



**BLUE RIDGE REGION/SW DISTRICT
CHAMPIONSHIPS
February 23-25, 2018
SANCTION NO. VS-18-80**

**Hosted by
CCA and LY**

SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-18-80 USA Swimming, Inc., Virginia Swimming, Inc., CCA, LY, and Christiansburg Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073 (540) 381-7665
FACILITY:	<ul style="list-style-type: none"> 50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet at the starting end. Colorado Timing System with color scoreboard and separate video board will be used. Two Race Courses will be utilized: 8 Lane Course and 10 Lane Course The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). Two 25 Yard courses will be used.
MEET DIRECTORS:	<p>Name: Ryan Woodruff Email: ryan.d.woodruff@gmail.com Phone: (919) 943-6420</p>
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming registered athletes 13 years old & older in the Blue Ridge Region and registered athletes 9-12 years old in the Southwest District registered before the first day of the meet. Teams in the Blue Ridge Region are: <ul style="list-style-type: none"> ACAC, ACST, BASS, BRAC, CAST, CCA, CYAC, FUAC, GATR, HOKI, KFY, LASO, LY, QSTS, SCAT, SFY, SMAC, STRM, VAST, and YMST Teams in the Southwest District are: <ul style="list-style-type: none"> ACAC, ACST, BASS, BRAC, CAST, CCA, CYAC, FUAC, GATR, HOKI, KFY, LASO, LY, SCAT, SFY, SMAC, STRM, VAST, YMST The qualifying period for this meet is January 1, 2017 through February 22, 2018 No on deck Virginia Swimming athlete registration will be permitted. Swimmers 13-14 may compete in any individual event or relay leg in which they have a time that is slower than the age group championship qualifying time except the 400 IM, 500 free, and 1000 free. 15 and older swimmers may compete in any individual event or relay leg in which they have a time that is slower than the senior championship qualifying time except the 400 IM, 500 free, and 1000 Free. 15 and older swimmers must have at least a 15-16 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 Free. The time for either event entered must be slower than the senior championship qualifying time. Swimmers 13-14 must have at least a 13-14 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time. Swimmers 9-12 years of age may compete in any individual event or relay leg in which they do not have a VSI Age Group Championship qualifying time. 2017-2020 NAG time standards are in effect. Age on February 23, 2018 will determine age for the entire meet.

	<ul style="list-style-type: none"> 14 year old swimmers aging up from February 23 to March 1, 2018 and 10 or 12 year old swimmers aging up from February 23 to March 8, 2018, with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> Any 14 year old swimmer who does not qualify to swim an event at Senior Champs and any 10 or 12 year old swimmer who does not qualify to swim an event at Age Group Champs may swim the event at this meet. 10, 12, and 14 year old swimmers aging up between championships will be seeded correctly by time, however will swim exhibition only, and will not be eligible to receive an award or compete in the finals session.
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 13 & Older swimmers will swim a combined preliminary session in the morning session. Top 16 13-14 swimmers and the top 16 15&O swimmers will swim the final session each day. 11-12 year old swimmers will swim a preliminary session in the morning, with the exception of the 500 free and the 400 IM which will be contested in the morning session as timed finals. The top 16 11-12 swimmers will swim in finals each day, except in the 200 butterfly, 200 backstroke, and 200 breaststroke where only the top 8 swimmers will compete in finals. Only the top heat of the 1000 will swim in finals, regardless of age. Finals will be swum with the consolation heat competing first, followed by the final heat. Two courses may be used Friday, Saturday and/or Sunday nights at the discretion of the meet referee. 9-10 year old swimmers will swim a preliminary session in the morning with the exception of the 500 free which will be contested in the morning session as timed finals. The top 8 (eight) 9-10 year old swimmers will swim in finals each day. All relay events will be timed finals and will be conducted during the preliminary sessions
WARM-UP:	<ul style="list-style-type: none"> Prelim sessions: Warm-ups not before 6:30am; competition starts not before 8:30am. Finals sessions: Warm-ups not before 4pm Friday and Saturday, 3:30pm on Sunday; competition starts not before 5:30pm on Friday and Saturday, 5:00pm on Sunday. 1000 freestyle: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the relay events, with the 1000 (Sunday) freestyle competition starting 5 minutes thereafter. Lane assignment and warm-up times for individual clubs will be posted on the CCA & LY websites at www.ccamarlins.com & www.lyswimming.org no later than February 20, 2018, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 13, 2018.</p> <ul style="list-style-type: none"> Conforming and Non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times. Entries must be submitted using Hy-Tek Team Manager and Commlink-2 software, or file able to be imported by Hy-Tek Meet Manager, or on a VSI master entry sheet. Teams submit entries via email. A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiaswimming.org) with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. Swimmers may enter a maximum of 8 individual events, no more than 3 per day, and one relay per day. Relay teams must be designated A, B, or C, if more than one per club is entered per event. Teams may submit three (3) relays per event. The Meet Director reserves the right to combine heats and events, which actions may require

	<p>re seeding, and use both courses in a manner that expedites timelines.</p> <ul style="list-style-type: none"> • “No Time” (NT) entries will be accepted except in the 400 IM, 500 free, and 1000 free, where 13-14 swimmers must have achieved a minimum of a 13-14 “B” time, and 15 & older swimmers must have achieved a minimum of a 15-16 “B” time. • Additional proof of ENTRY time, if requested, must be provided to the Age Group Chairman within two (2) weeks of the request. Times not satisfactorily proved in that length of time will be considered non-verifiable and a fine will be assessed. • Email entries to ryan.d.woodruff@gmail.com Late entries will be accepted. All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual events: \$6.25 Relay events: \$15.00 Swimmer Surcharge: \$7.50 per person (entered in the meet in any capacity). Surcharge includes convenience fee for: Free Access to Heat sheets: in pdf form online, in paper form at the meet and on the Meet Mobile App.</p> <ul style="list-style-type: none"> • 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. • Checks should be made payable to: YMCA of Central Virginia • Mail payment to: Lynchburg Swimming c/o Woodruff 105 Fox Hollow Road Lynchburg, VA 24503 • Payment must be received by Tuesday, February 20, 2018, for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. • IMPORTANT: If payment is 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be scored and awarded first through sixteenth place. Medals will be awarded for first through third place, ribbons for fourth through sixteenth place. <ul style="list-style-type: none"> ○ The 1000 Free will be awarded as 13-14 and 15 & over age groups. • Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. • Team awards will be given for 13 & older swimmers as well as for 12 & younger swimmers, first through third place. The teams placing will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> ○ Individual: Finals - 20-17-16-15-14-13-12-11; Consolations - 9-7-6-5-4-3-2-1. ○ Relay: Finals - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. ○ Only the top two relays for one team may score in an event.
SEEDING:	<ul style="list-style-type: none"> • The 400 IM, 500 Freestyle, and 1000 Freestyle, will require a positive check-in to swim. All other events will be pre-seeded. • Positive check-in will close at 8:30am each morning for the prelim sessions. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • A swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete will not be able to swim his/her next event. • The 400 IM and the 500 freestyle for 13 and older swimmers will be swum in preliminaries with the four fastest heats of girls swimming first, slow to fast, followed by the four fastest heats of boys, swimming slow to fast. The remaining heats will swim fast to slow, alternating girls & boys. • Event# 125-126, the 9-12 500 Free will be swum together but separated 9-10 and 11-12 for awards and scoring. This event will be swum fast to slow, alternating girls and boys. • The 1000 Freestyle will be swum fastest to slowest and alternating heats of girls and boys.

	<ul style="list-style-type: none"> ○ Any athlete entered in the 1000 freestyle will be asked to indicate a preference for swimming with preliminaries or with finals. The preliminaries/finals preference must be declared by the appropriate positive check-in deadline. ○ The fastest 8 swimmers that wish to swim during the evening finals will swim during the evening finals.
PENALTIES:	<ul style="list-style-type: none"> ● Penalties for entries using fraudulent and/or non-verifiable entry times: <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 USA Swimming before 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. ● Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. ● Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. ● The overhead start procedure will be used for the prelim sessions. ● The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to both heats (final and consolation), of all events, excluding the relays, and the 9-12 500 Free, 11-12 400 IM, and the 13 & older 1000 Free. ● Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. ● Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. ● In accordance with VSI best practices, swimmers should shower before entering the pool. ● 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 <ul style="list-style-type: none"> ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referees: John Stanley Sue Munson Email: jfstanley@cox.net susamun@cox.net Phone: (540) 354-9856 (540) 314-5723</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions for this meet. ● Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. ● Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees, to Kris Sennett at ksennett@liberty.edu no later than Friday, February 16, 2018. Volunteer officials may sign up online at BR Regional/SW District Champs Signup ● A coaches' meeting will be held Friday morning at 8:15am in the Hospitality room. Officials meetings will begin one hour prior to the start of each session.
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

	<p>entered in each session.</p> <ul style="list-style-type: none"> The number of timers required per club and their lane assignments will be posted on the CCA and LY websites at www.ccamarlins.com or www.lyswimming.org no later than Tuesday, February 20, and will also be emailed to the contact person of each of the individual clubs. Swimmers in the 500 and 1000 freestyle should supply their own timers and lap counters.
GENERAL:	<ul style="list-style-type: none"> Breakfast & dinner and light snacks will be provided for coaches and officials each day. Concessions will be provided for the swimmers and parents. Heat sheets will be available at no additional charge (paper copy, pdf and Meet Mobile formats. Finals heat sheets will be provided prior to Finals.
FACILITY RULES:	<p>CHRISTIANSBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> 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. Smoking is prohibited on the property of the Hargrave Military Academy. The 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 Aquatics 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. The Aquatic Center strongly encourages showering prior to entering the pool. All emergency exits and walkways must be kept clear. Each club is responsible for supervising the conduct of its swimmers and spectators. Swimmers are not permitted in any room not directly associated with the meet.
DIRECTIONS:	Directions are available on the Virginia Swimming website at www.virginiawimming.org

RELAY "SLOWER THAN TIMES" CHART

Age Group	Gender	Free	Medley
8&U	Girls	No Standard	No Standard
	Boys	No Standard	No Standard
9-10	Girls	2:05.16	2:25.56
	Boys	2:03.96	2:23.86
11-12	Girls	1:49.96 (200) 4:01.96 (400)	2:05.56
	Boys	1:49.96 (200) 4:00.76 (400)	2:06.66

BR REGIONAL/SW DISTRICT ORDER OF EVENTS

FRIDAY, FEBRUARY 23, 2018

Morning Prelims Session

Ev # Girls	Pool A	Ev # Boys		Ev # Girls	Pool B	Ev # Boys
1	13 & Over 100 Breast	2	Warmups 6:30AM	13	11-12 50 Back	14
3	13 & Over 200 Free	4		15	9-10 50 Back	16
5	13 & Over 100 Fly	6	Meet Starts 8:30AM	17	11-12 100 Breast	18
7	13-14 400 Free Relay	8		19	9-10 100 Breast	20
9	15 & Over 400 Free Relay	10		21	11-12 200 Free	22
11	13 & Over 400 IM	12		23	9-10 200 Free	24
				25	11-12 100 Fly	26
				27	9-10 100 Fly	28
				29	11-12 400 Free Relay	30
				31	11-12 400 IM (TF)	32

FRIDAY, FEBRUARY 23, 2018

Evening Finals Session

Event # Girls	Warm Ups not before 4:00PM Meet Start not before 5:30PM	Event # Boys
13	11-12 50 Back	14
15	9-10 50 Back	16
1	13 & Over 100 Breast	2
17	11-12 100 Breast	18
19	9-10 100 Breast	20
3	13 & Over 200 Free	4
21	11-12 200 Free	22
23	9-10 200 Free	24
5	13 & Over 100 Fly	6
25	11-12 100 Fly	26
27	9-10 100 Fly	28
11	13 & Over 400 IM	12

BR REGIONAL/SW DISTRICT ORDER OF EVENTS

SATURDAY, FEBRUARY 24, 2018

Morning Prelims Session

Ev # Girls	Pool A	Ev # Boys		Ev # Girls	Pool B	Ev # Boys
33	13 & over 200 Fly	34	Warmups 6:30AM	47	11-12 50 Breast	48
35	13 & over 50 Free	36		49	9-10 50 Breast	50
37	13 & over 200 Breast	38	Meet Starts 8:30AM	51	11-12 200 Fly	52
39	13 & over 100 Back	40		53	9-10 50 Free	54
41	13-14 400 Medley Relay	42		55	11-12 50 Free	56
43	15 & Over 400 Med. Relay	44		57	11-12 200 Breast	58
45	13 & over 500 Free	46		59	9-10 100 Back	60
				61	11-12 100 Back	62
				63	9-10 100 IM	64
				65	11-12 100 IM	66
				67	9-10 200 Medley Relay	68
				69	11-12 200 Medley Relay	70

SATURDAY, FEBRUARY 24, 2018

Evening Finals Session

Event # Girls	Warm Ups not before 4:00PM Meet Start not before 5:30PM	Event # Boys
47	11-12 50 Breast	48
49	9-10 50 Breast	50
33	13 & over 200 Fly	34
51	11-12 200 Fly	52
53	9-10 50 Free	54
35	13 & over 50 Free	36
55	11-12 50 Free	56
37	13 & over 200 Breast	38
57	11-12 200 Breast	58
59	9-10 100 Back	60
39	13 & over 100 Back	40
61	11-12 100 Back	62
45	13 & over 500 Free	46
63	9-10 100 IM	64
65	11-12 100 IM	66

BR REGIONAL/SW DISTRICT ORDER OF EVENTS

SUNDAY, FEBRUARY 25, 2018

Morning Prelims Session

Ev # Girls	Pool A	Ev # Boys		Ev # Girls	Pool B	Ev # Boys
89	13 & over 200 Back	90	Warmups 6:30AM	101	11-12 50 Fly	102
91	13 & over 100 Free	92		103	9-10 50 Fly	104
93	13 & over 200 IM	94		105	11-12 200 Back	106
95	13-14 200 Free Relay	96	Meet Starts 8:30AM	107	9-10 100 Free	108
97	15 & over 200 Free Relay	98		109	11-12 100 Free	110
99	13 & over 1000 Free (TF)	100		111	9-10 200 IM	112
				113	11-12 200 IM	114
				115	9-10 200 Free Relay	116
				117	11-12 200 Free Relay	118
				119	9-12 500 Free (TF)	120

SUNDAY, FEBRUARY 25, 2018

Evening Finals Session

Event # Girls	Warm Ups not before 3:30PM Meet Start not before 5:00PM	Event # Boys
101	11-12 50 Fly	102
103	9-10 50 Fly	104
99	13 & over 1000 Free	100
105	11-12 200 Back	106
89	13 & over 200 Back	90
107	9-10 100 Free	108
109	11-12 100 Free	110
91	13 & over 100 Free	92
111	9-10 200 IM	112
113	11-12 200 IM	114
93	13 & over 200 IM	94