

AMENDED (July 28, 2010)

VIRGINIA AGE GROUP CHAMPIONSHIP

July 29-August 1, 2010 SANCTION NO. VS-10-77



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-77							
LOCATION:	Christiansburg Aquatic Center, 595 North Franklin Street, Christiansburg, VA 24073, Phone: (540) 381-7665							
FACILITY:	8 Lane 50 Meter indoor pool. Separate warm-up, cool-down pool.							
	Colorado timing system with one matrix scoreboard. Spectator seating for 1,000							
	Depth is 17 feet at the start end and 7 feet at the turn end of the pool.							
	The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).							
MEET DIRECTOR:	Brian Kupferer, VSI Age Group Chair Phone: (757) 450-0555 Email: bkcgbd@verizon.net Scott Baldwin, Host Team Coordinator Phone: (540) 998-2327 Email: edbaldwi@vt.edu							
ELIGIBILITY:	Open to all Virginia Swimming athletes 14 years old and younger registered by the first day of the meet that meet the qualifying times in each event entered.							
	No on deck Virginia Swimming athlete registration will be permitted							
	The qualifying period for this meet is May 1, 2009 through July 28, 2010							
	Age on July 29, 2010 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 10 & Younger swimmers will swim timed finals in the afternoon session.							
	 There will be a break after each boy's event to award medals for the previous set of events. If there are no awards to be given there will still be a break. 							
	 The competition pool will be closed except for one break midway through the session. 							
	All 11-14 swimmers will swim a preliminary session in the morning session. The top 16 swimmers in 11-12 and the top 16 swimmers in 13-14 will swim the final session each day.							
	Thursday night session: Warm-ups at 3:00 pm; competition starts at 4:00 pm. General warm-up for 30 minutes, specific warm-ups for 20 minutes							
	 Morning sessions: Warm-ups at 6:50 am; competition starts at 8:15 am. 							
	Afternoon sessions:							
	 Friday: Warm-ups at 1:00 pm; competition starts at 1:45 pm 							
	 Saturday: Warm-ups at 1:30 pm; competition starts at 2:15 pm. 							
	 Sunday: Warm-ups at 12:30 pm; competition starts at 1:15 pm. 							
	Finals sessions:							
	o Friday & Saturday: Warm-ups at 4:30 pm; competition starts at 5:30 pm.							
	 Sunday: Warm-ups at 5:00 pm; competition starts at 6:00 pm. 							
	 The 400 Freestyle for 10 & younger and 11-12 will be swum as Timed Final events swimming slowest to fastest (regular order). Swimmers are expected to provide their own timers and lap counters. 							
	The 1500 freestyle will be swum fastest to slowest, alternating girls then boys.							
	 There will be a 10-minute warm-up prior to the beginning of the first heat. If there are more than four total heats (boys and girls) there will be an additional 10 minute warm-up period following the third heat overall (second heat of girls). 							
	 The final heat of boys and girls may be combined. Swimmers are expected to provide their own timers and lap counters. 							

- The 800 freestyle will be swum fastest to slowest, alternating girls then boys.
 - Warm-ups will start no earlier than 2:30 pm.
 - o If there are more than 7 total heats (boys and girls), there will be a 10 minute warm-up period after the fourth heat overall (second heat of boys).
 - Swimmers are expected to provide their own timers and lap counters.
- All relay events will be Timed Finals. The fastest heat of the 200 Medley, 200 Free, and 400 Medley relays for 11-12 and 13-14 year old age groups will swim during the finals session each day. All remaining heats will be swum during the Preliminary session.
 - All heats of the 400 Freestyle Relay will be swum on Sunday during the preliminary session.
 - Relays will be seeded so that the slowest heat has at least three teams, even if this means that a heat in the finals session has less than eight teams.
- All relays both entered and swum must have at least two swimmers that have been entered in an
 individual event in this meet.
- Lane assignment and warm-up times for individual clubs will be posted on the VSI website no later than Saturday, July 24, 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.

ENTRIES:

DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JULY 20, 2010 NEW ENTRY PROCEDURES – OME MEET ENTRY SEE OME HIGHLIGHTS ATTACHMENT AT END OF INVITATION FOR MORE INFORMATION

- **OME OPENS:** 12:00 noon EST Sunday, July 4, 2010
- **OME CLOSES:** 11:59 pm EST Tuesday, July 20, 2010
- Meet Entry Officer: Brian Kupferer, Phone: (757) 450-0555, Email: bkcgbd@verizon.net
- On-Line Meet Entry (OME) Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Email entries during the regular entry period will not be accepted.
 - The OME system is accessed from the USA Swimming web site at the address http://www.usaswimming.org/ome
 - Coaches must register for an account (Free) to utilize the system. Log in and select "Enter Team".
- LATE ENTRIES. Entries desired after 11:59 pm, Tuesday, July 20, 2010, and prior to the start of the meet, must be sent to the Meet Entry Officer for input and will be considered late.
 - The total fees for all entries, including the late entry fee, must be paid prior to the first session of the meet (Thursday July 29, 2010) or the swimmer may not swim those events.
 - A confirmation of entries will not be sent to a club until the fees are marked paid, either by credit card or by arrangement with the Meet Entry Officer.
 - Payment for events entered at the meet must be made at the time of the request (made to Administrative Referee). The request must be prior to the close of the scratch box for the event desired.

Local Meet Entry Chair: Scott Baldwin

Phone: (540) 998-2327 Email: edbaldwi@vt.edu

OME HELP: Susan Woessner Brian Kupferer

USA Swimming Meet Entry Officer
Phone: (719) 866-3589 Phone: (757) 450-0555
Email: swoessner@usaswimming.org
Email: bkcgbd@verizon.net

- Conforming and Non Conforming times will be used for entry Long Course Meters then Short Course Meters then Short Course Yards.
- Individual Entries: Use the fastest time in national database for entry within the qualifying period.
 - Swimmers may enter using an "Override Time" for times that are not in the national database.
 - Override times must include the meet name and date.
 - Override times that cannot be proven during the entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List).
- Relay Entries: Use the fastest time in national database for entry within the qualifying period.

Relay times must be provable by team or swimmer aggregate.

- All relays, entered and swum, must contain at least two swimmers that are entered in at least one individual event in the meet.
- ALL relay swimmers must appear on the master entry, and pay the applicable surcharge.
- For any event requiring a positive check-in, proof of asterisk (*) submitted times must be submitted to the Admin Referee prior to the check-in deadline. For any other event, proof of asterisk (*) times must be submitted to the Admin Referee prior to the first session in which the team has swimmers entered.
- Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
- OME is not an eligibility report. It is the coach's responsibility to know for which events your athlete
 is qualified.
- OME RELAY ENTRY PROCEDURES: ENSURE "RELAY ONLY" ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.
 - If entering a "B" relay, be sure to select an entry time that does not have a double asterisk (**).
 - The ** signifies that at least one athlete from the entry time of the "A" relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay
 - All entries for 200 M Medley relays must use 400 M Medley relay times. "No Time" (NT)
 entries will be accepted.
- ATTENTION TEAMS WITH UNATTACHED ATHLETES: Teams may enter athletes with an
 unattached status. When building the roster in OME, select the "Add Unattached/Unregistered
 Swimmer" link.
- ATTENTION INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes that are not awaiting attachment to any team must enter individually.
 - Access the OME system at the address http://www.usaswimming.org/ome log in and select "Enter Individual."
 - These individuals may send a text file of their entries to the Meet entry person to be entered manually.
 - o Payment must be made in that case by check to be received not later than July 23, 2010.

• ENTRY LIMITS:

- o **Individual Events:** 12 and younger swimmers may enter a maximum of 8 individual events, no more than three per day. 13-14 swimmers may enter a maximum of 7 events, no more than three per day.
- o Relays: Two (2) per team per event.
- The Meet Director reserves the right to combine heats and events, which actions may require reseeding.
- The Meet Director reserves the right to eliminate heats of any event if necessary.
- Proof of entry times is required for individual and relay events. Entries not proven by the scratch deadline will be scratched. "No Time" relay entries will not be accepted.
- All late entries must submit proof of time.
- Late entries may not be used to improve the seed time of an earlier entry.

FEES:

Individual events: \$9.00 Relav events: \$17.00

Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)

Late Fees: In addition to the regular entry fee, a fee of **\$10** per event prior to the first day of the meet and **\$25** per event on or after the first day of the meet will be charged for any entry received after the entry deadline.

- OME payments may be made using VISA, MasterCard, American Express or Discover (on line) or check. Payment by check must be received by July 23, 2010. Checks should be payable to:
- Checks should be sent to: Brian Kupferer

1582 Winthrope Drive Newport News, VA 23602

Late fees for OME entries will be due prior to the first session of the meet (Thursday, July 29, 2010).

	Failure to pay entry fees by this deadline could result in teams being barred from the meet. All fees must be paid in full in order for the entries to be considered compete.							
AWARDS:	Individual events will be awarded medals for first through eighth place.							
	 Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place. 							
	Team awards will be given.							
	 The winning team will receive a banner. The teams placing second through sixth will receive a plaque. 							
	 Large Team, Medium Team, and Small Team: Women's high point and men's high point in each category 							
	Scoring							
	o Individual Events: F − 20-17-16-15-14-13-12-11, C − 9-7-6-5-4-3-2-1.							
	○ Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2							
SEEDING:	All events will be pre-seeded with the exception of the following events that will require a positive check-in at the Clerk of Course:							
	Thursday evening events by 4:30 pm							
	 13-14 400 Freestyle and 400 IM by 9:30 am the day the event is to be swum. 							
	 11-12 and 13-14 Friday 400 Medley Relays by 8:30 am and 10&U Friday Relays by 1:15 pm on Friday. 							
	o 10&U, 11-12 and 13-14 Saturday Relays by 6:00 pm on Friday							
	o 10&U, 11-12 and 13-14 Sunday Relays by 6:00 pm on Saturday							
	o 1500 freestyle by 9:30 am Sunday							
	SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.							
PENALTIES:	Penalties for entries using fraudulent and/or non-verifiable entry times:							
	 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:	The current USA Swimming Rules and Regulations will apply.							
	Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.							
	 The scratch procedures listed in current USA Swimming Rules and Regulations, Article 207.12.6, sections D and E will apply with the following modifications: The scratch rule regarding finals will apply to both heat's, final and consolation, excluding the relays, the 800 Free, and the 1500 Free. 							
	 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:	Meet Referee: Avis Aheron Email: avisaheron@hotmail.com Phone: (540) 580-9203							
	Officials at all positions will be required for this meet.							
	Officials must have been certified for a year in the positions in which they are planning to work.							
	An Application to Officiate is available on the VSI website (www.virginiaswimming.org) and should be sent to the Meet Referee no later than.							
	 Application is being made to have this meet designated as an Officials Qualifying Meet for N2 certification/re-certification. Officials (including non-VSI officials) desiring to be evaluated must 							

	request evaluation on the Application to Officiate.
	Evaluation will be available for V2/N2 at all positions.
	Briefings will be held 1 hour prior to the start of each session.
SAFETY:	VSI Safety and Warm-up procedures will be in effect.
TIMERS:	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 Virginia Swimming website no later than July 27, 2010, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	Hospitality will be available for Coaches and officials
	Concessions will be available
	Swim and Tri will be on site for all of your swimwear needs
	Heat Sheets will be available for \$10 and will include a "Finals" heat sheet. Finals only heat sheets will be available for \$2 each.
FACILITY RULES:	FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANSBURG AQUATIC CENTER RULES:
	FOOD is not permitted in the pool area. Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups.
	Young children must be supervised by an adult.
	Observers are to stay in designated areas.
	No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations.
	Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management.
	No smoking is permitted within the Town of Christiansburg Aquatic Center.
	• The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.
	No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director.
	No glass containers of any kind are to be brought into the pool complex.
	Parking violators will be subject to fines and/or towing as posted.
	Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends.
	The Aquatic Center strongly encourages showering prior to entering the pool.
	All emergency exits and walkways must remain clear.
DIRECTIONS:	MapQuest using this address: 595 North Franklin Street, Christiansburg, VA 24073
HOTELS:	Hotel information can be found on Meet Page from our website. www.h2okieaquatics.org
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Virginia Swimming 2010 Long Course Age Group Championships Order of Events

G	Thursday Timed Finals	В
1	10 & Under 400 Free	2
3	11-12 400 Free	4
5	13-14 1500 Free	6

G	Friday Preliminaries	В		O	Saturday Preliminaries	В	G	Sunday Preliminaries	В
7	11-12 200 Free Relay *	8	4	41	13-14 200 Medley Relay*	42	75	11-12 200 Breaststroke	76
9	13-14 200 Free Relay*	10	4	43	11-12 200 Medley Relay*	44	77	13-14 200 Backstroke	78
11	11-12 50 Breaststroke	12	4	45	13-14 200 Butterfly	46	79	11-12 100 Backstroke	80
13	13-14 100 Breaststroke	14	4	47	11-12 200 Butterfly	48	81	13-14 100 Freestyle	82
15	11-12 200 Freestyle	16	4	49	13-14 50 Freestyle	50	83	11-12 100 Freestyle	84
17	13-14 200 Freestyle	18	5	51	11-12 50 Freestyle	52	85	13-14 200 IM	86
19	11-12 100 Butterfly	20	5	53	13-14 200 Breaststroke	54	87	11-12 50 Butterfly	88
21	13-14 100 Butterfly	22	5	55	11-12 100 Breaststroke	56	89	13-14 400 Free Relay +	90
23	11-12 200 Backstroke	24	5	57	13-14 100 Backstroke	58	91	11-12 400 Free Relay +	92
25	13-14 400 IM	26	5	59	11-12 50 Backstroke	60	93	13-14 800 Freestyle **	94
27	11-12 400 Medley Relay*	28	6	61	13-14 400 Freestyle	62			
29	13-14 400 Medley Relay*	30	6	63	11-12 200 IM	64			

^{*} Timed Final – final heat to swim during finals session

G	Friday Timed Finals	В
31	10&U 200 Medley Relay	32
33	10&U 50 Breaststroke	34
35	10&U 200 Freestyle	36
37	10&U 100 Butterfly	38
39	10&U 50 Backstroke	40

G	Saturday Timed Finals	В
65	10&U 200 Free Relay	66
67	10&U 50 Freestyle	68
69	10&U 200 IM	70
71	10&U 100 Breaststroke	72
73	10&U 400 Medley Relay	74

G	Sunday Timed Finals	В
95	10&U 100 Backstroke	96
97	10&U 100 Freestyle	98
99	10&U 50 Butterfly	100
101	10&U 400 Freestyle Relay	102

^{*} Timed Final – final heat to swim during finals session

⁺ Timed Final – all heats to swim in preliminary session

^{**} Timed Final – heats alternated fast to slow, women/men after 10 and younger session

2010 Long Course Age Group Championship Qualifying Times July 29-August 1, 2010 – Christiansburg Aquatic Center

10	and Under Gi	rls	10 and Under Boys			
SCM	Yards	LCM	Events	LCM	Yards	SCM
35.49	32.09	36.39	50 Free	36.09	31.59	34.89
1:19.49	1:11.89	1:21.89	100 Free	1:20.59	1:10.79	1:18.19
2:52.79	2:36.39	2:58.49	200 Free	2:52.39	2:31.89	2:47.89
5:57.39	6:48.39	6:05.89	400 Free	6:06.79	6:44.59	5:54.09
42.09	38.09	43.69	50 Back	43.89	38.29	42.29
1:30.89	1:22.19	1:35.29	100 Back	1:33.29	1:21.29	1:29.79
46.49	41.99	48.29	50 Breast	48.49	42.19	46.69
1:43.19	1:33.39	1:46.99	100 Breast	1:45.99	1:31.79	1:41.39
41.19	37.19	42.09	50 Fly	40.99	36.29	40.29
1:35.79	1:26.69	1:37.89	100 Fly	1:36.49	1:25.59	1:34.59
3:14.49	2:55.99	3:19.89	200 IM	3:18.89	2:55.29	3:13.69
	11-12 Girls				11-12 Boys	
SCM	Yards	LCM	Events	LCM	Yards	SCM
31.69	28.49	32.49	50 Free	32.59	28.59	31.59
1:08.99	1:02.19	1:10.59	100 Free	1:10.59	1:02.09	1:08.99
2:32.59	2:17.49	2:35.79	200 Free	2:34.19	2:15.99	2:30.49
5:21.49	6:07.39	5:27.89	400 Free	5:26.89	6:04.69	5:19.19
37.49	33.89	38.69	50 Back	38.29	33.49	36.99
1:20.99	1:12.99	1:22.19	100 Back	1:22.59	1:12.29	1:19.89
2:52.29	2:35.89	2:56.69	200 Back	2:56.39	2:32.89	2:48.89
41.09	36.99	42.09	50 Breast	43.09	37.29	41.19
1:30.79	1:21.79	1:32.79	100 Breast	1:32.49	1:20.49	1:28.99
3:15.49	2:56.89	3:21.49	200 Breast	3:20.79	2:52.89	3:10.99
34.99	31.59	35.69	50 Fly	36.19	32.09	35.49
1:20.89	1:13.19	1:22.89	100 Fly	1:21.49	1:11.69	1:19.19
2:55.19	2:37.59	2:59.29	200 Fly	2:58.49	2:35.59	2:51.59
2:51.99	2:34.89	2:55.19	200 IM	2:56.09	2:35.59	2:51.89
	13-14 Girls				13-14 Boys	
SCM	Yards	LCM	Events	LCM	Yards	SCM
29.79	26.89	30.59	50 Free	29.49	25.89	28.69
1:04.59	58.19	1:06.19	100 Free	1:03.79	56.09	1:02.19
2:20.59	2:06.69	2:23.79	200 Free	2:20.69	2:03.89	2:17.49
4:58.99	5:42.19	5:05.39	400 Free	4:58.79	5:34.79	4:52.39
10:27.19	11:56.99	10:39.99	800 Free	10:23.99	11:36.39	10:09.49
20:00.79	20:00.69	20:24.79	1500 Free	19:55.69	19:15.69	19:08.99
1:15.69	1:08.19	1:16.89	100 Back	1:14.49	1:04.19	1:10.99
2:42.79	2:26.89	2:45.39	200 Back	2:40.69	2:18.19	2:32.79
1:25.79	1:17.49	1:28.09	100 Breast	1:21.29	1:12.09	1:19.59
3:04.29	2:46.79	3:09.29	200 Breast	3:01.99	2:36.29	2:52.69
1:13.89	1:06.59	1:15.29	100 Fly	1:11.09	1:02.89	1:09.49
2:44.19	2:28.39	2:47.59	200 Fly	2:38.79	2:20.29	2:34.99
2:40.29	2:24.49	2:43.49	200 IM	2:39.19	2:20.29	2:34.99
5:44.09	5:08.89	5:50.49	400 IM	5:42.79	5:00.49	5:31.99

USA SWIMMING - ON-LINE MEET ENTRY HIGHTLIGHTS

- Ensure that swimmers times are loaded into the USA Swimming SWIMS database
 - o Particular attention should be given to times achieved at observed and approved meets.
 - Do not wait until immediately before the entry deadline to discover the time has not been loaded. Coaches and swimmers can verify that times are in the database by using the times look up at www.usaswimming.org/times.
 - Contact the host LSC National Times Coordinator of the meet at which the times were achieved to have the missing times loaded.
- Only one account per team (Head Coach) can be used for team entries. The USAS ID number of the head coach will be required to begin the entry process.
- Read the tutorial comments on each page during the entry process. Most questions will be answered if the instructions
 are read.
- When advancing to through the entry process, each time the "NEXT" link is pressed, the information on that page is saved.
 - This allows the entry to be processed during multiple sessions.
 - Coaches can start an entry, save it as-you-go, and sign out without paying for it in other words coaches don't
 have to pay every time an addition is made and OME will retain the progress that has been made on the entry.
- Use the links on the left side of the entry page to jump forward or backwards to specific sections of the entry process (i.e. Relay, payment/checkout, etc.). Using these links also saves the information on the previous page.
- On-line payment must be made using VISA, MasterCard, American Express or Discover. Clubs may also pay by check.
- Once an event entry has been purchased, there are no refunds.
- Teams do not have to wait until the entire entry is complete to purchase events. Teams can enter some athletes, purchase those entries, then return at a later date and add more events, relays, or athletes and purchase events.
- When entering "Override Times" (times not currently showing up in the SWIMS database), in the meet name field, give
 meet name and brief details on where the time was achieved i.e.: FGJO13-14-400FRelay Lead There is room for 25
 characters of data.
 - Also enter the date of the meet in the date field.
 - o The National Times Coordinator will pre-clear as many (*) times as possible.
- Relays: When entering more than one relay per event (A and B), OME selects the fastest time in the database for the A
 relay and the fastest remaining time in the database for the B relay.
 - o If one of the athletes on the B relay (that OME selected) was also an athlete on the A relay, OME will signify that time with a (**).
 - o That time is not eligible for entry for the "B" relay.
 - o Select another listed time for the "B" relay or enter an aggregate time.
- Hy-Tek Team Manager can be used as a tool to assist in the OME process.
 - First load the "Meet Events File".
 - o In the Meet Maintenance panel, set the minimum age for open events as desired.
 - o Click on the "Enforce Qualifying Times".
 - Set the "Use Times Since" date to the beginning of the qualifying period for the meet.
 - Create a "Meet Eligibility" report. REPORTS/PERFORMANCE/MEET ELIGIBILITY. Select "Only Eligible Swimmers". This report shows all eligible swimmers for the meet.
 - o Highlight events to be entered for each swimmer. Proceed with On-Line Meet Entry.