

	VIRGINIA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP July 24-27, 2025 SANCTION NO. VS-25-112	Hosted by: 
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SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-112. • USA Swimming, Inc., Virginia Swimming, Inc., the YMCA of Central Virginia, Lynchburg YMCA Swim Team, and Liberty University 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 Swim Team, agrees 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:	• 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. Indoor 8-lane 25-yard diving well for continuous warm-up and cool down. • 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. • Liberty University lifeguards will be on duty at all times. The facility has AEDs. • The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. • 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:	Mike Julian VSI Age Group Chair Phone: (804) 405-9625 Email: coachmikej@novaswim.org	Ryan Woodruff Local Host Coordinator (919) 943-6420 Ryan.d.woodruff@gmail.com
ELIGIBILITY:	• Open to all Virginia Swimming registered athletes registered prior to the first day of the meet who are 14 years old and younger and meet the qualifying time in each event entered. • 13-14 year-old athletes with a qualifying time in the 100 Backstroke, Breaststroke, or Butterfly may enter the 50 M event of the corresponding stroke. • 11-12 year old swimmers must have achieved the 13-14 qualifying time to swim either the 800 or 1500 M Freestyle. • Swimmers who have a minimum qualifying time in the 800 Meter Freestyle or the 1500 Meter Freestyle may swim both events. This applies to all 11-14 year old swimmers. • No on deck Virginia Swimming athlete registration will be permitted. • The qualifying period for this meet is November 1, 2023 through July 23, 2025. • Age on July 24, 2025 will determine age for the entire 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 using the Disability Accommodation Form.	
ATHLETES WITH A SERIOUS MEDICAL	• 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.	

CONDITION:	• 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:	• The meet referee, in consultation with the Meet Directors, reserves the right to utilize chase starts in Preliminary Sessions. If chase starts are used, odd numbered heats will start at the flag end, even numbered heats from the scoreboard end; all 50s will start from the flag end. Teams will be notified no later than Sunday July 20, 2025 if chase starts will be used. • If chase starts are not utilized, all events, including 50s, will start from the flag end. • All events in Finals will start from the flag end. • Individual events: ○ Thursday: all events will be swum as timed finals. ▪ 10&U and 11-12 400 M Freestyle will be swum fastest to slowest, alternating girls and boys. ▪ 11-14 1500 M Freestyle will be swum fastest to slowest, alternating girls and boys. The final heat of boys and girls may be combined. ▪ Swimmers are expected to provide their own timers for all events as well as lap counters for the 1500. ○ Friday: 11-12 400 M IM will be swum as a timed final event with the top 8 swimmers after scratches competing Friday night in finals. ○ Sunday: 11-14 800 M Freestyle will be swum as a timed final event. ○ All other events swim be swum as preliminary / finals events. • The 800 Freestyle for ages 11-14 will be swum fastest to slowest, alternating girls and boys. ○ The final heat of boys and girls may be combined. ○ Swimmers are expected to provide their own timers and lap counters. • Finals (Friday through Sunday) will be swum with the consolation heat swimming first, followed by the final heat. ○ Top 16 11-12 and 13-14 swimmers will qualify for finals. ○ Top 8 10&U swimmers will qualify for finals. ○ There will be 5 minute breaks in Finals to cushion relays after the following events: #34 (11-12 Boys 400 M IM), #46 (10&U Boys 200 M Medley Relay), #74 (13-14 boys 400 M Freestyle) and #104 (11-12 M 50 Butterfly). • Relay events: ○ Will be swum as timed finals. ○ Scratch deadline for 13-14 800 M Freestyle relay is 4:30pm Thursday ○ Scratch deadline for all other relay events is 7:30am Friday. ○ All 10 & Under relays will swim during the preliminary sessions. ○ 13-14 800 M Freestyle Relays will be swum Thursday after Distance events. ○ The fastest heat of each 11-12 and 13-14 relay on Friday and Saturday will be swum in the finals sessions. All remaining heats will be swum during the preliminary sessions. ○ All heats of the 400 M Freestyle Relay will be swum on Sunday during the preliminary session. ○ Relays will be seeded so that the slowest heat has at least three teams, even if this means that a heat in the finals session has fewer than eight teams ○ All relays both entered and swum must have at least two swimmers that have been entered in an individual event in this meet.
WARM-UP:	• Thursday Distance/Relay Session: Warm-up at 2:00pm; competition starts not earlier than 2:40pm. ○ There will be a 30 minute general warm-up for the 1500 Free. ○ There will be a 15 minute general warm-up following the last heat of 1500 Free for the 11-12 and 10&U 400 Free. Competition will begin 5 minutes after warm-up concludes. ○ There will be a 15 minute general warm-up following the last heat of 400 Free for the 13-14 800 Free Relay. Competition will begin 5 minutes after warm-up concludes. ○ Swimmers and coaches are reminded the Diving Well will be open throughout competition for continuous warm-up / warm-down.

	• Preliminary Sessions: ◦ Friday, Saturday and Sunday mornings: Warm-ups not earlier than 6:30am, competition starts not earlier than 8:00am. • Final Sessions: ◦ Warm-ups start not before 4:00pm; competition start not before 5:00pm • 800 Free Session: ◦ There will be a 15 minute warm-up for the 800 Free which will begin 5 minutes after the conclusion of the Sunday Preliminary Session. Competition will begin 5 minutes after warm-up concludes. • Finalized Session start times, lane assignments and warm-up times for individual clubs will be posted on the LY website No later than Sunday July 20, 2025 and will also be emailed from the VSI Age Group Chair via iContact. Please ensure your email provider enables iContact emails to be received.
ENTRIES:	• DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY JULY 16, 2025 • Meet Entry Officer: Emily Fagan, businessoffice@virginiaswimming.org, 804-514-8083 • On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Email entries during the regular entry period will not be accepted. ◦ Entry fees will be paid directly to Virginia Swimming by check or credit card through the Payment Center on the website. ◦ Continue through all steps in OME, including Purchase. The window will show \$0 for all categories but the number of athletes as well as individual events and relays will be shown in the table. You will receive an email from USA Swimming after submitting your entries, • OME OPENS: No Later Than 9:00am EDT – Monday June 23, 2025 • OME CLOSES: 11:59pm EST – Wednesday, July 16, 2025 • LATE ENTRIES. Entries desired after 11:59pm, Wednesday, July 16, 2025, and prior to the start of the meet, must be sent to the Meet Entry Officer for input and will be considered late. ◦ All late entries must submit proof of time. • Confirming and Non-Conforming times will be used for entry – Long Course Meters then Short Course Meters then Short Course Yards. • PROOF OF TIMES: Proof of entry times is required for individual and relay events. Entries not proven by the first day of competition will be scratched. • ENTRY LIMITS: ◦ Individual Events: Swimmers may enter a maximum of 8 events, no more than three per day and 2 relays per day. ◦ Relays: Two (2) per team per event. • Individual Entries: Use the fastest time in national database for entry within the qualifying period. ◦ Swimmers may enter using an “Override Time” for times that are not in the national database. ◦ Override times must include the meet name and date. ◦ Override times that cannot be proven during the entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List). • Relay Entries: Use the fastest time in national database for entry within the qualifying period. Relay times must be provable by team or swimmer aggregate. ◦ All relays, entered and swum, must contain at least two swimmers that are entered in at least one individual event in the meet. ◦ ALL relay swimmers must appear on the club roster and pay the applicable swimmer fee. ◦ All entries for 13-14 200 M Medley relays must use 400 M Medley relay seed times. ◦ “No Time” (NT) entries will not be accepted for any relay entries. • The Meet Director, in conjunction with the Meet Referee, reserves the right to combine heats and events, which may require reseeding.
FEES:	Individual events: \$14.00 Relay events: \$24.00

	Swimmer fee: \$2.50 per person (entered in the meet in any capacity) Includes: • Free Access to Heat Sheets ◦ Meet Mobile ◦ PDF Files for each session online: Late Entry Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline. Payment: • Payment for entries must be made by check or credit card. ◦ Checks should be may payable to Virginia Swimming and mailed to Virginia Swimming PO Box 1059 Appomattox, VA 24522 ◦ Payment by credit card can be submitted through the Payment Center on the Virginia Swimming website. • The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, July 25, 2025). Failure to pay entry fees by this deadline could result in the team being barred from the meet. • Failure to pay entry fees by this deadline could result in teams being barred from the meet. • Payment for events entered at the meet must be made at the time of the request (made to Administrative Referee).
AWARDS:	• Individual events will be awarded medals for first through ninth place. • Relay events will be awarded medals for first through third place and ribbons for fourth through ninth place. • High point will be awarded for girls and boys in the 10 & Under, 11-12, 13-14 age groups and overall. • Team awards will be given. ◦ The winning team will receive a banner. The teams placing second through sixth will receive a plaque. ◦ Large Team, Medium Team, and Small Team: Girl's and boy's highest overall score in each category • Scoring ◦ Individual Events: F: 22-19-18-17-16-15-14-13-12, C – 10-8-7-6-5-4-3-2-1. ◦ Relay Events: F: 44-38-36-34-32-30-28-26-24, C – 20-16-14-12-10-8-6-4-2
SEEDING:	• All events will be pre-seeded with the exception of the following deck seeded events: 400/800/1500 M Free, 400 M IM, and all relays. These events will be deck seeded. • THERE ARE NO POSITIVE CHECK-IN EVENTS AT THIS MEET. All relay teams and athletes swimming in deck seeded events who choose not to swim an event must scratch from the event prior to the following scratch deadlines: ◦ Thursday: ▪ 11-14 1500 M Free: 2:05pm ▪ 11-12 & 10&U 400 M Free: 4:00pm ▪ 13-14 800 M Free Relay: 4:30pm ◦ Friday: ▪ All Relays: 7:30am ▪ 11-12 & 13-14 400 M IM: 7:30am ◦ Saturday: 13-14 400 M Freestyle 7:30am ◦ Sunday: 11-14 800 M Freestyle: 7:30am • Information about submitting scratches will be distributed at the General Meeting on Wednesday, July 23, 2025, at 7:00 pm.

	● A swimmer who fails to scratch from a deck seeded individual event and does not show up to compete will be barred from his/her next individual event.
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.
RULES:	● The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, will be in effect. ● 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. ● 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 USAS 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. ● The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E 1-3 only, will be in effect and apply to all heats of individual events with the exception of timed final events. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet. ● 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 into or out of swimsuits other than in locker rooms or other designated areas is prohibited. ● In accordance with VSI Best Practices, 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. ● 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:	Meet Referee: Anne Van Lenten Email: westgrace98@gmail.com Phone: 804-564-6070 Officials will be needed for all positions and all sessions for this meet. ● An Application to Officiate is available on the VSI website at www.virginiawimming.org and should be sent to the Meet Referee no later than Friday, July 19, 2024. ● Application is being made to have this meet designated as an Officials Qualifying Meet for N2 certification/re-certification at all positions. Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate. ● Briefings will be held 1 hour prior to the start of each session. ● A coaches meeting will be held virtually on Monday, July 23, 2025, at 7:00 pm. The link for the meeting will be posted on the Championship Meet page on the VSI website.
SAFETY:	Meet Safety Officer: Ryan Woodruff Email: ryan.d.woodruff@gmail.com ● Virginia Swimming Meet Safety and Warm-Up 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 the LY Swim Team website www.LYSWIMMING.org no later than Sunday July 20, 2025 and will also be emailed to the contact person of each of the individual clubs. • Swimmers are expected to provide their own timers for events 11-14 1500 M Free, 11-12 400 M Free, 10&U 400 M Free, 13-14 800 M Free Relay and 11-14 800 M Free
GENERAL:	• Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violates Natatorium rules (posted at the pool) will be disqualified from the meet and escorted from the facility. • Deck Access: Access to the pool deck will be strictly controlled. Spectators must remain in the stands above the pool area. • No “Team Photographers” will be allowed on deck at the meet. • Hospitality will be available for Coaches and officials. • Concessions will be available. • Swim and Tri will be on site for all of your swimwear needs. • Spectator Seating: Seating will be available for spectators. • First Aid: A staffed First Aid Station is located at lifeguard office. • Lost and Found: Lost and Found will be located at the lifeguard office.
FACILITY RULES:	• Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. These credentials must be visible at all times when on deck. • The elevator is reserved for ADA access, freight, or individuals with limited mobility. Any swimmer caught using the elevator for any kind of tag or hide and seek game may be removed from their events for that session. • Smoking is NOT permitted within the Liberty University Natatorium or on the Liberty University Campus. • Lawn/deck chairs are NOT permitted in the upper level spectator areas. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear. • Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet. • No flash photography.

Virginia Swimming 2025 Long Course Age Group Championships

Order of Events

G	Thursday Timed Finals	B
1	11-14 1500 Freestyle	2
3	10 & Under 400 Freestyle	4
5	11-12 400 Freestyle	6
	15 Minute Break	
7	13-14 800 Freestyle Relay	8

G	Friday	B
9	13-14 100 Breaststroke	10
11	11-12 50 Breaststroke	12
13	10&U 50 Breaststroke	14
15	13-14 200 Freestyle	16
17	11-12 200 Freestyle	18
19	10&U 200 Freestyle	20
21	13-14 100 Butterfly	22
23	11-12 100 Butterfly	24
25	10&U 50 Backstroke	26
27	13-14 50 Backstroke	28
29	11-12 200 Backstroke	30
31	13-14 400 IM	32
33	11-12 400 IM (*)	34
5 Minute Break		
35	10 & U 400 Med Relay (#)	36
37	13-14 400 Med Relay (*)	38
39	11-12 400 Med Relay (*)	40

(*) Timed Final event. Top 8 swim in finals

(#) Timed Final event. All heats swum in prelims

G	Saturday	B
41	13-14 200 Med Relay (*)	42
43	11-12 200 Med Relay (*)	44
45	10&U 200 Med Relay (#)	46
5 Minute Break		
47	13-14 200 Butterfly	48
49	11-12 200 Butterfly	50
51	10&U 50 Butterfly	52
53	13-14 50 Freestyle	54
55	11-12 50 Freestyle	56
57	10&U 100 Freestyle	58
59	13-14 200 Breaststroke	60
61	11-12 100 Breaststroke	62
63	10&U 100 Breaststroke	64
65	13-14 100 Backstroke	66
67	11-12 50 Backstroke	68
69	10&U 200 IM	70
71	11-12 200 IM	72
73	13-14 400 Freestyle (**)	74
5 Minute Break		
75	10&U 200 Free Relay (#)	76
77	11-12 200 Free Relay (*)	78
79	13-14 200 Free Relay (*)	80

(**) Events 73 and 74 will swim after Relays in prelims

(*) Timed Final event. Top 8 swim in finals

(#) Timed Final event. All heats swum in prelims

G	Sunday	B
81	13-14 50 Breaststroke	82
83	11-12 200 Breaststroke	84
85	13-14 200 Backstroke	86
87	11-12 100 Backstroke	88
89	10&U 100 Backstroke	90
91	13-14 100 Freestyle	92
93	10&U 50 Freestyle	94
95	13-14 200 IM	96
97	11-12 100 Freestyle	98
99	10&U 100 Butterfly	100
101	13-14 50 Butterfly	102
103	11-12 50 Butterfly	104
5 Minute Break		
105	13-14 400 Free Relay (*)	106
107	11-12 400 Free Relay (*)	108
109	10&U 400 Free Relay (*)	110
111	11-14 800 Free (**)	112

(*) Timed Final – all heats to swim in preliminary session

(**) Timed Final – Swims Fast to Slow