



Lynchburg YMCA October Meet
October 22-23, 2022
APPROVAL NO.VS-23-01A



We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting the Jamerson YMCA. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

SANCTION:

- Held under the sanction of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: **VS-23-01A**.
- USA Swimming, Inc., Virginia Swimming, Inc., the YMCA of Central Virginia, the Jamerson YMCA, and the Lynchburg YMCA Swim Team 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.
- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA Swimming, Inc., Virginia Swimming, Inc., and YMCA of Central Virginia cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.

LOCATION:

Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502 (434) 582-1900

FACILITY:

- 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.
- 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 *USA Swimming Rules and Regulations*, Article 104.2.2C (4). A copy of the certification is on file with USA Swimming
- In order to provide parents/guardians/spectators who are outside of the facility the ability to view their athletes' events, this meet may be video-streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.

MEET DIRECTOR:

Ryan Woodruff
Phone: (919) 943-6420
E-mail: ryan.d.woodruff@gmail.com

ELIGIBILITY:

- Open to all YMCA athletes who are members in good standing before the first day of the meet.

	Age on October 22, 2022 will determine age for the entire meet. 2021-2024 NAG Time Standards will be in effect for the meet.
DISABILITY SWIMMERS:	- 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:	- Saturday and Sunday morning sessions offer 13 & over events - Saturday and Sunday afternoon sessions offer events for 12 & Under swimmers - All events will be timed finals. - All 25 yard events will start from the normal start end of the pool. For 100-yard relay events, the 2nd and 4th swimmers will be required to start in the water.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, October 11, 2022 - Entries must be submitted in short course yards times using Commlink-2 software. - Teams submit entries via email. - A 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. "No Time" (NT) entries will be accepted. Coach times (CT) will be accepted for athletes without a time of record. CT must be slower than an A time - Swimmers may enter a maximum of 4 individual events on Saturday and Sunday. - Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. Email entries to: Ryan Woodruff, LYMEETENTRIES@GMAIL.COM - Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.
FEES:	Individual events: \$8.00 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 - Mail payment to: Ryan Woodruff, 105 Fox Hollow Road, Lynchburg, VA 24503 - Payment must be received by October 22 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.
SEEDING:	- Swimmers in all sessions should report directly to the blocks for their events. - All events, except #13 & #14 (13 & over 500 free) and #48 & #49 (13 & over 400 IM) will be pre-seeded. - Events #13 & #14 (13 & over 500 free) and #48 & #49 (13 & over 400 IM) will require a positive check-in. - Positive check-in will close at the beginning of competition for each session. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
WARM-UP:	- Morning sessions: Warm-ups 7:30 a.m.; competition starts at 8:30 a.m. - Afternoon sessions: Warm-ups not before 11:00 a.m.; competition starts not before 12:00 p.m. - Lane assignment and warm-up times for individual clubs will be posted on the LY website at lyswimming.org no later than Monday, October 17, 2022, 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.
AWARDS:	- Individual and relay events: Ribbons will be awarded for first through eighth place. 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups.

	• 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. • 12 & Under events will be given separate awards for 11-12, 9-10 and 8 & Under age groups.
RULES:	• 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 (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • 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, 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. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • An 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. • 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.
PENALTIES:	• A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as ◦ 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.
OFFICIALS:	Meet Referee: Kris Sennett Email: ksennett@liberty.edu Phone: 434-841-1214 • 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 Kris Sennett, ksennett@liberty.edu, no later than Tuesday, October 11. • Officials' and coaches' meetings will be announced at the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• 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 lyswimming.org no later than Monday, October 18, and will also be emailed to the contact person of each of the individual clubs. • Each swimmer in the 500 free will be required to provide their own timer and a counter.
GENERAL:	• 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:	• 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. Spectators will be allowed to watch the meet with a watch-and-go method. • Spectators and swimmers may sit in the gym or in the designated outdoor seating area. No spectator's chairs will be allowed to be set up on the pool deck or in the warm down pool area. • NO RED BEVERAGES (Gatorade, Powerade, etc.) are allowed in the gym area.
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LY OCTOBER MEET ORDER OF EVENTS

Saturday, October 22, 2022

Session 1 Warm-up: 7:30 a.m.; Start: 8:30 a.m.		
<u>Mixed</u>	<u>Event</u>	
1	Mixed Senior 200 Medley Relay	
2	Mixed 13-14 200 Medley Relay	
<u>Girls</u>	<u>5 minute break after event #2</u>	<u>Boys</u>
3	13 & Over 100 Freestyle	4
5	13 & Over 100 Breaststroke	6
7	13 & Over 200 Backstroke	8
9	13 & Over 100 Butterfly	10
11	13 & Over 200 Individual Medley	12
Session 2 10-minute Warm-up immediately following conclusion of event #12		
13	13 & Over 500 Freestyle	14

Session 3 Warm-up: Not before 11:00 a.m.; Start: Not before 12:00 p.m.		
<u>Mixed</u>	<u>Event</u>	
15	Mixed 11-12 200 Medley Relay	
16	Mixed 9-10 200 Medley Relay	
17	Mixed 8 & Under 100 Medley Relay	
<u>Girls</u>	<u>5 minute break after event #17</u>	<u>Boys</u>
18	12 & Under 200 Individual Medley	19
20	12 & Under 25 Breaststroke	21
22	12 & Under 100 Butterfly	23
24	12 & Under 50 Backstroke	25
26	12 & Under 25 Freestyle	27
28	9-12 200 Backstroke	29
30	12 & Under 100 Breaststroke	31
32	12 & Under 100 Freestyle	33
<u>5 minute break after event #33</u>		
34	12 & Under 500 Freestyle	35

Continued on next page

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Sunday, October 23, 2022

Session 4 Warm-up: 7:30 a.m.; Start: 8:30 a.m.		
<u>Mixed</u>	<u>Event</u>	
36	Mixed Senior 200 Free Relay	
37	Mixed 13-14 200 Free Relay	
<u>Girls</u>	<u>5-minute break after event #37</u>	<u>Boys</u>
38	13 & Over 200 Butterfly	39
40	13 & Over 50 Freestyle	41
42	13 & Over 200 Breaststroke	43
44	13 & Over 100 Backstroke	45
46	13 & Over 200 Freestyle	47
Session 5 10-minute Warm-up immediately following conclusion of event #45		
48	13 & Over 400 Individual Medley	49

Session 6 Warm-up: Not before 11:00 a.m.; Start: Not before 12:00 p.m.		
<u>Mixed</u>	<u>Event</u>	
50	Mixed 11-12 200 Free Relay	
51	Mixed 9-10 200 Free Relay	
52	Mixed 8 & Under 100 Free Relay	
<u>Girls</u>	<u>5-minute break after event #52</u>	<u>Boys</u>
53	12 & Under 100 Individual Medley	54
55	9-12 200 Butterfly	56
57	12 & Under 25 Backstroke	58
59	12 & Under 50 Freestyle	60
61	9-12 200 Breast	62
63	12 & Under 25 Butterfly	64
65	12 & Under 100 Backstroke	66
67	12 & Under 50 Breaststroke	68
69	12 & Under 200 Freestyle	70
71	12 & Under 50 Butterfly	72
5 minute break after event #72		
73	12 & Under 400 Individual Medley	74