



**2019 VIRGINIA SWIMMING  
SC SENIOR CHAMPIONSHIPS**  
February 28-March 3, 2019  
SANCTION NO. VS-19-85 & VS-19-85TT

Coordinated by:



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc. <b>Sanction No. VS-19-85</b> and <b>Time Trial Sanction No. VS-19-85TT</b>.</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming, and Jeff Rouse Swim and Sport 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.</li> </ul>		
<b>LOCATION:</b>	Jeff Rouse Swim and Sport Center, 1600 Mine Road, Stafford Virginia 22554, Phone: 804-387-1279		
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>The Jeff Rouse Swim and Sport Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, and concession stand.</li> <li>The 50-meter competition pool with bulkhead offers 2 eight lane 25 yard competition pools with a depth of 6' 6" to 12' 6" from end to end. Competition lanes are a minimum of 8' 6" wide. All sessions will be run in the 25-yard competition pool set up for 8 lanes.</li> <li>Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.</li> <li>Non-Turbulent Lane Markers in both pools.</li> <li>Competitor Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.</li> <li>Spectator seating for 700 plus.</li> <li>The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). The copy of the certification is on file with USA.</li> </ul>		
<b>MEET DIRECTOR:</b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Steve Hennessy VSI Senior Chair Email: <a href="mailto:seniorchair@virginiasswimming.org">seniorchair@virginiasswimming.org</a> Phone: (757) 450-0706</td> <td style="width: 50%;">Host Team Coordinator: Nikki Deal Email: <a href="mailto:psdnhanover@gmail.com">psdnhanover@gmail.com</a> Phone: 804-267-9494</td> </tr> </table>	Steve Hennessy VSI Senior Chair Email: <a href="mailto:seniorchair@virginiasswimming.org">seniorchair@virginiasswimming.org</a> Phone: (757) 450-0706	Host Team Coordinator: Nikki Deal Email: <a href="mailto:psdnhanover@gmail.com">psdnhanover@gmail.com</a> Phone: 804-267-9494
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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 1000 Yard Freestyle or the 1650 Yard Freestyle may swim both events.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>Athletes listed as UNAT must check in with the meet director and be assigned a supervising coach in order to warm-up and to compete.</li> <li>The qualifying period for this meet is January 1, 2018 through February 27, 2019.</li> <li>Age on February 28, 2019 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 welcome 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 will be swum as trials and finals EXCEPT the 1000 Yard Freestyle and the 1650 Yard Freestyle which will be swum as timed finals.</li> <li>The 1650 Y Freestyle will be swum fastest to slowest, alternating women and men.</li> <li>The 1000 Y Freestyle will be swum slowest to fastest, alternating women and men.             <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> </li> </ul>		

	<ul style="list-style-type: none"> <li>• The 400 Y Individual Medley and the 500 Freestyle will be swum as follows: <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> </ul> <p><b>Finals Sessions:</b></p> <ul style="list-style-type: none"> <li>• The top 32 qualifiers in the trials of each event will compete in each day’s final session in the following order <b>D, C, B, then A</b> <ul style="list-style-type: none"> <li>○ All <b>D - C – B – A</b> Final swimmers will report directly to their assigned starting block.</li> <li>○ <b>A</b> - Final swimmers will be presented with music, their names and team affiliation announced prior to the start of the race.</li> </ul> </li> <li>• <b>Relay events:</b> All relay events will be timed finals and be swum fastest to slowest. The fastest 2 heats of the 400 Y Freestyle Relay, the 800 Y Freestyle Relay, and the 400 Y Medley Relay will be swum during the finals session with any other heats swum during the trial’s session.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:59 PM, MONDAY, FEBRUARY 25, 2019</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>Conforming and Non-Conforming times will be used for entry.</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 Individual Medley, 500 Freestyle, 1000 Freestyle, and the 1650 Freestyle are not available, with the exception that swimmers who have the qualifying time in the 1000 Freestyle or the 1650 Freestyle may swim both events.</li> <li>○ <b>Relays:</b> Two (2) per team per event. <b>All entries for 200 Y Medley relays must use 400 Y 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 may require reseeding.</li> <li>• The Meet Referee reserves the right to utilize dual courses for the 400 Y IM, 500 Y Free, 1000 Y Free and 1650 Y Free to be determined after entries are received.</li> </ul>
<b>FEES:</b>	<p><b>Individual events: \$9.50</b>  <b>Relay events: \$18.00</b>  <b>Swimmer surcharge: \$2.50 per person</b> (entered in the meet in any capacity)  <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 <b>Virginia Swimming, Inc.</b></li> <li>• Checks should be sent to: Bob Rustin 8208 Chainmaile Road North Chesterfield, VA 23235</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, February 28, 2019).</b></li> <li>• <b>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</b> Payment for events entered at the meet must be made to Meet Director at the time of the request.</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></li> <li>• <b>Prelims:</b> <ul style="list-style-type: none"> <li>○ <b>Friday:</b> 6:30-8:20 am; <b>General Meeting at 8:25 am;</b> Competition begins at 8:40 am</li> <li>○ <b>Saturday:</b> 6:30-8:20 am; Competition begins at 8:30 am</li> <li>○ <b>Sunday:</b> 6:30 – 8:20 am; Competition begins at 8:30 am</li> </ul> </li> <li>• <b>Finals:</b> <ul style="list-style-type: none"> <li>○ <b>Friday:</b> 4:30-5:35 pm; Competition begins at 5:45 pm</li> <li>○ <b>Saturday:</b> 4:15-5:20 pm; <b>Graduating Senior Recognition at 5:25;</b> Competition begins at 5:45</li> <li>○ <b>Sunday:</b> 3:30-4:20 pm; Competition begins at 4:30 pm</li> </ul> </li> <li>• <b>Additional information about lane designations for warm-ups is included on the Warm-up Schedule and Instructions sheet at the end of the meet announcement.</b></li> <li>• Specific lanes will be designated for PACE ONLY in the warm-up/cool-down pool.</li> </ul>
<b>SCRATCHES</b>	<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 with the exception of 207.11.6.C as it pertains to timed final events requiring a positive check-in: <b>A swimmer who positively checks in for a distance event and does not show up to compete will be barred from his/her next individual event.</b></li> <li>• Scratches from Individual Events: Will be located at the Positive Check-in Table <ul style="list-style-type: none"> <li>○ Scratches for Friday's events are due 30 minutes after the start of the distance session Thursday</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</b> Bonus, <b>B</b> Consolation, <b>A</b> Finals excluding the relays, the 1650 Y Freestyle, and the 1000 Y 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 except during the General Meeting, when it will be located there.</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. The events to be eliminated will be counted in strict numerical sequence as listed in the meet invitation.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All Short Course Yards will be seeded first followed by Long Course Meters times, Short Course Meters, then Bonus times.</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>○ 1650 Y Freestyle is due by 1:00 pm, Thursday.</li> <li>○ 800 Y Freestyle Relay is due by 9:30 am, Friday.</li> <li>○ 200 Y Freestyle Relay is due by 6:30 pm, Friday.</li> <li>○ 400 Y Medley Relay is due by 9:30 am, Saturday.</li> <li>○ 200 Y Medley Relay is due by 6:30 pm, Saturday.</li> <li>○ 400 Y Freestyle Relay is due by 9:30 am, Sunday.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <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 finals.</li> <li>○ If a team does not designate a preference, it may be assigned to the evening finals if the team is next in line to fill open lanes in the two heats at finals.</li> <li>○ Athletes wanting to swim the 1000 Y 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 by the scratch deadline for that day's events TO BE SEEDED.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Scoring <ul style="list-style-type: none"> <li>○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1.</li> <li>○ Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2</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 Eighth Place. Women's High Point, Men's High Point</li> <li>• Relay: First through Third Place.</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 (1000 Y and 1650 Y Freestyle will only be offered as the last events on Saturday): <ul style="list-style-type: none"> <li>○ Thursday: Time trials 1000 and 1650 only.</li> <li>○ Friday: Friday's events, Saturday's events, Sunday's events (excluding the 1000 Y Freestyle and the 1650 Freestyle).</li> <li>○ Saturday: Saturday's events, Sunday's events, Friday's events, the 1000 Y and 1650 Y Freestyle.</li> <li>○ Sunday: Sunday's events (excluding the 1000 Y Freestyle and the 1650 Freestyle), Friday's events, Saturday's events.</li> <li>○ Cost: \$15.00 per individual event, \$20.00 per relay.</li> </ul> </li> <li>• The Time Trial Referee, at his discretion, may reorder the day's scheduled events or combine events into a single heat.</li> <li>• A swimmer requesting a time trial must inform the Meet Referee, or his designee, not later than 10:30 am of the day the time trial is desired. Each swimmer participating in these events should provide a timer and/or a counter.</li> <li>• Time Trials are included in the three events per day limit.</li> </ul>
<b>RULES:</b>	<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>• Coaches are asked to place their personal chairs near the bleachers on the scoreboard side of the pool.</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>• 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> </ul>

	<ul style="list-style-type: none"> <li>• 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>.</li> <li>• USA Swimming prohibits deck changing into or out of swim wear.</li> <li>• In accordance with VSI best practices, swimmers should shower before entering the pool.</li> <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. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• 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"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </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> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Genny Kimbel</b>  <b>Email: <a href="mailto:gennykimbel@gmail.com">gennykimbel@gmail.com</a></b>  <b>Phone: 757-876-9134</b></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 February 22, 2019. Those requesting assigned positions need to apply by February 8, 2019.</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 one (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 Sunday, February 24, 2019, 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, March 1, 2019</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>Graduating senior swimmers' recognition</b> will be held following finals warm-ups on Saturday evening prior to the start of the finals' session.</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 without the express permission of the Meet Director.</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>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• No glass containers of any kind are permitted in the facility.</li> <li>• Lawn/deck chairs are not permitted in the grandstand.</li> <li>• No spectators/parents will be allowed on deck unless working the meet.</li> <li>• No smoking is allowed on the campus.</li> <li>• No outside food or beverages are allowed in the facility.</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> Click on "Meets". Click on "Senior Championships", Click on "Directions".</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

### 2019 VIRGINIA SWIMMING SHORT COURSE SENIOR CHAMPIONSHIPS

(Qualifying period: January 1, 2018 to February 27, 2019)

Qualifying Times				THURSDAY	Qualifying Times			
Women	SCM	LCM	SCY	FEB. 28	SCY	LCM	SCM	Men
1	19:02.29	19:37.19	19:08.99	1500 M /1650 Y FREE	17:35.09	17:58.49	17:29.09	2
All events swum as timed finals. Order: fastest to slowest alternating women and men.								
Qualifying Times				FRIDAY	Qualifying Times			
Women	SCM	LCM	SCY	MARCH 1	SCY	LCM	SCM	Men
3	2:12.39	2:15.39	1:59.79	200 Y FREE	1:48.99	2:04.49	2:00.39	4
5	1:20.09	1:23.09	1:12.39	100 Y BREAST	1:05.19	1:15.49	1:11.09	6
7	1:08.19	1:09.09	1:01.69	100 Y FLY	55.29	1:02.39	1:01.19	8
9	5:18.49	5:26.09	4:47.99	400 Y MEDLEY	4:25.99	5:01.59	4:53.29	10
11				800 Y FREE RELAY <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	SCM	LCM	SCY	MARCH 2	SCY	LCM	SCM	Men
13				200 Y FREE RELAY <sup>†</sup>				14
15	2:32.89	2:35.79	2:18.39	200 Y FLY	2:04.99	2:21.19	2:18.19	16
17	28.69	29.49	25.89	50 Y FREE	22.89	26.09	25.39	18
19	2:52.39	2:57.99	2:35.99	200 Y BREAST	2:21.79	2:44.59	2:36.69	20
21	1:09.19	1:11.79	1:02.59	100 Y BACK	56.89	1:05.79	1:02.89	22
23	4:39.39	4:43.89	5:19.19	400 M / 500 Y FREE	4:55.89	4:24.79	4:18.89	24
25				400 Y MEDLEY RELAY <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	SCM	LCM	SCY	MARCH 3	SCY	LCM	SCM	Men
27				<b>200 Y MEDLEY RELAY<sup>†</sup></b>				28
29	2:29.89	2:34.99	2:15.59	200 Y BACK	2:04.19	2:21.99	2:17.39	30
31	1:01.69	1:03.09	55.79	100 Y FREE	49.99	57.29	55.39	32
33	2:30.29	2:34.79	2:15.99	200 Y MEDLEY	2:03.39	2:22.39	2:16.39	34
35				400 Y FREE RELAY <sup>‡</sup>				36
37	9:51.29	10:01.39	11:15.69	800 M/1000 Y FREE <sup>#</sup>	10:27.99	9:24.19	9:08.59	38
<sup>†</sup> Requires positive check-in to swim; <b>enter using 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								

## 2019 VIRGINIA SWIMMING SENIOR CHAMPIONSHIPS BONUS STANDARDS

(Qualifying period: January 1, 2018 to February 27, 2019)

**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.**

SCM	LCM	YARDS	EVENT	YARDS	LCM	SCM
29.19	29.99	26.39	50 Y FREE	23.39	26.59	25.89
1:02.79	1:04.19	56.89	100 Y FREE	50.99	58.29	56.39
2:14.59	2:17.59	2:01.79	200 Y FREE	1:50.99	2:06.49	2:02.39
<b>Bonus swims for the 400, 800, or 1500 Free are not available</b>			400 M/500 Y FREE	<b>Bonus swims for the 400, 800, or 1500 Free are not available</b>		
			800 M/1000 Y FREE			
			1500 M/1650 Y FREE			
1:10.19	1:12.79	1:03.59	100 Y BACK	57.89	1:06.79	1:03.89
2:31.89	2:36.99	2:17.59	200 Y BACK	2:06.19	2:23.99	2:19.39
1:21.09	1:24.09	1:13.39	100 Y BREAST	1:06.19	1:16.49	1:12.09
2:54.39	2:59.99	2:37.99	200 Y BREAST	2:23.79	2:46.59	2:38.69
1:09.19	1:10.09	1:02.69	100 Y FLY	56.29	1:03.39	1:02.19
2:34.89	2:37.79	2:20.39	200 Y FLY	2:06.99	2:23.19	2:20.19
2:32.29	2:36.79	2:17.99	200 Y MEDLEY	2:05.39	2:24.39	2:18.39
<b>Bonus swims for the 400 Medley are not available</b>			400 Y 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, January 21, 2019
- **OME CLOSSES:** 11:59 PM EST, Monday, February 25, 2019 (Entry Deadline)
- **Meet entries in the form of an entry list or psych sheet will be posted to the VSI website on Tuesday, February 26, 2019**
- **Meet Entry Officer:** Terry Randolph 757(887-0868) [torandolph@gmail.com](mailto:torandolph@gmail.com)
- **OME HELP:**

Jamie Lewis	Terry Randolph
USA Swimming	Meet Entry Officer
Phone: (719) 866-3562	Phone: (757) 887-0868
Email: <a href="mailto:jlewis@usaswimming.org">jlewis@usaswimming.org</a>	Email: <a href="mailto:torandolph@gmail.com">torandolph@gmail.com</a>
- **Conforming and Non-Conforming times will be used for entry. Order of preference is: Short Course Yards, Long Course Meters 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 Individual Medley, 500 Freestyle, 1000 Freestyle, and the 1650 Freestyle are not available, with the exception that swimmers who have the qualifying time in the 1000 Freestyle or the 1650 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 Y Medley relays must use 400 Y 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, February 28, 2019).
- **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

## Warm-up Schedule & Instructions

- **Thursday afternoon/evening session: Warm-ups at 12:30-1:50 pm; competition starts at 2:00 pm.** The competition pool will be reserved for swimmers entered into the 1650 Y Freestyle from 1:00 -1:50 pm.
  - All other swimmers must use the warm-up/warm down pool. Specific lanes will be designated upon request (start or pace) by the Meet Referee.
  - Meet Referee has the authority to designate such lanes as needed.
- Friday, Saturday, and Sunday Trials sessions: Warm-ups 6:30-8:20 am; **Friday competition starts 8:40 am following the General Meeting at 8:25 am**, Saturday & Sunday competition starts at 8:30 am.
  - 6:30-7:50 am: All lanes designated for general warm-up
  - 7:50-8:20 am: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general.
- Finals session on (Friday): Warm-ups 4:30-5:35 pm; competition starts at 5:45 pm.
  - 4:30-5:15 pm: All lanes designated for general warm-up for all participants.
  - 5:15-5:35 pm: **Competition pool reserved for finals competitors only.**
  - 5:15-5:35 pm: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general.
- Finals session on (Saturday): Warm-ups 4:15-5:20 pm; competition starts at 5:45 pm.
  - 4:15-5:00 pm: All lanes designated for general warm-up for all participants.
  - 5:00-5:20 pm: **Competition pool reserved for finals competitors only.**
  - 5:00-5:20 pm: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; lanes 3 through 6 and all other lanes will remain general.
- 5:25-5:40 pm: **Graduating Seniors Recognition**
- Finals session (Sunday): Warm-ups at 3:30-4:20 pm; competition starts at **4:30 pm**.
  - 3:30-3:55 pm: All lanes designated for general warm-up
  - 4:00-4:20 pm: **Competition pool reserved for finals competitors only.**
  - 3:55-4:20 pm: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general.
  - 1000 Y 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 1000 heat.
- There will be specific lanes designated for PACE ONLY in the warm-up/cool down lanes. Meet Referee has the right to change lane assignments based on the needs of the swimmers.