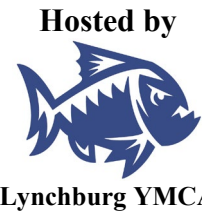




Virginia Commonwealth Games

SANCTION NO. VS-24-101
Time Trials SANCTION NO. VS-24-101TT
May 31-June 2, 2024



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-101 . Time Trials SANCTION NO. VS-24-101TT USA Swimming, Inc., Virginia Swimming, Inc., Liberty University, the YMCA of Central Virginia, 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. In applying for this sanction, the Host, Lynchburg YMCA, the YMCA of Central Virginia, and Liberty University) agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Campbell County.
LOCATION:	Liberty University Natatorium, 1521 Liberty Mountain Drive, Lynchburg, VA 24502
FACILITY:	<ul style="list-style-type: none"> The Liberty University facility provides a 9-lane, 50-meter competition pool with moveable bulkhead and supporting amenities including hospitality and concession stand. Indoor 9-lane 50-meter racing course with 7 ft. continuous depth; overflow gutters with non-turbulent lane markers. The meet will be conducted in 8 lanes with the 9th lane being used for warm-up and warm-down if the timeline permits. Paddock starting blocks with track plates, Colorado backstroke wedges, and Omega/Swiss timing system. Spectator wrap-around three-sided seating for 1,400. Two video boards allow for two simultaneous course displays plus the ability to scroll preliminary results. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. Liberty University lifeguards will be on duty at all times. The facility has AEDs. In order to provide parents/guardians 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: lymeetentries@gmail.com
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. Please contact the meet director prior to sending your entries to ensure that there is room for your team in the meet. No on deck Virginia Swimming athlete registration will be permitted. Age on May 31, 2024 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.
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g. concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion. The swimmer/coach shall provide a Personal Assistant(s) as needed.
FORMAT:	<ul style="list-style-type: none"> All 13 & over swimmers will swim in the morning preliminary session. The top eighteen (18) 13-14s and the top eighteen (18) 15 & overs from the preliminary session in each individual event

	<p>will qualify for finals, except in the 400 freestyle, 400 IM, which are timed final events.</p> <ul style="list-style-type: none"> All 12 & under swimmers will swim in the afternoon preliminary session. The top eighteen (18) 11-12s and the top nine (9) 10 & unders in each individual event will qualify for finals except in the 400 freestyle, 400 IM, which are timed final events. The 400 freestyle, 400 IM, and 800 freestyle are timed final events with all heats swimming in the preliminary session. For 13 & over events, the order of finals will be 13-14 B final, 13-14 A final, 15 & over B final, 15 & over A final. For 12 & under events, the order of finals will be 10 & under A final, 11-12 B final, 11-12 A final. The 800 freestyle may be limited to the fastest three heats of each gender at the meet director's discretion. After the psych sheet has been published, swimmers who wish to be removed from the 800 free and added to a different event may do so by contacting the meet director before Saturday, June 1 at 7:00pm. The 200-freestyle relay and 200 medley relay are timed final events. Relays may be removed from the meet if the timeline is prohibitive. If relays are removed, relay entry fees will be refunded and teams will be notified by Tuesday, May 28, 2024. Swimmers must provide their own timer for the 800 free, 400 IM, and 400 free.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, MAY 21, 2024</p> <ul style="list-style-type: none"> Entries must be submitted in long course meters (LCM) 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. 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 9 individual event(s), with a maximum of 3 per day, not including relays. 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 Virginia Swimming guidelines. Email entries to: Ryan Woodruff at LYMEENTRIES@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:	<p>Individual events: \$12.00 Relay events: \$20.00 Time Trials: \$20.00 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: YMCA of Central Virginia Mail payment to: Ryan Woodruff, 105 Fox Hollow Road, Lynchburg, VA 24503 Payment must be received by May 31, 2024 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:	<ul style="list-style-type: none"> Swimmers in all events will report directly behind the blocks. All events will be pre-seeded except for the 400 freestyle, 800 freestyle, and 400 individual medley. Scratch deadlines for the 400 freestyle, 800 freestyle, and 400 individual medley are at the beginning of the session in which they will swim. The 400 freestyle, 800 freestyle, and 400 IM will be swum fastest to slowest and alternating heats of girls and boys.
WARM-UP:	<ul style="list-style-type: none"> Morning 13 & over sessions, all days: Warm-ups not before 7:00 AM; competition starts not before 8:00 AM. Afternoon 12 & under sessions, all days: Warm-ups not before 11:00 AM; competition starts not

	<p>before 12:00 PM.</p> <ul style="list-style-type: none"> • Finals on Friday and Saturday: Warm-ups not before 4:30 PM; competition starts not before 5:30 PM . • Finals on Sunday: Warm-ups not before 4:00 PM; competition starts not before 5:00 PM . • Lane assignment and warm-up times for individual clubs will be posted on the LY Swimming website no later than Monday, May 27 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. If the afternoon session runs late, finals warm-ups will begin immediately after the afternoon session ends.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Commonwealth Games medals will be awarded for 1st through 3rd place, ribbons for 4th-9th. • Relay events: Commonwealth Games medals will be awarded for first place, ribbons for 2nd and 3rd. • 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. • 12 & under events will be given separate awards for 11-12 and 10 & under age groups.
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 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 MAAPP is a condition of participation in the conduct of this competition. • Any swimmer initially announced as qualifying for an event in finals who fails to scratch from the event and fails to compete in the event at finals will be barred from competing in their next preliminary individual event. • 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 not permitted. • 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. • 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 according with Virginia Swimming Best Practices, all athletes should shower before entering the pool. • In accordance with Virginia Swimming 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:	<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.
TIME TRIALS:	<ul style="list-style-type: none"> • Any athlete entered in the meet including relay only athletes may participate in Time Trials.

	<ul style="list-style-type: none"> • Time Trials will be offered only after Sunday evening finals. • Deadline for requesting a time trial is 6:00pm on Sunday via e-mail to LYMEENTRIES@GMAIL.COM. Include swimmer's name and desired event. • Time Trials will begin no earlier than 5 minutes after the conclusion of the finals session on Sunday. • The order of events for time trial will mirror the order of events in the meet. • The Meet Referee, at his or her discretion, may reorder the time trial events or combine events into a single heat. • Each swimmer participating in Time Trials must provide a timer and/or a counter. • Time Trials are included in the three events per day limit. • Time Trial entry cost: \$20.00
OFFICIALS:	<p>Meet Referee: Sue Munson Email: susmunson@gmail.com Phone: (540) 314-5723</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 Sue Munson (susmunson@gmail.com) no later than Monday, May 27, 2024. • Officials meeting will take place at 6:30am on Friday morning and 1 hour before each session thereafter.
SAFETY:	<p>Meet Safety Officer: Ryan Woodruff Email: ryan.d.woodruff@gmail.com</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> • Clubs will be asked to provide timers in proportion to the number of swimmers they have entered in each session. Two timers will be needed per lane. • The number of timers required per club and their lane assignments will be posted on lyswimming.org no later than Monday, May 27, 2024, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	Hospitality for coaches & officials will be available for breakfast, lunch, and dinner each day. Liberty University may operate a concession stand during the meet.
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. • No glass containers of any kind are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand. • No spectators/parents will be allowed on deck unless working the meet. • No smoking is allowed on the campus. • No flash photography.
DIRECTIONS:	For GPS directions to the pool, use 1521 Liberty Mountain Drive, Lynchburg, VA 24502. The pool is located in the northeastern end of the building that also houses in the indoor track and field complex.

**2024 VIRGINIA COMMONWEALTH GAMES
ORDER OF EVENTS**

Friday, May 31, 2024

13 & Over Morning PRELIMS Session Warm-up: Not before 7:00 AM; Start: Not before 8:00 AM			12 & Under Afternoon PRELIMS Session Warm-up: Not before 11:00 AM; Start: Not before 12:00 PM		
Girls	Events	Boys	Girls	Events	Boys
1	13 & over 200 Butterfly	2	3	12 & under 200 Butterfly	4
5	13 & over 50 Freestyle	6	7	12 & under 50 Freestyle	8
9	13 & over 200 Individual Medley	10	11	12 & under 200 Individual Medley	12
13	13 & over 50 Backstroke	14	15	12 & under 50 Backstroke	16
17	13 & over 100 Breaststroke	18	19	12 & under 100 Breaststroke	20
21	13 & over 400 Freestyle*	22	23	12 & under 400 Freestyle*	24

* = timed final event

All Ages Evening Finals Session
Warm-up: Not before 4:30 PM; Start: Not before 5:30 PM

	Girls	Events	Boys	
	1	13 & over 200 Butterfly	2	
	3	12 & under 200 Butterfly	4	
	5	13 & over 50 Freestyle	6	
	7	12 & under 50 Freestyle	8	
	9	13 & over 200 Individual Medley	10	
	11	12 & under 200 Individual Medley	12	
	13	13 & over 50 Backstroke	14	
	15	12 & under 50 Backstroke	16	
	17	13 & over 100 Breaststroke	18	
	19	12 & under 100 Breaststroke	20	

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**2024 VIRGINIA COMMONWEALTH GAMES
ORDER OF EVENTS**

Saturday, June 1, 2024					
13 & Over Morning Session Warm-up: Not before 7:00 AM; Start: Not before 8:00 AM			12 & Under Afternoon Session Warm-up: Not before 11:00 AM; Start: Not before 12:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	13 & over 200 Freestyle	26	27	12 & under 200 Freestyle	28
29	13 & over 100 Butterfly	30	31	12 & under 100 Butterfly	32
33	13 & over 100 Backstroke	34	35	12 & under 100 Backstroke	36
37	13 & over 50 Breaststroke	38	39	12 & under 50 Breaststroke	40
41	13 & over 400 IM*	42	43	12 & under 400 IM*	44
45	13 & over 200 Freestyle Relay**	46	47	12 & under 200 Freestyle Relay**	48

* = timed final event ** = Relays may be cut from the meet if the timeline is prohibitive

All Ages Evening Finals Session Warm-up: Not before 4:30 PM; Start: Not before 5:30 PM			
	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
	25	13 & over 200 Freestyle	26
	27	12 & under 200 Freestyle	28
	29	13 & over 100 Butterfly	30
	31	12 & under 100 Butterfly	32
	33	13 & over 100 Backstroke	34
	35	12 & under 100 Backstroke	36
	37	13 & over 50 Breaststroke	38
	39	12 & under 50 Breaststroke	40

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**2024 VIRGINIA COMMONWEALTH GAMES
ORDER OF EVENTS**

Sunday, June 2, 2024					
13 & Over Morning Session Warm-up: Not before 7:00 AM; Start: Not before 8:00 AM			12 & Under Afternoon Session Warm-up: Not before 11:00 AM; Start: Not before 12:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	13 & over 100 Freestyle	50	51	12 & under 100 Freestyle	52
53	13 & over 200 Breaststroke	54	55	12 & under 200 Breaststroke	56
57	13 & over 200 Backstroke	58	59	12 & under 200 Backstroke	60
61	13 & over 50 Butterfly	62	63	12 & under 50 Butterfly	64
65	13 & over 200 Medley Relay**	66	67	12 & under 200 Medley Relay**	68
69	13 & over 800 Freestyle*	70	71	12 & under 800 Freestyle*	72
*Timed final event ** = Relays may be cut from the meet if the timeline is prohibitive					
* = timed final event ** = Relays may be cut from the meet if the timeline is prohibitive					
All Ages Evening Finals Session Warm-up: Not before 4:00 PM; Start: Not before 5:00 PM					
	<u>Girls</u>	<u>Events</u>	<u>Boys</u>		
	49	13 & over 100 Freestyle	50		
	51	12 & under 100 Freestyle	52		
	53	13 & over 200 Breaststroke	54		
	55	12 & under 200 Breaststroke	56		
	57	13 & over 200 Backstroke	58		
	59	12 & under 200 Backstroke	60		
	61	13 & over 50 Butterfly	62		
	63	12 & under 50 Butterfly	64		