



2020 YMCA Winter Invitational
January 3-5, 2020
APPROVAL NO. VS-20-62A



SANCTION:	<ul style="list-style-type: none">• Held under the approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: VS-20-62A• 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.
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-stripped and wall- targeted with non-turbulent lane lines.• 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.• 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 <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming
MEET DIRECTOR:	Ryan Woodruff Phone: (919) 943-6420 E-mail: ryan.d.woodruff@gmail.com
ELIGIBILITY:	<ul style="list-style-type: none">• This meet is a closed YMCA competition offered to YMCA teams only and only those swimmers that have full membership privileges.• 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">○ USA Swimming athletes competing in this meet must be registered before the first day of the meet.○ No on deck USA Swimming athlete registration will be permitted.• Age on January 3, 2020 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.
WARM-UP:	<ul style="list-style-type: none">• Friday evening Warm-ups at 4:00 PM; competition starts at 5:30 PM.• Morning sessions: Warm-ups not before 7:30 AM; competition starts not before 9:00 AM.• Afternoon sessions: Warm-ups not before 11:30 AM; competition starts not before 12:30 PM.• Lane assignment and warm-up times for individual clubs will be posted on the LY website at www.lyswimming.org no later than Monday, December 30, 2019 and will also be emailed to the contact person of the participating clubs.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, DECEMBER 23, 2019.</p> <ul style="list-style-type: none">• Entries must be submitted in short-course yard times using Hy-Tek Team Manager and Commlink-2 software.• Teams 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.

	<ul style="list-style-type: none"> • “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. • Swimmers may enter a maximum of 4 <i>individual events</i> and 1 <i>relay event</i> per day. • 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. • Please delete any USA-S registration numbers from all non-USA-S registered athletes. <ul style="list-style-type: none"> ○ 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 into the USA Swimming database. • Email entries to: Ryan Woodruff, ryan.d.woodruff@gmail.com • 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.
FEES:	<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: YMCA of Central Virginia.</p> <ul style="list-style-type: none"> • Mail payment to: Ryan Woodruff 105 Fox Hollow Road Lynchburg, VA 24503 • Payment must be received or arrangements made for payment by Tuesday, December 31, 2019 for all entries. 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & over divisions ○ 9-12 individual events will be given separate awards for 9-10 and 11-12 age groups. ○ 11 & Over individual events will be given separate awards for 11-12, 13-14, and 15 & Over age groups. ○ 10 & Under individual events will be given separate awards for 9-10 and 8 & Under age groups. ○ 12 & Under individual events will be given separate awards for 11-12, 9-10, and 8 & under age groups. • Relay events: Ribbons will be awarded for first through third place. • This meet will not be scored.
SEEDING:	<ul style="list-style-type: none"> • Swimmers should report directly to the blocks for their events. • All events, except events #5-6 (9-12 500 free), #7-8 (11 & Over 1000 Free), #21-22 (SR 400 IM), and #67-68 (SR 500 free) will be pre-seeded. • The 400 IM, 1000 Freestyle, and 500 Freestyle will require a positive check-in. Positive check-in will close 30 minutes prior to the beginning of competition for each session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events #5,6, (500 Free) 7 & 8 (1000 Free) will be swum fastest to slowest and alternating heats of girls and boys. • 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. • There will be a 5-minute break at the conclusion of the relays in each session.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet. • All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy

	<p>(MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> 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. 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, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. 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. In accordance with VSI best practices, all swimmers should shower before entering the pool. Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. 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.
OFFICIALS:	<p>Meet Referee: Kris Sennett Email: ksennett@liberty.edu Phone: (434) 841-1214</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Officials must be certified as YMCA or USAS officials. 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, Ksennett@liberty.edu, no later than Tuesday, December 31. A link for online sign-up for officials will be posted at www.lyswimming.org and emailed to attending teams. Officials' meetings will take place 1 hour prior to the scheduled start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> Clubs will be requested to provide timers in rough 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 www.lyswimming.org no later than Tuesday, January 2 and will also be emailed to the contact person of each of the individual clubs. 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).
GENERAL:	<ul style="list-style-type: none"> Hospitality for coaches and officials will be provided. Heat sheets will be sold and concessions will be available A swim vendor will be on site.
FACILITY RULES:	<ul style="list-style-type: none"> 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. Please note that there is no smoking allowed anywhere on the YMCA grounds. 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. 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. 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.

	<ul style="list-style-type: none">• NO RED BEVERAGES (Gatorade, Powerade, etc.) are allowed in the gym area.
DIRECTIONS:	Directions are available on the team website, lyswimming.org
HOTELS:	<ul style="list-style-type: none">• Comfort Inn & Suites (434) 266-1111• Kirkley Hotel, (434) 237-6333• Sleep Inn (434) 846-6900• Best Western (434) 237-2986• Craddock Terry Hotel (434) 455-1500• Hilton Garden Inn (434) 239-3006• Courtyard Marriott (434) 846-7900• Holiday Inn (434) 528-2500• Spring Hill Suites (434) 237-5848

**2020 LY WINTER INVITATIONAL
ORDER OF EVENTS**

Friday, January 3, 2020		
Evening Session		
Warm-up: 4:00 p.m.; Start: 5:30 p.m.		
Girls	Event	Boys
1	12 & under 200 Individual Medley	2
3	Open 50 Freestyle	4
5	12 & under 500 Freestyle*	6
7	11 & Over 1,000 Freestyle*	8

*Swimmers must provide own timer and counter

Saturday, January 4, 2020					
Morning Session			Afternoon Session		
Warm-up: 7:30 a.m.; Start: 9:00 a.m.			Warm-up: not before 11:30 am; Start: Not Before 12:30 pm		
Girls	Event	Boys	Girls	Event	Boys
9	15 & over 200 Medley Relay	10	23	8 & Under 100 Freestyle Relay	24
11	13-14 200 Medley Relay	12	25	10 & Under 200 Freestyle Relay	26
5-minute break			27	12 & Under 200 Freestyle Relay	28
13	13 & over 200 Freestyle	14	5-minute break		
15	13 & over 100 Breaststroke	16	29	8 & Under 25 Freestyle	30
17	13 & over 100 Backstroke	18	31	11-12 100 Freestyle	32
19	13 & over 200 Butterfly	20	33	10 & Under 100 Freestyle	34
21	13 & over 400 IM**	22	35	9-12 200 Butterfly	36
**Swimmers must provide own timer			37	8 & Under 25 Breaststroke	38
			39	11-12 50 Backstroke	40
			41	10 & Under 50 Backstroke	42
			43	11-12 100 Breaststroke	44
			45	10 & Under 100 Breaststroke	46
			47	11-12 50 Butterfly	48
			49	10 & Under 50 Butterfly	50
			51	11-12 100 Individual Medley	52
			53	10 & Under 100 Individual Medley	54
			55	9-12 200 Backstroke	56

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Sunday, January 5, 2020					
Morning Session Warm-up: 7:30 a.m.; Start: 9:00 a.m.			Afternoon Session 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>
57	15 & over 200 Free Relay	56	73	8 & Under 100 Medley Relay	70
59	13-14 200 Free Relay	58	75	10 & Under 200 Medley Relay	72
5-minute break			77	12 & Under 200 Medley Relay	74
61	13 & over 200 Individual Medley	62	5-minute break		
63	13 & over 100 Freestyle	64	79	8 & Under 25 Backstroke	80
65	13 & over 200 Backstroke	66	81	11-12 200 Freestyle	82
67	13 & over 100 Butterfly	68	83	10 & Under 200 Freestyle	84
69	13 & over 200 Breaststroke	70	85	8 & Under 25 Butterfly	86
71	13 & over 500 Freestyle***	72	87	11-12 50 Breaststroke	88
***Swimmers must provide own timer and counter			89	10 & Under 50 Breaststroke	90
			91	11-12 100 Butterfly	92
			93	10 & Under 100 Butterfly	94
			95	11-12 50 Freestyle	96
			97	10 & Under 50 Freestyle	98
			99	11-12 100 Back	100
			101	10 & Under 100 Back	102
			103	9-12 200 Breast	104