



## Valley Age Group Racing Series Part 1 and 2

January 4, 2020 and February 1, 2020  
SANCTION NO. VS-20-63

Waynesboro YMCA



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-63.</li><li>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.</li></ul>
<b>LOCATION:</b>	Waynesboro Family YMCA, 648 S. Wayne Avenue, Waynesboro, VA 22980 (540) 942-5107
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>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.</li><li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).</li></ul>
<b>MEET DIRECTOR:</b>	Name: Tracy Straight Email: meetdirector@smacswimming.org Phone: 540-241-4670
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA Swimming athletes registered before the first day of the meet.</li><li>No on-deck USA Swimming athlete registration will be permitted.</li><li>Age on January 4, 2020 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 advanced 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>	All 10 and younger swimmers will swim in the morning sessions. <ul style="list-style-type: none"><li>All 11 and older swimmers will swim in the afternoon sessions.</li><li>All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Morning sessions: Warm-ups start at 7:30 am; competition starts at 9:00 am.</li><li>Afternoon sessions: Warm-ups not before 12 noon; competition starts not before 1:00 pm.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the SMAC Swimming website (smacswimming.org) no later than the Monday preceding each portion of the meet. For Part 1 it will be Monday, December 30, 2019 and for Part 2 it will be Monday, January 27, 2020 This will also be emailed to the contact person of the participating clubs.</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 26, 2019 for Part 1 and January 23, 2020 for Part 2.</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.</li><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>Coach Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li><li>Swimmers may enter a maximum of <b>4 individual events and 1 relay event per day.</b></li><li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li><li>Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit.</li></ul>

	<ul style="list-style-type: none"> <li>Email entries to: Erik Nylander, eriknylander@gmail.com</li> </ul> <p>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.</p>
<b>FEES:</b>	<p>Individual events: \$5.00 Relay events: \$15.00 Swimmer surcharge: \$5.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: SMAC.</li> <li><b>Mail payment to: SMAC Swimming c/o Waynesboro Family YMCA 648 S. Wayne Avenue Waynesboro, VA 22980</b></li> <li>Fee will be due for Part 1 by Monday, December 30, 2019 and for Part 2 by Monday, January 27, 2020. 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>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except for 500 Free (Events 29,30,59,60,61 &amp; 62) will be pre-seeded. The 500 Freestyle (Events 29,30,59,60,61 &amp; 62) will have a positive check-in and only those checking in will be seeded into the event.</li> <li>A clerk of course will be provided for 8 &amp; younger athletes. All other athletes should report directly to the block for their events.</li> <li>Positive check-in for the 500 Free (Events 29,30,59,60,61 &amp; 62) will close 30 minutes before the session begins.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED INTO THE EVENT.</b></li> <li>The 500 Free (Events 29,30,59,60,61 &amp; 62) will be swum fastest to slowest, alternating heats of girls and boys.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through 8th place for all events. <ul style="list-style-type: none"> <li>10 &amp; Under events will be given separate awards for 9-10, 8 and under.</li> <li>11 &amp; Over events will be given separate awards for 11-12, and 13 &amp; Over age groups.</li> <li>Heat winner prizes will be awarded for all individual events.</li> </ul> </li> <li>Relay events: Ribbons will be awarded for first through third place.</li> <li>A championship trophy will be awarded to the top scoring team. Total team points will be the total of points scored from Part 1 and Part 2.</li> <li>Scoring will be as follows: <ul style="list-style-type: none"> <li>Individual 10 – 7 – 6 – 5 – 4 – 3 – 2 – 1</li> <li>Relay 20 – 14 – 12 – 10 – 8 – 6 – 4 – 2</li> <li>All events will be scored to 8 places</li> <li>Only the top two relay entries may score.</li> </ul> </li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li><b>A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as</b> <ul style="list-style-type: none"> <li><b>Entries using fraudulent or non-verifiable times.</b></li> <li><b>Athlete competed in the incorrect age group.</b></li> <li><b>Athlete is not registered with USA Swimming prior to the first day of the meet.</b></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>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.</li> <li>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 Protection Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> </ul>

	<ul style="list-style-type: none"> <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>• 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.</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, in whole or 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.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• 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.</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>OFFICIALS:</b>	<p><b>Meet Referee: David Bihl</b>  <b>Email: <a href="mailto:davidbihl@yahoo.com">davidbihl@yahoo.com</a></b>  <b>Phone: (434) 987-0833 (mobile)</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</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 Nickie Snyder, Nmsnyder@valassis.com or 540-447-0598, no later than Monday, December 30, 2019 for Part 1 and Monday, January 27, 2020 for Part 2.</li> <li>• 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.</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 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 SMAC Swimming (smacswimming.org) website no later than Monday, December 30, 2019 and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers will need to provide their own timers and counters for Events 29,30,59,60,61 &amp; 62 (500 Free).</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Concessions will be available in the family camp area in the YMCA gymnasium.</li> <li>• Swimmers and families may sit/camp in the upstairs YMCA gymnasium. Spectators may sit on bleacher side of pool area. Swim athletes only access the pool through the locker rooms. All others please access the bleacher seating via the marked education room 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.</li> <li>• Coaches and Officials hospitality will be available on the pool level in a separate room.</li> <li>• The Clerk of Course will be located in the Child Watch area for all 8 &amp; Younger swimmers.</li> <li>• Heat Sheets will be sold in the gymnasium.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• No smoking or running in the facility.</li> <li>• Everyone will be expected to abide by the facility rules.</li> <li>• Swimmers, coaches, and teams will be held responsible for any damage.</li> </ul>
<b>DIRECTIONS:</b>	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.
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Best Western PLUS Waynesboro, 540-942-1100</li> </ul>

- Days Inn Waynesboro, 540-943-1101

**Valley Racing Series  
ORDER OF EVENTS**

**January 4, 2020**

<b>Morning Session</b> <b>Warm-up: 7:30am; Start: 9:00am</b>			<b>Afternoon Session</b> <b>Warm-up: Noon; Start: 1pm</b> (Times are approximate)		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	8 & U 200 Medley Relay	2	33	11-12 400 Medley Relay	34
3	9-10 400 Medley Relay	4	35	13-14 400 Medley Relay	36
5	8 & U 25 Fly	6	37	11-12 50 Fly	38
7	9-10 50 Fly	8	39	13-14 100 Fly	40
9	8 & U 50 Back	10	41	11-12 100 Back	42
11	9-10 100 Back	12	43	13-14 200 Back	44
13	8 & U 50 Free	14	45	11-12 100 Free	46
15	9-10 100 Free	16	47	13-14 100 Free	48
17	8 & U 100 IM	18	49	11-12 100 IM	50
19	9-10 100 IM	20	51	13-14 200 IM	52
21	8 & U 25 Breast	22	53	11-12 50 Breast	54
23	9-10 50 Breast	24	55	13-14 100 Breast	56
25	8 & U 200 Free	26	57	11-12 200 Free	58
27	9-10 200 Free	28	59	13-14 200 Free	60
29	8 & U 100 Free Relay	30	61	11-12 200 Free Relay	62
31	9-10 200 Free Relay	32	63	13-14 200 Free Relay	64

**February 1, 2020**

<b>Morning Session</b> <b>Warm-up: 7:30am; Start: 9:00am</b>			<b>Afternoon Session</b> <b>Warm-up: noon; Start: 1:00pm</b> (Times are approximate)		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	8&U 100 Medley Relay	2	31	11-12 200 Medley Relay	32
3	9-10 200 Medley Relay	4	33	13-14 200 Medley Relay	34
5	8 & U 50 Fly	6	35	11-12 100 Fly	36
7	9-10 100 Fly	8	37	13-14 200 Fly	38
9	8 & U 25 Back	10	39	11-12 50 Back	40
11	9-10 50 Back	12	41	13-14 100 Back	42
13	8 & U 25 Free	14	43	11-12 50 Free	44
15	9-10 50 Free	16	45	13-14 50 Free	46
17	8 & U 200 IM	18	47	11-12 200 IM	48
19	9-10 200 IM	20	49	13-14 400 IM	50
21	8 & U 50 Breast	22	51	11-12 100 Breast	52
23	9-10 100 Breast	24	53	13-14 200 Breast	54
25	8 & U 200 Free	26	55	11-12 400 Free Relay	56
27	9-10 400 Free	28	57	13-14 400 Free Relay	58
29	10 & U 500 Free	30	59	11-12 500 Free	60

			61	13-14 500 Free	62
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