestyle) will require a positive check-in to swim. • Positive check-in will close at 3:00 pm the day of the event. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • All events are timed finals. There will be no clerk of course. Swimmers should report directly to the blocks for their events. • The 1500 Free will be swum alternating girls and boys races, fastest to slowest. Each swimmer

	in the event must provide a person to count laps and two lane timers.
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 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: David Bihl Email: davidbihl@yahoo.com Phone: (717) 350-3896 (mobile)</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 the Meet Referee no later than Tuesday June 8, 2010. • There will be an officials' meeting approximately 45 minutes prior to the start of each session. • There will be a coaches' meeting immediately following the close of warm-ups for Session 1.
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 SMAC website no later than Tuesday June 15, 2010, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available for \$10. • Concessions, swim shop (Kastaway) and meet T-shirts will be available. • Lunches will be provided for coaches and officials. Dinner will be provided only for coaches and officials working the evening distance sessions. • Vendors will be set up in the baby pool area. • The City of Waynesboro and Trout Unlimited will be hosting Fly Fishing Clinics in the South River, located 100 yards from the swimming venue. Additional information will be available on smacswimming.org and waynesboroymca.org
FACILITY RULES:	<ul style="list-style-type: none"> • THE BABY POOL IS OFF LIMITS TO SWIMMERS AND SPECTATORS. The baby pool area is restricted for visiting vendors • No smoking or glass containers in pool area. • Please do not use any tape in the pool area. • No banners or signs of any kind may be attached to the pool fencing. • Swimmers, coaches, and/or teams may be held responsible for any damages. • Tarps will be allowed outside pool area only. • No parking of vehicles on the entrance road between the park entrance and the parking lots next to the swimming pool. There is ample parking on the grass (weather permitting) and in the three paved parking lots. • Park closes at dark or upon completion of the evening sessions. • No vehicles or participants are allowed in the park boundaries between dusk and dawn. • No alcoholic beverages are allowed in park • Please clean your team area and picnic pavilions before leaving the park.

DIRECTIONS:	Take exit 94 off I-64 onto US 340 North (Rosser Ave.) into Waynesboro. Go approx. 2 miles and turn right at the stoplight onto 13 th St. Take the first right onto Linden Ave., which will take you to the grassy parking area at the pool.
HOTELS:	<ul style="list-style-type: none"> • Best Western Waynesboro (540) 942-1100 <ul style="list-style-type: none"> ○ The Waynesboro Best Western is offering a special rate of \$109.99 plus tax per night for guests attending the Commonwealth Games. ○ 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 2 ½ miles from the meet. ○ This rate is available until Friday May 28, 2010. • Comfort Inn Waynesboro (545) 932-3060 • Days Inn Waynesboro (540) 943-1101 • Holiday Inn Express Waynesboro (540) 932-7170 • Marriott Residence Inn Waynesboro (540) 943-7426 • Quality Inn Waynesboro (540) 942-1171 • Super 8 Waynesboro (540) 943-3888 • Hampton Inn Fishersville (540) 213-9500 • Additional Hotels can be found along the I-81 & I-64 corridors in Charlottesville, Staunton, Lexington, and Harrisonburg. • RV and camping sites: <ul style="list-style-type: none"> ○ Waynesboro 340 North Campground: (540) 943-9573 ○ Misty Mountain Camp Resort: (888) 647-8900 ○ Shenandoah National Park (National Park Service): 1 (800) 365-CAMP ○ Sherando Lake (US Forest Service) (540) 291-2188

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Order of Events

Session 1 – Friday Morning			Session 2 - Friday Midday		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	11-12 100 Backstroke	2	9	10 & under 100 Backstroke	10
3	11-12 100 Breaststroke	4	11	10 & under 100 Breaststroke	12
5	11-12 200 Freestyle	6	13	10 & under 200 Freestyle	14
7	11-12 200 Breaststroke	8			
Session 3 – Friday Afternoon			Session 4 - Friday Distance		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
15	13-14 100 Freestyle	16	25	12 & under 400 Freestyle	26
17	15 & over 200 Freestyle	18	27	13 & over 400 Freestyle	28
19	13 & over 200 Breaststroke	20			
21	13 & over 100 Backstroke	22			
23	13 & over 200 Butterfly	24			
Session 5 – Saturday Morning			Session 6 - Saturday Midday		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
29	11-12 50 Butterfly	30	37	10 & under 50 Butterfly	38
31	11-12 50 Backstroke	32	39	10 & under 50 Backstroke	40
33	11-12 100 Freestyle	34	41	10 & under 200 Ind. Medley	42
35	11-12 200 Butterfly	36	43	10 & under 100 Freestyle	44
Session 7 – Saturday Afternoon			Session 8 – Saturday Distance		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
45	13 & over 50 Butterfly	46	55	11 & older 400 Ind. Medley	56
47	13 & over 50 Breaststroke	48			
49	13 & over 200 Ind. Medley	50			
51	13-14 200 Freestyle	52			
53	15 & over 100 Freestyle	54			
Session 9 – Sunday Morning			Session 10 – Sunday Midday		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
57	11-12 50 Freestyle	58	67	10 & under 50 Freestyle	68
59	11-12 50 Breaststroke	60	69	10 & under 50 Breaststroke	70
61	11-12 200 Ind. Medley	62	71	10 & under 100 Butterfly	72
63	11-12 100 Butterfly	64			
65	11-12 200 Backstroke	66			
Session 11 – Sunday Afternoon			Session 12 – Sunday Distance		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
73	13 & over 50 Freestyle	74	83	11 & over 1500 Freestyle	84
75	13 & over 50 Backstroke	76			
77	13 & over 100 Breaststroke	78			
79	13 & over 100 Butterfly	80			
81	13 & over 200 Backstroke	82			