



**2018 YMCA Winter Invitational**  
**January 4-6, 2019**  
**APPROVAL NO. VS-19-62A**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: <b>VS-19-62A</b>.</li><li>• USA Swimming, Inc., Virginia Swimming, Inc., Lynchburg YMCA Swimming and the Jamerson 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.</li></ul>
<b>LOCATION:</b>	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502 (434) 582-1900
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 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.</li><li>• Bleacher seating is available on deck and the gym will be available for seating as well. Three lanes in the adjacent family pool are available for continuous warm-up and warm down.</li><li>• 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.</li><li>• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming</li></ul>
<b>MEET DIRECTOR:</b>	Ryan Woodruff Phone: (919) 943-6420 E-mail: ryan.d.woodruff@gmail.com
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• This meet is a closed YMCA competition offered to YMCA teams only and only those swimmers that have full membership privileges.</li><li>• The following conditions are necessary for USA Swimming registered athletes to have their times recognized by USA Swimming and input into SWIMS:<ul style="list-style-type: none"><li>○ USA Swimming athletes competing in this meet must be registered before the first day of the meet.</li><li>○ No on deck USA Swimming athlete registration will be permitted.</li></ul></li><li>• Age on January 4, 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>	<ul style="list-style-type: none"><li>• All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Friday evening Warm-ups at 4:00 PM; competition starts at 5:30 PM.</li><li>• Morning sessions: Warm-ups not before 7:30 AM; competition starts not before 9:00 AM.</li><li>• Afternoon sessions: Warm-ups not before 11:30 AM; competition starts not before 12:30 PM.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the LY website at <a href="http://www.lyswimming.org">www.lyswimming.org</a> no later than Monday, December 31, 2018 and will also be emailed to the contact person of the participating clubs.</li><li>• The meet director reserves the right to adjust meet warm up times and start times after all entries are received. If adjustments need to be made to the warm up times and competition start once entries are received, each team will be notified and changes will be posted at <a href="http://www.lyswimming.org">www.lyswimming.org</a></li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, DECEMBER 27, 2018.</b> <ul style="list-style-type: none"><li>• Entries must be submitted in short-course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li></ul>

	<ul style="list-style-type: none"> <li>• Teams submit entries via email.</li> <li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries.</li> <li>• “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Swimmers may enter a maximum of <i>4 individual events</i> and <i>1 relay event</i> per day.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. A limit of three relays per event per team may be entered. Only one relay per team per event may score.</li> <li>• <b>Please delete any USA-S registration numbers from all non-USA-S registered athletes.</b> <ul style="list-style-type: none"> <li>○ Also, please submit a complete written list of all athletes that are NOT USA-registered. This will help us ensure that registered athletes get official times entered in to the USA Swimming database.</li> </ul> </li> <li>• The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which may require reseeding.</li> <li>• Email entries to: Ryan Woodruff, <a href="mailto:ryan.d.woodruff@gmail.com">ryan.d.woodruff@gmail.com</a></li> <li>• Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official on the provided forms.</li> </ul>
<p><b>FEES:</b></p>	<p>Individual events: \$4.00  Relay events: \$14.00  Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)  Checks should be made payable to: <b>YMCA of Central Virginia.</b></p> <ul style="list-style-type: none"> <li>• Mail payment to: Ryan Woodruff  105 Fox Hollow Road  Lynchburg, VA 24503</li> <li>• Payment must be received or arrangements made for payment by Tuesday, January 1, 2019 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> 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 acceptance of your entries.</li> </ul>
<p><b>AWARDS:</b></p>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> <li>○ Senior individual events will be given separate awards for 14 &amp; Under and 15 &amp; Over age groups.</li> <li>○ 9-12 individual events will be given separate awards for 9-10 and 11-12 age groups.</li> <li>○ 11 &amp; Over individual events will be given separate awards for 11-12, 13-14, and 15 &amp; Over age groups.</li> <li>○ 10 &amp; Under individual events will be given separate awards for 9-10 and 8 &amp; Under age groups.</li> </ul> </li> <li>• Relay events: Ribbons will be awarded for first through third place.</li> <li>• This meet will not be scored.</li> </ul>
<p><b>SEEDING:</b></p>	<ul style="list-style-type: none"> <li>• All events, except events #5-6 (9-12 500 free), #7-8 (11 &amp; Over 1000 Free), #21-22 (SR 400 IM), and #67-68 (SR 500 free) will be pre-seeded.</li> <li>• Swimmers should report directly to the blocks for their events.</li> <li>• The 400 IM, 1000 Freestyle, and 500 Freestyle will require a positive check-in to swim. Positive check-in will close 30 minutes prior to the beginning of competition for each session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Events #5,6,7, &amp; 8 will be swum fastest to slowest and alternating heats of girls and boys.</li> <li>• Events #21-22 (Sr 400 IM) and #67-68 (Sr 500 free) will be swum with the 3 fastest heats of girls (slowest to fastest), then the 3 fastest heats of boys (slowest to fastest), and then all remaining heats, alternating boys and girls, fastest to slowest.</li> <li>• There will be a 5-minute break at the conclusion of the relays in each session.</li> </ul>

<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• Any swimmer entered in the meet must be certified by a USA Swimming 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.</li> <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>• Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED.</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 approval.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• Coaches on deck must be currently certified in CPR, First Aid, Life Guarding or Safety Training for Swim Coaches, and Principles of YMCA Swimming and Diving.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Kris Sennett</b>  <b>Email:</b> <a href="mailto:ksennett@liberty.edu">ksennett@liberty.edu</a>  <b>Phone:</b> (434) 841-1214</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 be certified as YMCA or USAS officials.</li> <li>• 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, <a href="mailto:Ksennett@liberty.edu">Ksennett@liberty.edu</a>, no later than Tuesday, January 1.</li> <li>• A link for online sign-up for officials will be posted at <a href="http://www.lyswimming.org">www.lyswimming.org</a> and emailed to attending teams.</li> <li>• Officials' meetings will take place 1 hour prior to the scheduled start of each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be requested to provide timers in rough 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 <a href="http://www.lyswimming.org">www.lyswimming.org</a> no later than Tuesday, January 2 and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Timers and counters must be provided by the swimmer for Events 5-6 (9-12 500 Free), 7-8 (1000 Free) and 67-68 (Senior 500 Free). Timers must also be provided by the swimmer for Events 21-22 (400 IM).</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Hospitality for coaches and officials will be provided.</li> <li>• Heat sheets will be sold and concessions will be available</li> <li>• A swim vendor will be on site.</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>• Please note that there is no smoking allowed anywhere on the YMCA grounds.</li> <li>• The YMCA prohibits food of any kind in the pool area; permissible beverages inside the pool area are limited to those in closed, plastic containers. Consumption of food is allowed in the gym and concessions area ONLY.</li> <li>• Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and competition.</li> <li>• Spectators must remain in the bleachers or gym. No spectator's chairs will be allowed to be set up on the pool deck or in the warm down pool area.</li> <li>• NO RED BEVERAGES (Gatorade, Powerade, etc.) are allowed in the gym area.</li> </ul>
<b>DIRECTIONS:</b>	Directions are available on the team website, <a href="http://lyswimming.org">lyswimming.org</a>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Comfort Inn &amp; Suites (434) 266-1111</li> <li>• Kirkley Hotel, (434) 237-6333</li> </ul>

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|  | <ul style="list-style-type: none"><li>• Sleep Inn (434) 846-6900</li><li>• Best Western (434) 237-2986</li><li>• Craddock Terry Hotel (434) 455-1500</li><li>• Hilton Garden Inn (434) 239-3006</li><li>• Courtyard Marriott (434) 846-7900</li><li>• Holiday Inn (434) 528-2500</li><li>• Spring Hill Suites (434) 237-5848</li></ul> |
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**2019 LY WINTER INVITATIONAL  
ORDER OF EVENTS**

<b>Friday, January 4, 2019</b>		
<b>Evening Session</b>		
<b>Warm-up: 4:00 p.m.; Start: 5:30 p.m.</b>		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	9-12 200 Individual Medley	2
3	Senior 50 Freestyle	4
5	9-12 500 Freestyle*	6
7	11 & Over 1,000 Freestyle*	8

\*Swimmers must provide own timer and counter

<b>Saturday, January 5, 2019</b>					
<b>Morning Session</b>			<b>Afternoon Session</b>		
<b>Warm-up: 7:30 a.m.; Start: 9:00 a.m.</b>			<b>Warm-up: not before 11:30 am; Start: Not Before 12:30 pm</b>		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
9	Senior 200 Medley Relay	10	23	8 & Under 100 Medley Relay	24
11	13-14 200 Medley Relay	12	25	10 & Under 200 Medley Relay	26
<b>5-minute break</b>			27	12 & Under 200 Medley Relay	28
13	Senior 200 Freestyle	14	<b>5-minute break</b>		
15	Senior 100 Breaststroke	16	29	8 & Under 25 Freestyle	30
17	Senior 100 Backstroke	18	31	11-12 100 Freestyle	32
19	Senior 200 Butterfly	20	33	10 & Under 100 Freestyle	34
21	Senior 400 IM**	22	35	8 & Under 25 Breaststroke	36
**Swimmers must provide own timer			37	11-12 50 Backstroke	38
			39	10 & Under 50 Backstroke	40
			41	11-12 100 Breaststroke	42
			43	10 & Under 100 Breaststroke	44
			45	11-12 50 Butterfly	46
			47	10 & Under 50 Butterfly	48
			49	11-12 100 Individual Medley	50
			51	10 & Under 100 Individual Medley	52

*Continued on next page*

## Sunday, January 6, 2019

<b>Morning Session</b> Warm-up: 7:30 a.m.; Start: 9:00 a.m.			<b>Afternoon Session</b> Warm-up: not before 11:30 am; Start: not before 12:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	Senior 200 Free Relay	54	69	8 & Under 100 Freestyle Relay	70
55	13-14 200 Free Relay	56	71	10 & Under 200 Freestyle Relay	72
<b>5-minute break</b>			73	12 & Under 200 Freestyle Relay	74
57	Senior 200 Individual Medley	58	<b>5-minute break</b>		
59	Senior 100 Freestyle	60	75	8 & Under 25 Backstroke	76
61	Senior 200 Backstroke	62	77	11-12 200 Freestyle	78
63	Senior 100 Butterfly	64	79	10 & Under 200 Freestyle	80
65	Senior 200 Breaststroke	66	81	8 & Under 25 Butterfly	82
67	Senior 500 Freestyle***	68	83	11-12 50 Breaststroke	84
***Swimmers must provide own timer and counter			85	10 & Under 50 Breaststroke	86
			87	11-12 100 Butterfly	88
			89	10 & Under 100 Butterfly	90
			91	11-12 50 Freestyle	92
			93	10 & Under 50 Freestyle	94
			95	11-12 100 Back	96
			97	10 & Under 100 Back	98