



CYAC Winter Invite
January 26-27, 2019
SANCTION NO. VS-19-48



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-48USA Swimming, Inc., Virginia Swimming, Inc., CYAC Swimming and the Piedmont 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:	Brooks Family YMCA 151 McIntire Park Drive, Charlottesville, Va. 22902. 434-974-9622
FACILITY:	<ul style="list-style-type: none">Indoor 25 Yard pool 12 feet to 4 feet in depth. 10 lanes with non turbulent lane lines. Colorado touch pads, backup buttons and timing system will be in use.3 lanes of continuous warm up and warm down will be available in the adjacent teaching pool. This is an indoor 25 yard pool 7' to 4' in depth.The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).
MEET DIRECTOR:	Name: James Hargrove Email: jameshargove516@gmail.com Phone: 434-249-0651
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming athletes registered before the first day of the meet.No on deck Virginia Swimming athlete registration will be permitted.Age on January 26, 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 swimmers will swim in the Saturday afternoon session.All swimmers will swim in the Sunday morning session.All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">Afternoon session: Warm-ups at 1:30 p.m.; competition starts at 2:40 p.m. Morning session: Warm-ups at 7:00 a.m. competition starts not before 8:10 a.m.Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon and morning sessions, with the distance session competition starting 5 minutes thereafter.The approximate start time for the distance sessions will be posted on the CYAC website (www.swimcyac.org) no later than Tuesday, January 22, 2019 and will also be emailed to the contact person of the participating clubs.Lane assignment and warm-up times for individual clubs will be posted on the CYAC website (www.swimcyac.org) no later than Tuesday, January 22, 2019 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday January 15, 2019.</p> <ul style="list-style-type: none">Entries must be submitted in short course yards using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.Teams must submit entries via email.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.Coach Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.Swimmers may enter a maximum of 4 individual events per day.

	<ul style="list-style-type: none"> • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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. • 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. • Email entries to: Jessica Simons at jrsimons@comcast.net
FEES:	<p>Individual events: \$6.00 per event. Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: CYAC • Mail payment to: Jessica Simons 109 Reynard Drive, Charlottesville VA. 22901 • Payment must be received by Thursday, January 24, 2019. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • 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 acceptance of your entries.
SEEDING:	<ul style="list-style-type: none"> • All events, except #35-36 (Open 500 free) and #69-70 (Open 400 IM) will be pre-seeded. • Clerk of Course will be provided for all 8 & Under events. • All 9 and over swimmers should report directly to the block for their events. • Events # 35-36 (Open 500 free) and #69-70 (Open 400 IM) will require a positive check-in. • Positive check-in will close at 3:30 p.m. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events #35-36 (Open 500 free) and # 69-70 (Open 400 IM) will be swum slowest to fastest alternating heats of girls and boys.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be awarded for 8 & under, 9-10, and 11-12 age groups only. • Open events will be awarded only as 10 and under and 11-12. • Ribbons will be awarded for first through 10th place. • 13 & Over age groups will not be awarded.
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 USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. • In accordance with VSI best practices, all 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: Gordon Hair Email: grhair919@aol.com Phone: 434-960-0849</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Sam Addison, samdavidaddison@icloud.com or 434-960-1316 no later than Wednesday, January 23, 2019. • There will be an officials' meeting one (1) hour prior to the start of each session in hospitality.
SAFETY:	Virginia Swimming Meet Safety Procedure 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 on the www.swimcyac.org web site no later than Tuesday, January 23, 2019 and will also be emailed to the contact person of each of the individual clubs. • Timers meeting will be held 20 minutes before the start of each session.
GENERAL:	<ul style="list-style-type: none"> • Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Grandstand seating is available for spectators. • Parking: Overflow parking may be pre-arranged with Charlottesville High School on Saturday. • Team Areas: Seating is also permitted in the gym. • Programs: Meet programs will be sold for \$5.00. • Results: Will be posted in the gym. • Concessions: CYAC Swimming will operate concessions during the meet. • First Aid: YMCA lifeguards are on deck and available for first aid. • Hospitality: CYAC Swimming will operate a Hospitality Room for all coaches and officials during the meet. A light lunch will be provided on Saturday and a light breakfast on Sunday. Hospitality will be located in the yoga room located just off deck opposite the stairwell. Bottled water will also be available on deck.
FACILITY RULES:	<ul style="list-style-type: none"> • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its' swimmers/spectators. Any swimmer/spectator who violates YMCA facility rules will be disqualified from the meet and escorted from the facility. • Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers are acceptable. No red drinks allowed. • Meet participants and spectators should remain in the event areas. All other YMCA areas are off limits. • No running or horseplay. • Shoes/sandals should be worn by swimmers and spectators in all areas except on the pool deck prior to swimming. • No shaving anywhere in the venue. • The YMCA and its' property are a smoke-free environment. Smoking include E-cigarettes, or any kind of tobacco is NOT permitted on YMCA property.

**CYAC Winter Invite
ORDER OF EVENTS
January 26 -27, 2019**

Afternoon Session January 26		
Warm-up: 1:30 p.m.; Start: 2:40 p.m.		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	Open 100 free	2
3	8 and Under 25 fly	4
5	9-10 50 fly	6
7	11-12 50 fly	8
9	Open 100 fly	10
11	8 and Under 50 free	12
13	9-10 50 breast	14
15	11-12 50 breast	16
17	Open 200 back	18
19	8 and Under 25 back	20
21	9-10 100 free	22
23	11-12 100 free	24
25	Open 100 breast	26
27	8 and under 100 IM	28
29	9-10 200 IM	30
31	11-12 200 IM	32
	<u>15 Minute Break</u>	
35	Open 500 free	36

Morning Session January 27		
Warm-up: 7:00 a.m.; Start: 8:10 a.m.		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	Open 200 free	38
39	8 and Under 25 free	40
41	9-10 50 free	42
43	11-12 50 free	44
45	Open 200 breast	46
47	8 and under 25 breast	48
49	9-10 50 back	50
51	11-12 50 back	52
53	Open 100 back	54
55	8 and under 100 free	56
57	9-10 200 free	58
59	11-12 20 free	60
61	Open 50 free	62
63	9-10 100 IM	64
65	11-12 100 IM	66
67	Open 200 fly	68
	<u>15 Minute Break</u>	
69	Open 400 IM	70