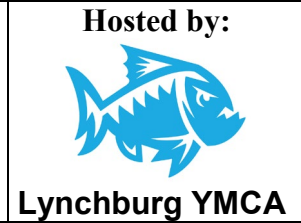




SOUTHWEST DISTRICT 8 & Y CHAMPIONSHIP
February 9 - 10, 2019
SANCTION NO. VS-19-81



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-81.• USA Swimming, Inc., Virginia Swimming, Inc., Lynchburg YMCA Swimming and the Jamerson Family YMCA 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:	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502 (434) 582-1900
FACILITY:	<ul style="list-style-type: none">• The Jamerson YMCA has an indoor, 25-yard, 8-lane competition pool, 9 feet deep at the start end to 4 feet in depth at the turn end. All lanes are bottom-striped and wall- targeted with non-turbulent lane lines.• Bleacher seating is available on deck. Three lanes in the adjacent family pool are available for continuous warm-up and warm down.• Colorado Automatic Timing System with a 4-panel scoreboard will be used. Lanes 1-4 are displayed simultaneously and then rotate to lanes 5-8 for simultaneous display.• The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.
MEET DIRECTOR:	Name: Ryan Woodruff Phone: 919-943-6420 Email: ryan.d.woodruff@gmail.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming registered athletes 8 years old and younger prior to the first day of the meet in the Southwest District which includes ACAC, ACST, BASS, CAST, CCA, CYAC, DYST, FUAC, GATR, HOKI, KFY, LASO, LY, SCAT, SFY, SMAC, STRM, VAST and YMST• No on deck Virginia Swimming athlete registration will be permitted.• The qualifying period for this meet is January 1, 2018 through February 8, 2019.• Athletes may compete in any event offered regardless of classification.• Age on February 9, 2019 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">• Athletes with a disability are welcome 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 events will be timed finals.• There will be a 5 minute break after relays and before individual events in each session.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, FEBRUARY 1, 2019</p> <ul style="list-style-type: none">• Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet which is available at the VSI website www.virginiawimming.org.• Teams submit entries via e-mail.• A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiawimming.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.• "No Time" (NT) entries will be accepted. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.• Swimmers may enter a maximum of 8 individual events for the meet, no more than 4 per day and 1 relay event per day.• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.• Entries will be processed in the order received.• The Meet Director reserves the right to combine heats and events, which may require reseeding.• Email entries to: ryan.d.woodruff@gmail.com

	<ul style="list-style-type: none"> Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$4.50 Relay Events: \$15.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <p>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.</p> <ul style="list-style-type: none"> Checks should be made payable to: YMCA of Central Virginia Mail payment to: Ryan Woodruff 105 Fox Hollow Road Lynchburg, VA 24503 Payment must be received by Tuesday, February 5, 2019 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.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. All swimmers should report directly to the blocks.
WARM-UP:	<ul style="list-style-type: none"> Warm-ups on Saturday start 1:30 pm; Competition starts 2:30 pm. Warm-ups on Sunday start at 9:00 am; Competition starts at 10:00 am. Lane assignments and warm-up times for individual clubs will be posted on the LY website no later than Tuesday, February 5, 2019 and will also be emailed to the contact person of the participating clubs.
AWARDS:	<ul style="list-style-type: none"> Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place. Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. Team Awards will be given. Total team points will be combined with scores from 9 – 12 District Championships. Teams placing first through third will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1 Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 All events will be scored to 16 places Only the top two relay entries per team may score.
PENALTIES:	<ul style="list-style-type: none"> A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> Entries using fraudulent or non-verifiable times. Athlete competed in the incorrect age group. Athlete is not registered with USA Swimming prior to the first day of the meet. 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. Any event in which an athlete participated illegally will be rescored and re-awarded.
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'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) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval. Use of audio or visual recording devices, including cell phones, is not permitted in changing

	<p>areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</p> <ul style="list-style-type: none"> • Changing into or out of swimsuits other than in locker rooms or other designated areas 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. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Name: John Stanley Email: jfstanley@cox.net Phone: (540) 354-9856</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 chair 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 Tuesday, February 5, 2019. • Officials meetings will be held in the hospitality area one hour prior to the start of the meet. • General meeting for coaches and key officials will be held in the hospitality area 30 minutes prior to the start of the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted to lyswimming.org no later than Tuesday, February 5, 2019, and will also be emailed to the contact person of each of the individual clubs. • These assignments will also be posted throughout the venue.
GENERAL:	<ul style="list-style-type: none"> • Heat Sheets will be sold for \$5.00. • Light refreshments will be provided for the USA-S officials and coaches. • Swim gear will be available through The Swim Shop. • Food and drinks will be available through the concessions stand. • Each club is responsible for supervising the conduct of its swimmers. • Swimmers are not permitted in any room of the building not directly associated with the meet. • Any swimmer violating the rules may be disqualified from the meet and escorted from the building.
PARKING:	<ul style="list-style-type: none"> • Parking is free and available in all lots surrounding the Jamerson YMCA.
DIRECTIONS:	Directions are available on the team website, www.lyswimming.org

**2019 Southwest District
8 & U Championships
Order of Events**

**Saturday February 9, 2019
Warm up 1:30 pm; Competition 2:30 pm**

Girls		Boys
1	100 Medley Relay	2
	5 minute break	
3	50 Breaststroke	4
5	100 Freestyle	6
7	25 Butterfly	8
9	100 Individual Medley	10
11	25 Freestyle	12
13	50 Butterfly	14
15	200 Freestyle	16
17	100 Backstroke	18

**Sunday February 10, 2019
Warm up 9:00am; Competition 10:00 am**

Girls		Boys
19	100 Freestyle Relay	20
	5 minute break	
21	25 Breaststroke	22
23	50 Freestyle	24
25	100 Butterfly	26
27	25 Backstroke	28
29	100 Breaststroke	30
31	200 Individual Medley	32
33	50 Backstroke	34