



**WINCHESTER LC INVITATIONAL**  
**A/BB/B/C Meet**  
**June 25-27, 2010**  
**SANCTION NO. VS-10-64**

Hosted by:  
**Winchester**  
**Gators**  
Swim Team

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-10-64</b>
<b>LOCATION:</b>	Jim Barnett Park, 1001 East Cork Street, Winchester, VA
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• Outdoor, 50 meters, 8 lanes, 11 feet deep at the start end and 3.5 feet deep at the turn end, with non-turbulent lane lines.</li><li>• Colorado Timing System will be in use for all events except <b>Friday Evening Distance events and 50M events, which will be stopwatches only.</b></li><li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li></ul>
<b>MEET DIRECTORS:</b>	Bryon Grigsby Email: <a href="mailto:bgrigsby@su.edu">bgrigsby@su.edu</a> Phone: (540) 327-9345
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming athletes registered by the first day of the meet.</li><li>• No on deck USA Swimming athlete registration will be permitted.</li><li>• Swimmers entered into Friday evening distance events must have an 11-12 "B" Time or faster in the 200 Freestyle</li><li>• Swimmers entered into Sunday Morning 9-12 400 Free (Events 83/84) must have a "B" time or faster in the 200 Freestyle in their respective age group</li><li>• No on deck registration will be permitted.</li><li>• Age on June 25, 2010 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• Friday evening distance events for 11 year old swimmers and older</li><li>• All 12 &amp; Younger swimmers will swim on Saturday and Sunday morning.</li><li>• All 13 &amp; Older swimmers will swim on Saturday and Sunday afternoon.</li><li>• All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Friday Evening Distance session (800 Free and 1500 Free): Warm-ups at 4:30 pm; Competition starts at 5:00 pm</li><li>• Morning sessions: Warm-ups at 7:10 am; Competition starts at 8:10 am.</li><li>• Afternoon sessions: Warm-ups at 11:30 am; Competition starting at 12:30 pm</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li><li>• Lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating clubs.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, JUNE 17, 2010</b></p> <ul style="list-style-type: none"><li>• <b>Entries from teams outside the VSI LSC will be accepted until 6:00 pm, Friday, June 18, 2010, if space is available after VSI entries have been accepted.</b></li><li>• Entries must be submitted in long course times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li><li>• Teams submit entries as an e-mail attachment.</li><li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li>• 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</li></ul>

	<p>USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> <li>• “No Time” (NT) entries will not be accepted.</li> <li>• <b>Swimmers may enter a maximum of three individual events plus one relay per session.</b></li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• The Meet Directors reserve 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 and/or cutting relays.</li> <li>• Email entries to: <a href="mailto:wstentries@yahoo.com">wstentries@yahoo.com</a></li> <li>• Mail entries (payment) to: WST Entries Coordinator c/o: Kim Grove 1109 Caroline St. Winchester, VA 22601 Phone: (540) 722-6011</li> </ul> <p>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.</p>
<b>FEES:</b>	<p>Individual events: \$4.50 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: <b>Winchester Swim Team</b></li> <li>• Payment must be received by Tuesday, June 22, 2010 for email entries. Payment must be included with all mailed entries.</li> <li>• Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> <li>○ 9-12 individual events will be given separate awards for the 9-10 and 11-12 age groups</li> <li>○ 11 &amp; Over individual events will be given separate awards for 11-12, 13-14 and 15 &amp; Over age groups.</li> <li>○ 13 &amp; Over individual events will be given separate awards for 13-14 and 15 &amp; Over age groups</li> <li>○ 10 &amp; Under individual events will be given separate awards for 9-10 and 8 &amp; Under age groups.</li> </ul> </li> <li>• Heat winners will be awarded for all 10 &amp; Under individual events.</li> <li>• Relay events: Ribbons will be awarded for first through sixth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded except for Distance events, 800 and 1500 Free.</li> <li>• Distance events (1 through 4) will require a positive check-in to swim.</li> <li>• Positive check-in will close at the conclusion of that session’s warm-ups.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• The 800 Free and the 1500 Free will be swum alternating heats of girls and boys, fastest to slowest.</li> <li>• Swimmers report to Clerk of Course/Staging Area directly behind the blocks for their events.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> <li>• <b>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.</b></li> <li>• 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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• The overhead start procedure will be used for the afternoon sessions, and may be used for the</li> </ul>

	<p>morning sessions at the discretion of the Referee.</p> <ul style="list-style-type: none"> <li>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.</li> </ul>																																																															
<b>OFFICIALS:</b>	<p><b>Meet Referee: Jim Frye</b>  <b>Email: <a href="mailto:jamfrye@comcast.net">jamfrye@comcast.net</a></b>  <b>Phone: (540) 840-8947</b></p> <ul style="list-style-type: none"> <li>Officials at all positions will be required for this meet.</li> <li>Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to our official's coordinator, Rosie Schiavone, email: <a href="mailto:rosieschiavone@comcast.net">rosieschiavone@comcast.net</a>, as soon as possible.</li> </ul>																																																															
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.																																																															
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>The number of timers required per club and their lane assignments will be emailed to the contact person of each of the individual clubs.</li> <li>3 Timers per lane at all times.</li> <li>For the 800M and 1500M Free events, swimmers are required to <b>provide their own Lap Counter and 2 Lane Timers.</b> (WST will provide the 3<sup>rd</sup>)</li> </ul>																																																															
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Concessions with food and beverages for swimmers and spectators will be on site.</li> <li>Complimentary culinary delights for coaches and registered officials who are working the meet.</li> <li>Swimsuit and accessories kiosk will be set up at the meet. T-shirts for purchase will also be available.</li> <li>There is ample lawn space for the set up of canopies or other shelter for your team on meet days.</li> </ul>																																																															
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>Winchester Parks and Rec. rules and regulations will apply. Please obey all posted signs.</li> <li>No glass or smoking or pets inside pool fence or near entrance.</li> <li>No alcohol in the park.</li> </ul>																																																															
<b>DIRECTIONS:</b>	<p>Pool is located in Jim Barnett Park in Winchester off East Cork Street.</p> <ul style="list-style-type: none"> <li><b>I-81 South:</b> Take exit 313 onto Rt. 50 West. Go through two lights and stay right at the fork going past Shenandoah University. Turn right at next light onto Pleasant Valley Road (4-lane road). Go approx. 1 mile and turn right at first light (Cork St.). Go 0.1 miles and turn right at first light into Jim Barnett Park. Go 0.1 mile and turn left at brick building. Parking lot and pool are on the right just past the building.</li> <li><b>50West/17 North:</b> Go past I-81 interchange and follow directions from 50 West above.</li> <li><b>I-81 North:</b> Take exit 315. Turn onto Route 7 going west into Winchester. Go approx 1 mile (through 6 lights) Turn left at 7<sup>th</sup> light at Pleasant Valley Road (4-lane road). Take left at second light (Cork St). Follow remaining directions as above.</li> <li><b>Route 7</b> (from northern Virginia and points east): Go past I-81 interchange, then follow directions above (<b>I-81 North</b>) going west on Route 7 from I-81N.</li> </ul>																																																															
<b>HOTELS:</b>	<table> <tbody> <tr> <td>Best Western/Lee Jackson</td> <td>I-81 Exit 313 on Rt 50W</td> <td>(540) 662-4154</td> </tr> <tr> <td>Candlewood Suites</td> <td>I-81 Exit 313 on Rt 7E</td> <td>(540) 667-8323</td> </tr> <tr> <td>Comfort Inn</td> <td>I-81 Exit 305 Fairfax Pike E</td> <td>(540) 869-6500</td> </tr> <tr> <td>Country Inn &amp; Suites</td> <td>I-81 Exit 310 on Rt 11S</td> <td>(540) 869-7657</td> </tr> <tr> <td>Days Inn</td> <td>2951 Valley Ave on Rt 11</td> <td>(540) 667-1200</td> </tr> <tr> <td>EconoLodge</td> <td>I-81 Exit 317 on Rt 11S</td> <td>(540) 662-4700</td> </tr> <tr> <td>Fairfield Inn</td> <td>I-81 Exit 313 on Rt 522S</td> <td>(540) 665-8881</td> </tr> <tr> <td>Hampton Inn</td> <td>I-81 Exit 313 on Rt 50W</td> <td>(540) 667-8011</td> </tr> <tr> <td>Hampton Inn</td> <td>I-81 Exit 315 on Rt 7W</td> <td>(540) 678-4000</td> </tr> <tr> <td>Hilton Garden Inn &amp; Suites</td> <td>i-81 Exit 315 on Rt 7W</td> <td>(450) 722-8881</td> </tr> <tr> <td>Holiday Inn Express</td> <td>I-81 Exit 317 Rt 37S to Rt 522S</td> <td>(540) 667-7050</td> </tr> <tr> <td>Holiday Inn Express</td> <td>I-81 Exit 305 Fairfax Pike E</td> <td>(540) 869-0909</td> </tr> <tr> <td>Quality Inn</td> <td>I-81 Exit 313 on Rt 50E</td> <td>(540) 545-8121</td> </tr> <tr> <td>Red Roof Inn</td> <td>I-81 Exit 313 on Rt 50E</td> <td>(540) 667-5000</td> </tr> <tr> <td>Relax Inn</td> <td>I-81 Exit 310 on Rt 11N</td> <td>(540) 662-6878</td> </tr> <tr> <td>Shoney's Inn</td> <td>I-81 Exit 315 at the exit</td> <td>(540) 665-1700</td> </tr> <tr> <td>Sleep Inn</td> <td>I-81 Exit 313 on Rt 522S</td> <td>(540) 667-5095</td> </tr> <tr> <td>Super Eight</td> <td>I-81 Exit 313 on Rt 50E</td> <td>(540) 665-4450</td> </tr> <tr> <td>Town Place &amp; Suites</td> <td>i-81 Exit 315 off Rt 7E</td> <td>(540) 722-2722</td> </tr> <tr> <td>Travelodge</td> <td>I-81 Exit 313 on Rt 522S</td> <td>(540) 665-0685</td> </tr> <tr> <td>Wingate Inn</td> <td>I-81 Exit 313 off Pleasant Valley Rd</td> <td>(540) 678-4283</td> </tr> </tbody> </table>	Best Western/Lee Jackson	I-81 Exit 313 on Rt 50W	(540) 662-4154	Candlewood Suites	I-81 Exit 313 on Rt 7E	(540) 667-8323	Comfort Inn	I-81 Exit 305 Fairfax Pike E	(540) 869-6500	Country Inn & Suites	I-81 Exit 310 on Rt 11S	(540) 869-7657	Days Inn	2951 Valley Ave on Rt 11	(540) 667-1200	EconoLodge	I-81 Exit 317 on Rt 11S	(540) 662-4700	Fairfield Inn	I-81 Exit 313 on Rt 522S	(540) 665-8881	Hampton Inn	I-81 Exit 313 on Rt 50W	(540) 667-8011	Hampton Inn	I-81 Exit 315 on Rt 7W	(540) 678-4000	Hilton Garden Inn & Suites	i-81 Exit 315 on Rt 7W	(450) 722-8881	Holiday Inn Express	I-81 Exit 317 Rt 37S to Rt 522S	(540) 667-7050	Holiday Inn Express	I-81 Exit 305 Fairfax Pike E	(540) 869-0909	Quality Inn	I-81 Exit 313 on Rt 50E	(540) 545-8121	Red Roof Inn	I-81 Exit 313 on Rt 50E	(540) 667-5000	Relax Inn	I-81 Exit 310 on Rt 11N	(540) 662-6878	Shoney's Inn	I-81 Exit 315 at the exit	(540) 665-1700	Sleep Inn	I-81 Exit 313 on Rt 522S	(540) 667-5095	Super Eight	I-81 Exit 313 on Rt 50E	(540) 665-4450	Town Place & Suites	i-81 Exit 315 off Rt 7E	(540) 722-2722	Travelodge	I-81 Exit 313 on Rt 522S	(540) 665-0685	Wingate Inn	I-81 Exit 313 off Pleasant Valley Rd	(540) 678-4283
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**WINCHESTER LONG COURSE INVITATIONAL**  
**A/BB/B/C SWIM MEET**  
**JUNE 25 - 27, 2010**

**SCHEDULE OF EVENTS**

Friday Evening Session  
 Warm-up 4:30PM, Start 5:00PM

<u>Girls</u>		<u>Boys</u>
1	11 & Over 800 Free*	2
3	11 & Over 1500 Free*	4

Both events will be swum fastest to slowest  
 Alternating girls and the boys

**\*To qualify: must have a 11-12 "B" or better time in the 200 Free**

Saturday AM Session

Warm-up 7:10-8:00, Start 8:15AM

<u>Girls</u>		<u>Boys</u>
5	10&U 200 IM	6
7	11/12 200 IM	8
9	10&U 50 Fly	10
11	11/12 50 Fly	12
13	11/12 200 Fly	14
15	10&U 100 Breast	16
17	11/12 100 Breast	18
19	10&U 50 Back	20
21	11/12 50 Back	22
23	11/12 200 Back	24
25	10&U 100 Free	26
27	11/12 100 Free	28
29	10&U 200 Fr Relay	30
31	11/12 200 Fr Relay	32

Saturday PM Session

<u>Girls</u>		<u>Boys</u>
33	13/14 200 Fly	34
35	15&O 200 Fly	36
37	13/14 100 Free	38
39	15&O 100 Free	40
41	13/14 200 Back	42
43	15&O 200 Back	44
45	13/14 100 Breast	46
47	15&O 100 Breast	48
49	13/14 200 IM	50
51	15&O 200 IM	52
53	13&O 400 Med Relay	54
55	13&O 400 Free	56

Sunday AM Session

Warm-up 7:10-8:00, Start 8:15AM

<u>Girls</u>		<u>Boys</u>
57	10&U 200 Free	58
59	11/12 200 Free	60
61	10&U 50 Breast	62
63	11/12 50 Breast	64
65	11/12 200 Breast	66
67	10&U 100 Back	68
69	11/12 100 Back	70
71	10&U 100 Fly	72
73	11/12 100 Fly	74
75	10&U 50 Free	76
77	11/12 50 Free	78
79	10&U 200 Med Relay	80
81	11/12 200 Med Relay	82
83	9/12 400 Free***	84

Sunday PM Session

<u>Girls</u>		<u>Boys</u>
85	13/14 100 Fly	86
87	15&O 100 Fly	88
89	13/14 200 Free	90
91	15&O 200 Free	92
93	13/14 100 Back	94
95	15&O 100 Back	96
97	13/14 200 Breast	98
99	15&O 200 Breast	100
101	13/14 50 Free	102
103	15&O 50 Free	104
105	13&O 400 Fr Relay	106
107	13&O 400 IM	108

**\*To qualify: must have a B or better time  
 in the 200 Free in respective age group**