



**2018 VIRGINIA SWIMMING  
LC SENIOR CHAMPIONSHIPS**  
July 19-22, 2018  
**SANCTION NO. VS-18-124 & VS-18-124TT**

Coordinated by:



Lynchburg YMCA

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc. <b>Sanction No. VS-18-124</b> and <b>Time Trial Sanction No. VS-18-124TT</b>.</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Lynchburg YMCA, the YMCA of Central Virginia, and Liberty University 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.</li> </ul>		
<b>LOCATION:</b>	Liberty University Natatorium, 3853 Candler's Mountain Road, Lynchburg, VA 24502		
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>Liberty University facility provides a 9-lane, 50-meter competition pool with moveable bulkhead, separate 8-lane 25-yard diving well, and supporting amenities including hospitality and concession stand.</li> <li>The course of competition will be an indoor 9-lane 50-meter racing course with 7 feet continuous depth; overflow gutters with non-turbulent lane markers.</li> <li>Indoor 8-lane 25-yard diving well pool for continuous warm-up and cool down.</li> <li>Paddock starting blocks with track plates, Colorado backstroke wedges, and Daktronics timing system.</li> <li>Spectator wrap-around three-sided seating for 1,400.</li> <li>Two video boards allow for two simultaneous course displays plus the ability to scroll preliminary results.</li> <li>The natatorium combines a 1-2 micron regenerative filter with an ultraviolet light disinfect system, ensuring premium water quality during heavy usage.</li> <li>The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4).</li> </ul>		
<b>MEET DIRECTOR:</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;">           Steve Hennessy            VSI Senior Chair            Email: <a href="mailto:seniorchair@virginiawswimming.org">seniorchair@virginiawswimming.org</a>            Phone: (757) 450-0706         </td> <td style="width: 50%; vertical-align: top;">           Ryan Woodruff            Host Team Coordinator            Email: <a href="mailto:ryan.d.woodruff@gmail.com">ryan.d.woodruff@gmail.com</a>            Phone: (919) 943-6420         </td> </tr> </table>	Steve Hennessy VSI Senior Chair Email: <a href="mailto:seniorchair@virginiawswimming.org">seniorchair@virginiawswimming.org</a> Phone: (757) 450-0706	Ryan Woodruff Host Team Coordinator Email: <a href="mailto:ryan.d.woodruff@gmail.com">ryan.d.woodruff@gmail.com</a> Phone: (919) 943-6420
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming athletes registered before the first day of the competition that meet the qualifying time in each event entered.</li> <li>Swimmers who have a minimum qualifying time in the 800 meter/1000 yard Freestyle or the 1500 meter/1650 yard Freestyle may swim both events.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>The qualifying period for this meet is January 1, 2017 through July 18, 2018.</li> <li>Age on July 19, 2018 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>	<p><b>Preliminary Sessions:</b></p> <ul style="list-style-type: none"> <li>Individual events EXCEPT the 1500 meter Freestyle and the 800 meter Freestyle will be swum as trials and finals.</li> <li>The 1500 meter Freestyle will be swum fastest to slowest as a timed final event, alternating women and men.</li> <li>The 400 meter Individual Medley and the 400 meter Freestyle will be swum as trials and finals.             <ul style="list-style-type: none"> <li>In trials, the <b>four</b> fastest women's heats will be swum first followed by the <b>four</b> fastest men's heats. These heats will be swum slowest to fastest.</li> <li>The remaining heats in trials will be swum fastest to slowest, alternating women and men.</li> </ul> </li> <li>The 800 meter Freestyle will be swum slowest to fastest as a timed final event, alternating women and men. <b>The event seeding will be distributed following the close of the positive check-in.</b></li> </ul>		

	<ul style="list-style-type: none"> <li>○ The starting time for the first heat will be scheduled so that the second fastest heat of the men's event is concluded at the start of the finals warm-up session.</li> <li>○ The fastest women's and men's heat will swim in the finals session</li> </ul> <p><b>Finals Sessions:</b></p> <ul style="list-style-type: none"> <li>• Top 36 qualifiers in prelims of each event will compete in each day's final session in the following order: D-Final (<b>18 &amp; under only bonus heat</b>), C-Final (bonus heat), B-Final (consolation heat), and the A-Final (championship heat) <ul style="list-style-type: none"> <li>○ D-Final, C-Final, B-Final, and A-Final will report directly to their assigned starting block. A-Final swimmers will be presented with music, their names and team affiliation announced prior to the start of the race.</li> <li>○ Finals session timeline will be posted in the finals heat sheet for the coaches and officials.</li> </ul> </li> <li>• <b>Relay events:</b> All relay events will be timed finals swum slowest to fastest. The fastest 2 heats of the 400 meter Freestyle Relay, the 800 meter Freestyle Relay, and the 400 Medley Relay will be swum during the finals session with any other heats swum during the trials session.</li> </ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>• <b>Thursday afternoon/evening session: Warm-ups at 12:30 -1:50 pm; competition starts at 2:00 pm.</b> <ul style="list-style-type: none"> <li>○ 12:30 – 1:20 pm: All lanes designated for general warm-up</li> <li>○ 1:20 – 1:50 pm: Lanes 1, 2 and 9 designated for pace. Lanes 3 through 8 will remain general. Competition pool limited to those swimmers participating in the Thursday distance session.</li> </ul> </li> <li>• Friday, Saturday, and Sunday Trials sessions: Warm-ups 6:30 – 8:20 am; <b>Friday competition starts 8:40 am following the General Meeting at 8:25 am</b>, Saturday &amp; Sunday competition starts at 8:30 am. <ul style="list-style-type: none"> <li>○ 6:30-7:50 am: All lanes designated for general warm-up</li> <li>○ 7:50-8:20 am: Lanes 1 and 9 designated for pace; Lanes 2-3 and 7-8 designated for sprint; Lanes 4-6 and all other lanes will remain general.</li> </ul> </li> <li>• Finals session on Friday &amp; Saturday: Warm-ups 4:30 – 5:35 pm; competition starts at 5:45 pm. <ul style="list-style-type: none"> <li>○ 4:30-5:15 pm: All lanes designated for general warm-up for all participants.</li> <li>○ 5:15-5:35 pm: <b>Competition pool reserved for finals competitors only.</b></li> <li>○ 5:15-5:35 pm: Lanes 1 and 9 designated for pace; Lanes 2-3 and 7-8 designated for sprint; Lanes 4-6 and all other lanes will remain general.</li> </ul> </li> <li>• Finals session on Sunday: Warm-ups at 3:30 – 4:20 pm; competition starts at <b>4:30 pm</b>. <ul style="list-style-type: none"> <li>○ 3:30-3:55 pm: All lanes designated for general warm-up</li> <li>○ 4:00-4:20 pm: <b>Competition pool reserved for finals competitors only.</b></li> <li>○ 3:55-4:20 pm: Lanes 1 and 9 designated for pace; Lanes 2-3 and 7-8 designated for sprint; Lanes 4-6 and all other lanes will remain general.</li> <li>○ 800 meter Freestyle session: Warm-ups are planned to begin 45 min prior to the start of the first scheduled heat and will close 5 min prior to the start of the first scheduled 800 meter freestyle heat.</li> </ul> </li> <li>• There will be specific lanes designated for PACE ONLY in the warm-up/cool down lanes.</li> <li>• Meet Referee has the right to change lane assignments based on the needs of the swimmers.</li> </ul>

<p><b>ENTRIES:</b></p>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:59 PM, MONDAY, July 16, 2018</b></p> <ul style="list-style-type: none"> <li>• <b>On-Line Meet Entry (OME)</b> – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) <b>ONLY</b>. Email entries during the regular entry period will not be accepted. <ul style="list-style-type: none"> <li>○ The OME system is accessed from the USA Swimming web site at the address: <a href="http://www.usaswimming.org/ome">http://www.usaswimming.org/ome</a></li> <li>○ <b>Further information is found on OME Instructions sheet at the end of the meet announcement.</b></li> </ul> </li> <li>• <b>Meet entries in the form of an entry list or psych sheet will be posted to the VSI website on Tuesday, July 17, 2018</b></li> <li>• <b>Conforming and Non-Conforming times will be used for entry. Order of preference is: Long Course Meters, Short Course Meters, then, Short Course Yards.</b></li> <li>• <b>ENTRY LIMITS:</b> <ul style="list-style-type: none"> <li>○ <b>Individual Events:</b> Athletes may enter all events for which they qualify, however they may only compete in Six (6) individual events for the meet, and no more than Three (3) individual events per day.</li> <li>○ <b>Bonus Events:</b> Maximum of one (1) bonus event. Swimmers entered in an individual event will be permitted to enter a bonus event in which they have achieved the bonus qualifying standard.</li> <li>○ Bonus swims for the 400 meter Medley, 400 meter Freestyle, 800 meter Freestyle, and the 1500 meter Freestyle are not available, with the exception that swimmers who have the qualifying time in the 800 meter Freestyle or the 1500 meter Freestyle may swim both events.</li> <li>○ <b>Relays:</b> Two (2) per team per event. <b>All entries for 200 meter Medley relays must use 400 meter Medley relay times.</b></li> </ul> </li> <li>• <b>Proof of asterisk (*) submitted times must be provided to the Administrative Referee prior the scratch or positive check in deadline for that event in order to be seeded.</b></li> <li>• “No Time” relay entries will not be accepted.</li> <li>• Entries which improve the time of an earlier entry will be accepted <b>only</b> while OME is open.</li> <li>• <b>LATE ENTRIES:</b> <ul style="list-style-type: none"> <li>○ Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input.</li> <li>○ Late entries at the meet must be made to the Admin Referee and will only be accepted for events for which the scratch box has not closed.</li> <li>○ All late entries must be submitted with proof of time. Late entries may not be used to improve the seed time of an earlier entry</li> </ul> </li> <li>• The Meet Referee reserves the right to combine heats and events, which actions may require reseeding. The Meet Referee reserves the right to eliminate heats of any event if necessary.</li> <li>• Entries which improve the time of an earlier entry will be accepted <b>only</b> prior to the meet entry deadline.</li> </ul>
<p><b>SCRATCHES</b></p>	<ul style="list-style-type: none"> <li>• The scratch procedures listed in current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6 A-E will apply.</li> <li>• Scratches from Individual Events: Will be co-located at the Positive Check-in Table <ul style="list-style-type: none"> <li>○ Scratches for Friday’s events are due by 7:30 am Friday morning.</li> <li>○ Scratches for Saturday’s events are due 30 minutes after the start of the finals session Friday</li> <li>○ Scratches for Sunday’s events are due 30 minutes after the start of the finals session Saturday</li> </ul> </li> <li>• The scratch rule regarding finals will apply to all four (4) evening heats <b>D</b> and <b>C Bonus</b>, <b>B</b> Consolation, <b>A</b> Finals excluding the relays, the 1500 meter Freestyle, and the 800 meter Freestyle.</li> <li>• <b>Scratches from finals shall be made with the Administrative Referee.</b> All other scratches shall be made at the Scratch box which shall be located at the Positive check in table until the General Meeting, at the General Meeting and then at the Clerk of the Course table</li> </ul>

<b>TIME TRIALS</b>	<ul style="list-style-type: none"> <li>At the conclusion of Friday and Saturday preliminary sessions, and <b>at the conclusion of Sunday evening finals</b>, time permitting, time trials will be offered to any swimmer entered in an individual event in the meet.</li> <li>Times Trials will begin no earlier than 10 minutes after the conclusion of the session it is following.</li> <li>Each day's events will be offered in order, on the following schedule (800 meter and 1500 meter Freestyle will only be offered as the last events on Saturday): <ul style="list-style-type: none"> <li>Thursday: Time trials for 800 meter Freestyle and the 1500 meter Freestyle only.</li> <li>Friday: Friday's events, Saturday's events, Sunday's events (excluding the 800 meter Freestyle and the 1500 meter Freestyle).</li> <li>Saturday: Saturday's events, Sunday's events, Friday's events, the 800 meter and 1500 meter Freestyle.</li> <li>Sunday: Sunday's events (excluding the 800 meter Freestyle and the 1500 meter Freestyle), Friday's events, Saturday's events.</li> <li>Cost: \$15.00 per individual event, \$20.00 per relay.</li> </ul> </li> <li>The Meet Referee, at his discretion, may reorder the day's scheduled events or combine events into a single heat.</li> <li><b>Friday or Saturday:</b> Swimmers desiring a time trial must inform the Meet Referee, or designee, prior to 10:30 am on the day the time trial is desired.</li> <li><b>Sunday:</b> The sign-up deadline for time trials is the end of Prelims except for athletes qualifying for Finals. Those athletes may sign-up for time trials through the last individual event on Sunday night.</li> <li>Each swimmer participating in time trial events should provide a timer and/or a counter.</li> <li>Time Trials are included as events in the three events per day limit.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$8.50  Relay events: \$16.00  Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p><b>Late Entry Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the Entry Deadline.</p> <ul style="list-style-type: none"> <li>OME payments may be made using VISA, MasterCard, American Express or Discover (on line) or check. If a check is the preferred method of payment it should be made payable to Virginia Swimming</li> <li>Checks should be sent to: Ryan Woodruff  105 Fox Hollow Road  Lynchburg, Virginia 24503</li> <li><b>The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, July 19, 2018).</b> Payment for events entered at the meet must be made to Meet Director at the time of the request.</li> <li><b>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</b> All fees must be paid in full in order for the entries to be considered compete.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Scoring <ul style="list-style-type: none"> <li>Individual Events: F – 22-19-18-17-16-15-14-13-12, C – 10-8-7-6-5-4-3-2-1.</li> <li>Relay Events: F – 44-38-36-34-32-30-28-26-24, C – 20-16-14-12-10-8-6-4-2</li> </ul> </li> <li>Team (Overall): Women, Men, Team Combined High Point.</li> <li>Team (Specific): Large Team, Medium Team, and Small Team. Both women's high point and men's high point in each category. Team sizes defined by the following: <ul style="list-style-type: none"> <li>1-99 small team</li> <li>100-199 medium team</li> <li>200 + large team</li> </ul> </li> <li>Individual: First through Ninth Place. Women's High Point, Men's High Point</li> <li>Relay: First through Third Place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All Long Course Meters times will be seeded first followed by Short Course Meter times, Short Course Yard times, and then Bonus times.</li> </ul>

	<ul style="list-style-type: none"> <li>• All timed finals and trials events will be seeded following the close of the scratch and positive check-in periods as listed in the “RULES” section below.</li> <li>• <b>ALL RELAY TEAMS MUST POSITIVELY CHECK-IN TO BE SEEDED.</b></li> <li>• <b>Positive check-in deadlines:</b> <ul style="list-style-type: none"> <li>○ 1500 meter Freestyle is due by 1:00 pm, Thursday.</li> <li>○ 800 meter Freestyle Relay is due by 9:30 am, Friday.</li> <li>○ 200 meter Freestyle Relay is due by 6:30 pm, Friday.</li> <li>○ 400 meter Medley Relay is due by 9:30 am, Saturday.</li> <li>○ 200 meter Medley Relay is due by 6:30 pm, Saturday.</li> <li>○ 800 meter Freestyle) are due by 6:30 pm, Saturday. (see below for AM/PM designation)</li> <li>○ 400 meter Freestyle Relay is due by 9:30 am, Sunday.</li> </ul> </li> <li>• <b>AM and PM Designations:</b> <ul style="list-style-type: none"> <li>○ Relay teams wanting to swim in morning and not evening sessions (Friday, Saturday, and Sunday) must designate that desire on the positive check-in sheet.</li> <li>○ Relays teams will swim in the session desired with up to two full heats participating at Sunday evening finals.</li> <li>○ If a team does not designate a preference they may be assigned to the evening finals if their team is next in line to fill open lanes in the two heats at finals.</li> <li>○ Athletes wanting to swim the 800 meter Freestyle in the afternoon and not in the fastest heat swimming in finals must designate that desire on the check-in sheet prior to the close of the scratch box on Saturday evening.</li> </ul> </li> <li>• <b>All distance swims MUST positively check-in and declare their intent to swim by the scratch deadline for that day’s events TO BE SEEDED.</b></li> </ul>
<p><b>RULES:</b></p>	<ul style="list-style-type: none"> <li>• The current <i>USA Swimming Rules and Regulations</i> will govern the conduct of these championships and will serve as official guide for technical and procedural rules.</li> <li>• 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 permission.</li> <li>• A listing of any entries lacking proof of time will also be provided to coaches and must be dealt with as described in the ENTRIES section above.</li> <li>• Unattached athletes must have a supervising coach as per USA Swimming rule 202.3.2. Athletes listed as UNAT-CLUB will be supervised by a coach from the named club.</li> <li>• Athletes listed as UNAT must check in at the Clerk-of-Course and be assigned a supervising coach in order to warm-up and to compete.</li> <li>• Any swimmer entered in the meet must be certified by a USAS 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.</li> <li>• The overhead start procedures will be used for the preliminary sessions and for timed finals (distance) sessions.</li> <li>• cell Use of audio or visual recording devices, including phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>• USA Swimming prohibits on deck changing into or out of swim wear. All participants must use the facility locker rooms.</li> <li>• In accordance with VSI best practices, Swimmers should shower before entering the pool.</li> <li>• <b>Swimmers who positively check-in for a distance event and do not show up to compete will be barred their next individual event.</b></li> <li>• Swimmers failing to scratch events which if swum would put them in violation of either the 3 event per day or the 6 events in the meet, will not be permitted to swim the event or events. <ul style="list-style-type: none"> <li>○ The events to be eliminated will be counted in strict numerical sequence as listed in the meet invitation.</li> <li>○ No other penalty will be applied.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• The Meet Referee in accordance with 102.23.2 in the USA Swimming Rules and Regulations will appoint a Meet Jury.</li> <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 <ul style="list-style-type: none"> <li>○ 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</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• Penalties for entries using fraudulent and/or non-verifiable entry times: <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 USA Swimming before 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> </li> </ul>
<b>OFFICIALS:</b>	<p>Meet Referee: <b>Genny Kimbel</b>  Email: <a href="mailto:gennykimbel@gmail.com">gennykimbel@gmail.com</a>  Phone: (757) 876-9134</p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Officials must have been certified for a year in the positions in which they are planning to work.</li> <li>• An Application to Officiate is available on the VSI website (<a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a>) and should be sent to the Meet Referee no later than July 13, 2018. Those requesting assigned positions need to apply by June 29, 2018.</li> <li>• This meet is approved as an Officials Qualifying Meet for N2/N3 certification/re-certification. Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate.</li> <li>• <b>Briefings will be held 1 hour prior to the start of each session.</b></li> </ul>
<b>SAFETY:</b>	VSI Safety and Warm-up procedures will be in effect. Swimmer Snorkels are permitted.
<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 posted on the VSI website at <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> no later than Tuesday, July 17, 2018, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>A General Meeting</b> will be held at <b>8:25 am, Friday, July 20, 2018</b>. Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance. The meeting will be held in the Hospitality Room.</li> <li>• <b>Hospitality:</b> A light breakfast, lunch and dinner will be provided for coaches and officials. Coaches and officials who have special dietary concerns or needs should bring their own food and beverages.</li> <li>• <b>Meet Program:</b> A Psych Sheet will be available to download off the VSI website. A Meet book with time standards, team information, coupons and advertisements for local establishments will be available for \$10.00. The Meet book will also contain coupons for a copy of each Trials and Finals program. Otherwise heat sheets for trials and finals will be available for \$2.00 without a coupon.</li> <li>• <b>Photography:</b> In accordance with J.3 of VSI Policies and Procedures, photography will not be permitted behind the starting blocks without the express permission of the Meet Director. Individuals who violate the above photography restrictions may be asked by the Meet Director to leave the pool venue.</li> <li>• <b>Meet Event Apparel:</b> A vendor will be on site selling VSI Senior Champs t-shirt and sweatshirts.</li> <li>• <b>A swim shop vendor will be onsite</b> offering full service equipment such as goggles and swim suits.</li> <li>• <b>Lost and Found:</b> Check with the front desk for lost and found items.</li> </ul>

<b>WAIVER:</b>	<p><b>AUTHORIZATION AND EVENT PROMOTION IN THE EVENT THAT VIRGINIA SWIMMING LIVE STREAM FINALS:</b></p> <ul style="list-style-type: none"> <li>• All participants agree to be filmed and photographed by web-casting network under the conditions authorized by Virginia Swimming Inc.</li> <li>• All participants give the organizers the right to use names, pictures, likenesses, and other information before, during or after the period of participation in this competition to promote the competition or to promote the success of swimming.</li> <li>• All participants understand and agree not to use or authorize use of pictures of themselves provided by Virginia Swimming Inc. for the purpose of trade.</li> <li>• All participants agree not to use the medals or photos, portraits or films of themselves with their medals, which participants receive for their performances in this competition, for the purposes of trade.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room of the building not directly associated with the swim meet.</li> <li>• Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers; lap counters, or at other needed volunteer positions.</li> <li>• All Air Flow in take Vents on deck are not to be blocked by chairs, benches, spectators or towels!</li> <li>• Spectators may not sit in the aisles and may not reserve blocks of seats.</li> <li>• No glass containers of any kind are allowed in the facility.</li> <li>• No lawn/deck chairs allowed in the grandstand.</li> <li>• Objects are not to be passed over the grandstand railing.</li> <li>• No smoking on the campus.</li> <li>• Shoes are suggested to be worn in all areas outside the pool deck including locker rooms.</li> <li>• The front door is the only entry/exit door for the facility.</li> <li>• Young children must be supervised by an adult.</li> <li>• No tape of any kind is to be used inside to hang signs, banners or decorations.</li> </ul>
<b>DIRECTIONS:</b>	<p>Directions to the pool can be found by going to: <a href="http://www.virginiawimming.org">www.virginiawimming.org</a></p>
<b>PARKING:</b>	<ul style="list-style-type: none"> <li>• Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.</li> <li>• There will be a drop off area designated. Please follow guidance of parking attendants.</li> </ul>

## SCHEDULE OF EVENTS

### 2018 VIRGINIA SWIMMING LONG COURSE SENIOR CHAMPIONSHIPS

(Qualifying period: January 1, 2017 to July 18, 2018)

Qualifying Times				THURSDAY	Qualifying Times			
Women	SCY	SCM	LCM	JULY 19	LCM	SCM	SCY	Men
1	19:08.99	19:02.29	19:37.19	1500 M /1650 Y FREE	17:58.49	17:29.09	17:35.09	2
All events swum as timed finals. Order: fastest to slowest alternating women's and men's.								
Qualifying Times				FRIDAY	Qualifying Times			
Women	SCY	SCM	LCM	JULY 20	LCM	SCM	SCY	Men
3	1:59.79	2:12.39	2:15.39	200 M FREE	2:04.49	2:00.39	1:48.99	4
5	1:12.39	1:20.09	1:23.09	100 M BREAST	1:15.49	1:11.09	1:05.19	6
7	1:01.69	1:08.19	1:09.09	100 M FLY	1:02.39	1:01.19	55.29	8
9	4:47.99	5:18.49	5:26.09	400 M MEDLEY	5:01.59	4:53.29	4:25.99	10
11				800 M FREE REL <sup>‡</sup>				12
<sup>‡</sup> Requires positive check-in to swim; may choose AM or PM preference; fastest two heats swim in finals Order of Finals: Events 3, 4, 5, 6, 7, 8, 9,10, Break (10min), Events 11, 12								
Qualifying Times				SATURDAY	Qualifying Times			
Women	SCY	SCM	LCM	JULY 21	LCM	SCM	SCY	Men
13				200 M FREE REL <sup>†</sup>				14
15	2:18.39	2:32.89	2:35.79	200 M FLY	2:21.19	2:18.19	2:04.99	16
17	25.89	28.69	29.49	50 M FREE	26.09	25.39	22.89	18
19	2:35.99	2:52.39	2:57.99	200 M BREAST	2:44.59	2:36.69	2:21.79	20
21	1:02.59	1:09.19	1:11.79	100 M BACK	1:05.79	1:02.89	56.89	22
23	5:19.19	4:39.39	4:43.89	400 M / 500 Y FREE	4:24.79	4:18.89	4:55.89	24
25				400 M MED REL <sup>‡</sup>				26
<sup>†</sup> Requires positive check-in to swim. All heats swim in prelims. <sup>‡</sup> Requires positive check-in to swim; may choose AM or PM preference; fastest two heats swim in finals. Order of Finals: Events 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, Break (10 min), Events 25, 26								
Qualifying Times				SUNDAY	Qualifying Times			
Women	SCY	SCM	LCM	JULY 22	LCM	SCM	SCY	Men
27				200 M MED REL <sup>†</sup>				28
29	2:15.59	2:29.89	2:34.99	200 M BACK	2:21.99	2:17.39	2:04.19	30
31	55.79	1:01.69	1:03.09	100 M FREE	57.29	55.39	49.99	32
33	2:15.99	2:30.29	2:34.79	200 M MEDLEY	2:22.39	2:16.39	2:03.39	34
35				400 M FREE REL <sup>‡</sup>				36
37	11:15.69	9:51.29	10:01.39	800 M/1000 Y FREE <sup>#</sup>	9:24.19	9:08.59	10:27.99	38
<sup>†</sup> Requires positive check-in to swim; <b>enter using your 400 Medley Relay time.</b> All heats swim in prelims. <sup>‡</sup> Requires positive check-in to swim; may choose AM or PM preference; up to two heats swim in finals. <sup>#</sup> May designate AM or PM preference; top 8 PM designees will swim at finals. Order of Finals: Events 37, 38, 29, 30, 31, 32, 33, 34, Break (10 min), Awards (Individual High Point), Events 35, 36, Awards (Team), Time Trials								



## 2018 VIRGINIA SWIMMING SENIOR CHAMPIONSHIPS BONUS STANDARDS

(Qualifying period: January 1, 2017 to July 18, 2018)

**Swimmers are allowed a maximum of one (1) bonus event. Bonus events count toward the maximum number of swims (6) for the meet and maximum number of swims (3) per day.**

SCY	SCM	LCM	EVENT	LCM	SCM	SCY
26.39	29.19	29.99	50 FREE	26.59	25.89	23.39
56.89	1:02.79	1:04.19	100 FREE	58.29	56.39	50.99
2:01.79	2:14.59	2:17.59	200 FREE	2:06.49	2:02.39	1:50.99
<b>Bonus swims for the 400, 800, or 1500 Free are not available</b>			400/500 FREE	<b>Bonus swims for the 400, 800, or 1500 Free are not available</b>		
			800/1000 FREE			
			1500/1650 FREE			
1:03.59	1:10.19	1:12.79	100 BACK	1:06.79	1:03.89	57.89
2:17.59	2:31.89	2:36.99	200 BACK	2:23.99	2:19.39	2:06.19
1:13.39	1:21.09	1:24.09	100 BREAST	1:16.49	1:12.09	1:06.19
2:37.99	2:54.39	2:59.99	200 BREAST	2:46.59	2:38.69	2:23.79
1:02.69	1:09.19	1:10.09	100 FLY	1:03.39	1:02.19	56.29
2:20.39	2:34.89	2:37.79	200 FLY	2:23.19	2:20.19	2:06.99
2:17.99	2:32.29	2:36.79	200 MEDLEY	2:24.39	2:18.39	2:05.39
<b>Bonus swims for the 400 Medley are not available</b>			400 MEDLEY	<b>Bonus swims for the 400 Medley are not available</b>		

## ONLINE MEET ENTRY (OME) INSTRUCTIONS

- 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”.
- **OME OPENS:** 9:00 AM EST –Monday, June 18, 2018
- **OME CLOSSES:** 11:59 PM EST – Monday, July 16, 2018 (Entry Deadline)
- **Meet entries in the form of an entry list or psych sheet will be posted to the VSI website on Tuesday, July 17, 2018**
- **Meet Entry Officer:** Mary Turner, (434) 352-5451, [myturner525@gmail.com](mailto:myturner525@gmail.com)
- **OME HELP:**

Jamie Lewis	Mary Turner
USA Swimming	Meet Entry Officer
Phone: (719) 866-3562	Phone: (434) 352-5451
Email: <a href="mailto:jlewis@usaswimming.org">jlewis@usaswimming.org</a>	Email: <a href="mailto:myturner525@gmail.com">myturner525@gmail.com</a>
- **Conforming and Non-Conforming times will be used for entry. Order of preference is: Long Course Meters, Short Course Yards, then, Short Course Meters.**
- **ENTRY LIMITS:**
  - **Individual Events:** Athletes may enter all events for which they qualify, however they may only compete in Six (6) individual events for the meet, and no more than Three (3) individual events per day.
  - **Bonus Events:** Maximum of one (1) bonus event. Swimmers entered in an individual event will be permitted to enter a bonus event in which they have achieved the bonus qualifying standard.
  - Bonus swims for the 400 Medley, 400 Freestyle, 800 Freestyle, and the 1500 Freestyle are not available, with the exception that swimmers who have the qualifying time in the 800 Freestyle or the 1500 Freestyle may swim both events.
  - **Relays:** Two (2) per team per event.
- **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).
- **Proof of asterisk (\*) submitted times must be provided to the Administrative Referee prior the scratch or positive check in deadline for that event in order to be seeded.**
- “No Time” relay entries will not be accepted.
- 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.
- Entries which improve the time of an earlier entry will be accepted **only** while OME is open.
- **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.** NT entries will not 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 Officer to be entered manually.
  - Unless other arrangements are made payment must be made by check prior to the first session of the meet (Thursday, July 18, 2018).

- **LATE ENTRIES:**

- Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input.
- Late entries at the meet must be made to the Admin Referee and will only be accepted for events for which the scratch box has not closed.
- All late entries must be submitted with proof of time. Late entries may not be used to improve the seed time of an earlier entry