



Waynesboro YMCA SMAC Fall Invite
A/BB/B/C Mini Meet
November 15-17, 2019
SANCTION NO. VS-20-30



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: 20-30. USA Swimming, Inc., Virginia Swimming, Inc., SMAC Swimming and Waynesboro 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:	Waynesboro Family YMCA, 648 S. Wayne Avenue, Waynesboro, VA 22980 (540) 942-5107
FACILITY:	<ul style="list-style-type: none"> Indoor 25 yard, 6 lane pool with Competitor lane lines. Colorado automatic Timing System with 6 line scoreboard. The pool is 9 feet deep at the start end and 4 feet deep at the turn end. 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: Tracy Straight Email: meetdirector@smacswimming.org Phone: 540-241-4670
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. Age on November 15, 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 advanced 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"> There will be separate distance sessions on Friday and Saturday nights. All 10 and younger swimmers will swim in the morning sessions. All 11 and older swimmers will swim in the afternoon sessions. The Saturday distance session will follow the Saturday afternoon session, which will start after a 20 minute break. All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups start at 7:00 am; competition starts at 8:30 am. Afternoon sessions: Warm-ups not before 11:30 am; competition starts not before 12:30 pm. Distance sessions: Friday evening warm-up is from 4:45pm to 5:20 pm. Competition on Friday begins at 5:30. There will be an additional 10 minute warm-up before the 13 & Over event Friday night. Competition will begin 5 minutes after the warm-up. Time permitting, the pool will be opened for 15 minutes of open warm-ups immediately following the finish of the Saturday afternoon session, with the distance session competition starting 5 minutes thereafter. The approximate start time for the distance sessions will be posted on the SMAC Swimming website (smacswimming.org) website no later than Monday, November 11, 2019 and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times. Lane assignment and warm-up times for individual clubs will be posted on the SMAC Swimming website (smacswimming.org) website no later than Monday, November 11, 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. Depending on the number of entries, the Meet Director reserves the right to change the start time and format of warm-ups. Teams will be notified not later than Monday, November 11, 2019.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Thursday, November 7, 2019.

	<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. • Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. <u>CT must be slower than an “A” time.</u> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 5 individual events 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 and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • Email entries to: Erik Nylander, eriknylander@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)</p> <ul style="list-style-type: none"> • Checks should be made payable to: SMAC. • Mail payment to: SMAC Swimming c/o Waynesboro Family YMCA 648 S. Wayne Avenue Waynesboro, VA 22980 • Payment must be received by Wednesday, November 13, 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 as this will delay the acceptance of your entries.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through 6th place for all events. <ul style="list-style-type: none"> ○ 10 & Under events will be given separate awards for 9-10, 7-8 and 6 & Under age groups. ○ 8 & Under events will be given separate awards for 7-8, and 6 & Under age groups. ○ 13 & Over events will be given separate awards for 13-14, and 15 & Over age groups. ○ There will be one set of awards only for all Open events 61-62. ○ Heat winner prizes will be awarded for all 10 & Under individual events. • Relay events: Ribbons will be awarded for first through third place.
SEEDING:	<ul style="list-style-type: none"> • All events, except for events #1-6 (500 Free), #61-62 (1000 Free), and #63-64 (1650 Free), will be pre-seeded. Aforementioned events will be deck seeded after positive check-in. • Clerk of Course will be available for 8 & younger swimmers in the morning sessions and they will be escorted to the blocks from there. 9 and 10-year-old swimmers should report directly to the blocks for their events. • Swimmers in the afternoon and distance sessions should report directly to the blocks for their events. • Events #1-6 (500 Free), #61-62 (1000 Free) and #63-64 (1650 Free), will require a positive check-in. • Positive check-in for the Friday distance session (Events #1-6- 500 Free) will close at 4:55 pm. • Positive check-in for the Saturday distance session (Events #61-64 1000 Free, 1650 Free) will close at 2:00 pm. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED INTO THE EVENT. • Events #1-6 (500 Free), #61-62 (1000 Free) and #63-64 (1650 Free), will be swum fastest to slowest, alternating heats of girls and boys.
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, including the Minor Athlete Abuse Protection Policy, will govern this meet. • 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. • 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. • 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: David Bihl Email: davidbihl@yahoo.com Phone: (434) 987-0833 (mobile)</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 Nikki Snyder, Nmsnyder@valassis.com • or 540-447-0598, no later than Monday, November 11, 2019. • Officials meetings will be held one hour prior to the start of each session. A coaches meeting will be held 15 minutes prior to the start of the first session on Saturday morning.
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 on the SMAC Swimming (smacswimming.org) website no later than Monday, November 11, 2019 and will also be emailed to the contact person of each of the individual clubs. • Swimmers in the distance sessions will need to provide 2 timers and a lap counter.
GENERAL:	<ul style="list-style-type: none"> • Concessions will be available in the family camp area in the YMCA gymnasium. • Swimmers and families may sit/camp in the upstairs YMCA gymnasium. Spectators may sit on bleacher side of pool area. Please access the bleacher seating via the locker rooms and the shallow end of the pool. A small seating area is available in the observation room, which is reserved for handicapped and elderly spectators. No seating is available in the hallways. • Coaches and Officials hospitality will be available on the pool level in a separate room. • The Clerk of Course will be located in the Child Watch area for all 8 & Under swimmers. • Heat Sheets will be sold in the gymnasium.
FACILITY RULES:	<ul style="list-style-type: none"> • No smoking or running in the facility. • Everyone will be expected to abide by the facility rules. • Swimmers, coaches, and teams will be held responsible for any damage.

DIRECTIONS:	Take exit 96 off Interstate 64. Go north towards Waynesboro. Take second left (Windsor) and go straight until the road "T"s into Lyndhurst Road. Turn right onto Lyndhurst (changes to Wayne Avenue). The YMCA is ½ mile on the right.
HOTELS:	<ul style="list-style-type: none">• Best Western PLUS Waynesboro, 540-942-1100 <i>Team Sponsor</i>• Days Inn Waynesboro, 540-943-1101

Order of Events

Waynesboro YMCA SMAC Fall Invite

Friday, November 15, 2019

Distance Session

Warm-up: 4:45pm; Start: 5:30pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & U 500 yd. Freestyle	2
3	11-12 500 yd. Freestyle	4
5	13 & Over 500 yd. Freestyle	6

Saturday, November 16, 2019

Morning Session

Warm-up: 7:00 am; Start: 8:30 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	9-10 50 yd. Freestyle	8
9	8 & U 25 yd. Freestyle	10
11	9-10 100 yd. Butterfly	12
13	8 & U 50 yd. Butterfly	14
15	9-10 100 yd. Ind. Medley	16
17	8 & U 100 yd. Ind. Medley	18
19	9-10 50 yd. Breaststroke	20
21	8 & U 25 yd. Breaststroke	22
23	9-10 100 yd. Backstroke	24
25	8 & U 50 yd. Backstroke	26
27	10 & U 200 yd. Freestyle	28
29	8 & U 100 Free Relay	30
31	10 & U 200 Free Relay	32

Saturday, November 16, 2019

Afternoon Session

Warm-up: 11:30 am; Start: 12:30 pm

(Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	11-12 100 yd. Freestyle	34
35	13 & O 100 yd. Freestyle	36
37	11-12 50 yd. Butterfly	38
39	11-12 200 yd. Butterfly	40
41	13 & O 200 yd. Butterfly	42
43	11-12 200 yd. Ind. Medley	44
45	13 & O 200 yd. Ind. Medley	46
47	11-12 50 yd. Breaststroke	48
49	11-12 200 yd. Breaststroke	50
51	13 & O 200 yd. Breaststroke	52
53	11-12 100 yd. Backstroke	54
55	13 & O 100 yd. Backstroke	56
57	11-12 200 yd. Free Relay	58
59	13 & O 200 yd. Free Relay	60

Saturday, November 16, 2019

Distance Session

(15-minute warm-up if time permits for Event 61 & 62)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	11 & O 1000 yd. Freestyle	62
63	13 & O 1650 yd. Freestyle	64

Sunday, November 17, 2019**Morning Session**

Warm-up: 7:00 am; Start: 8:30 am

Sunday, November 17, 2019**Afternoon Session**

Warm-up: 11:30 am; Start: 12:30 pm

(Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
65	9-10 100 yd. Freestyle	66
67	8 & U 50 yd. Freestyle	68
69	9-10 50 yd. Butterfly	70
71	8 & U 25 yd. Butterfly	72
73	9-10 200 yd. Ind. Medley	74
75	8 & U 50 yd. Breaststroke	76
77	9-10 100 yd. Breaststroke	78
79	8 & U 25 yd. Backstroke	80
81	9-10 50 yd. Backstroke	82
83	8 & U 100 yd. Freestyle	84
85	9-10 200 yd. Med. Relay	86
87	8 & U 100 yd. Med. Relay	88

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
89	11-12 200 yd. Freestyle	90
91	13 & O 200 yd. Freestyle	92
93	11-12 100 yd. Butterfly	94
95	13 & O 100 yd. Butterfly	96
97	11-12 100 yd. Ind. Medley	98
99	13 & O 100 yd. Breaststroke	100
101	11-12 100 yd. Breaststroke	102
103	13 & O 200 yd. Backstroke	104
105	11-12 50 yd. Backstroke	106
107	11-12 200 yd. Backstroke	108
109	13 & O 50 yd. Freestyle	110
111	11-12 50 yd. Freestyle	112
113	13 & O 200 yd. Med. Relay	114
115	11-12 200 yd. Med. Relay	116