

	<p style="text-align: center;">SOUTHWEST DISTRICT 9-12 and 13 & Over CHAMPIONSHIP February 27- March 1, 2026 SANCTION NO. VS-PENDING</p>		<p style="text-align: center;">Co-hosted by:</p>  
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-PENDING. USA Swimming, Inc., Virginia Swimming, Inc., the Lynchburg YMCA Swim Team, the YMCA of Central Virginia, the CCA Marlins 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. 		
LOCATION:	Liberty University Natatorium, 1521 Liberty Mountain Drive, Lynchburg, VA 24502		
FACILITY:	<ul style="list-style-type: none"> The Liberty University facility provides two indoor 25-yard competition courses with moveable bulkhead and supporting amenities including hospitality and concession stand. Racing courses with 7 ft. continuous depth; overflow gutters with non-turbulent lane markers. 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 with 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:	Name: Ryan Woodruff Phone: 919-943-6420 Email: ryanwoodruff@ymcacva.org		
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming registered athletes 9 years and older by the first day of the meet in the Southwest District which includes ACAC, BHSC, CAST, CA-Y, CCA, FCFY, FUAC, GATR, HAVA, HOKI, LAC, LASO, LY, SMAC, STRM, VABR, WW, and YMST 8 & U Virginia Swimming registered athletes in the Southwest District may enter the 10 & U 500 Free. Unattached athletes in the same geographical district are also eligible to attend. Athletes with a disability may participate in any event at this meet even if they have achieved the USA Swimming Parallel time standard acceptable for entry into Age Group Champs. No on deck USA Swimming athlete registration will be permitted. The qualifying period for this meet is November 1, 2024, through February 26, 2026. 10 and 12 year-old swimmers aging up from February 27 through March 12, 2026 and 14 year-old swimmers aging up from February 27 through March 5, 2026 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> The swimmer does not qualify for the event in his/her new age group at Age Group Champs or Senior Champs. The swimmer will be seeded correctly by time but will swim Exhibition only and will not be eligible to receive an award or compete in the finals session. 9-14 year-old athletes: <ul style="list-style-type: none"> May compete in an individual event or relay leg in which they do NOT have a VSI Age Group Championship qualifying time. See exception listed below for 500 free, 400 IM, and 1000 free. May compete in any individual event or relay leg in which they have a VSI Age Group Championship bonus qualifying time. 		

	<ul style="list-style-type: none"> Swimmers in the 13-14 age group must have at least a 13-14 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time. 15 and older swimmers may compete in any individual event or relay leg in which they have a time that is slower than the Senior Champs qualifying time except the 400 IM, 500 free, and the 1000 free. 15 and older swimmers must have at least a 15-16 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the senior championship qualifying time. 2025 - 2028 NAG time standards are in effect Age on February 27, 2026 will determine age for the entire meet.
ATHLETES WITH A DISABILITY:	<ul style="list-style-type: none"> Athletes with a disability are welcome and shall provide advance notice of desired accommodations/modifications 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 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:	<p>FOR THE 13 & OVER CHAMPIONSHIPS:</p> <ul style="list-style-type: none"> All athletes will swim a combined preliminary session in the morning session. Top 16 13-14 swimmers and the top 16 15&O swimmers from preliminary events will swim in the final session each day. The 1000 freestyle will be a timed final event with the top heat swimming in finals, regardless of age. All remaining heats will swim during the preliminary session. All relay events will be timed finals and will be conducted during the preliminary session. <p>FOR THE 9-12 CHAMPIONSHIPS</p> <ul style="list-style-type: none"> 11-12 year old swimmers will swim prelim/finals in all individual events except the 400 IM and the 500 free which will be swum as timed finals. The top 16 swimmers in the 11-12 age group from prelims will come back to compete in finals, except for the 200 fly, 200 back, and 200 breast where only the top 8 swimmers will compete in finals. 9 -10 year-old swimmers will swim prelim/finals in all individual events except the 200 IM and 500 Free which will be contested as timed finals. The top 8 swimmers in the 9/10 age group from prelims will come back to compete in finals. The fastest heat of the 200 IM will be swum in finals. All heats of the 11-12 year old 400 Free Relay will be swum during the Friday Prelims session. All heats of the 11-12 and 9-10 year old 200 Free and 200 Medley Relays will be swum during the Finals sessions. There will be a 5 minute break at the conclusion of relays swum in Finals before the start of individual events on Saturday and Sunday. <p>AT FINALS FOR BOTH CHAMPIONSHIPS</p> <ul style="list-style-type: none"> "A" Final swimmers will be presented with music and their names will be announced prior to the start of the race. "B" Final heats will report directly to their assigned lane.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 17, 2026</p> <ul style="list-style-type: none"> For 12 & under athletes, entries must be submitted in Short Course Yards. For 13 & over events, conforming and non-conforming times may be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times. Entries must be submitted using CommLink-2 software via e-mail.

	<ul style="list-style-type: none"> • A printout of entries 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. • For the 13 & Over Championships, “No Time” (NT) entries will be accepted except in the 13 & over 400 medley, 500 free, and 1000 free, where 13-14 swimmers must have achieved a minimum of a 13-14 “B” time, and 15 & older swimmers must have achieved a minimum of a 15-16 “B” time. • All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition including Block Party meets. • If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay with a NT. • Swimmers may enter a maximum of 8 individual events for the meet, no more than 3 per day 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. Relay entry times must be slower than the times shown in the “slower than” relay times chart on page 5. • Teams submit up to 3 relays in any 13-14 or 13&over relay events. • The Meet Director reserves the right to combine heats and events, which may require reseeding. • Email entries to: RYANWOODRUFF@YMCACVA.ORG • Late entries will be accepted. If received prior to the publishing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$9.00 per event Relay Events: \$20.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late 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.</p> <ul style="list-style-type: none"> • Checks should be made payable to: YMCA OF CENTRAL VIRGINIA • Mail payment to: Lynchburg YMCA Swim Team c/o Ryan Woodruff 801 Wyndhurst Dr. Lynchburg, VA 24502 • Payment must be received by Tuesday, February 25, 2026 for all entries. Failure to pay entry fees by this deadline may result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
WARM-UP:	<ul style="list-style-type: none"> • We will be working around the Liberty University practice schedule. Coaches and swimmers may not come onto the pool deck prior these times: <ul style="list-style-type: none"> ○ FRIDAY Prelims: 8:45am. ○ FRIDAY Finals: 4:45pm ○ SATURDAY Prelims: 10:45am. • Preliminary sessions warmup and competition schedule: <ul style="list-style-type: none"> ○ FRIDAY: Warm-ups begin at 8:50am; Competition starts not before 10:00am. ○ SATURDAY: Warmups begin at 10:50am; Competition starts not before 11:50 am. ○ SUNDAY: Warmups begin at 7:30am; Competition starts not before 8:30am. • Finals sessions warmup and competition schedule: <ul style="list-style-type: none"> ○ FRIDAY: Warm-ups not before 4:50pm; Competition starts not before 5:45pm. ○ SATURDAY: Warmups not before 4:15pm; Competition starts not before 5:15pm. ○ SUNDAY: Warmups not before 4:00pm; Competition not before 5:00pm.

	<ul style="list-style-type: none"> Lane assignments and warm-up times for individual clubs will be posted on the meet website at WWW.LYSWIMMING.ORG no later than Monday, Feb. 23, 2026 and will also be emailed to the contact person of the participating clubs.
SEEDING:	<ul style="list-style-type: none"> The 400 IM, 500 free, and 1000 free will require a positive check-in to be seeded. All other events will be pre-seeded. All swimmers should report directly to the blocks for all preliminary and "B" Final events. Positive check-in for the 500 free, 400 IM, and 1,000 free will close 30 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Administrative Official's desk. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. A swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event. For 13 & Overs, the 400 IM and the 500 free will be swum in preliminaries with the four fastest heats of girls swimming first, slow to fast, followed by the four fastest heats of boys, swimming slow to fast. The remaining heats will be swum fast to slow, alternating girls and boys. The 1000 free will be swum fastest to slowest, and alternating heats of girls and boys. <ul style="list-style-type: none"> Any athlete entered in the 1000 free will be asked to indicate a preference for swimming with preliminaries or with finals. The preliminaries/finals preference must be declared by the appropriate positive check-in deadline The fastest 8 swimmers who wish to swim during the evening finals will swim during the evening finals.
AWARDS:	<ul style="list-style-type: none"> 9 – 12 age groups: <ul style="list-style-type: none"> Individual events awarded medals for first through third place, and ribbons fourth through sixteenth place. 10 & Under 500 Free will be awarded and scored separately for 8 & Under and 9-10 age groups. 8 & Under scores will be added to the 9-12 portion of the meet. 13 & over age groups: <ul style="list-style-type: none"> Awarded and scored separately for 13-14 and 15 & Older age groups. Individual events awarded medals for first through third place, and ribbons fourth through 8th place. Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. Team Awards will be given. Total team points will be combined with scores from 8 & Under District Championships. Teams placing first through third will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> All events will be scored to 16 places. Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1 Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 Only the top two relay entries per team may score.
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 Prevention 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

	<p>understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> 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'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) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval. Any swimmer initially announced as qualifying for an event in finals who fails scratch from the event and fails to compete in the event at finals will be barred from competing in any additional events in that session. Additionally, the athlete will be barred from competing in his/her next individual event in a subsequent session. Alternates will be announced along with final qualifiers but shall not be penalized if unavailable to compete in the finals. Rule 207.11.6.E 1-3, Exceptions for Failure to Compete, will be followed. 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 athletes 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:	<p>Meet Referee: Richard Sanford Email: richardhsanford@gmail.com Phone: (540) 808-7727</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Richard Sanford at richardhsanford@gmail.com no later than Tuesday, February 17, 2026. Officials meetings will be held in the hospitality area one hour prior to the start of the meet. General meeting for coaches and key officials will be held in the hospitality area 30 minutes prior to the start of the meet.
SAFETY:	<p>MEET SAFETY OFFICER: Ryan Woodruff Email: ryanwoodruff@ymcacva.org Phone: 919-943-6420</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> Swimmers supply their own timers and lap counters for the 500 & 1,000 Freestyle. Swimmers need to supply their own timers for the 400 IM. Clubs may 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 meet website at WWW.LYSWIMMING.ORG no later than Monday, Feb. 23, 2026 and will also be emailed to the contact person of each of the individual clubs. These assignments will also be posted throughout the venue.
GENERAL:	<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.

	<ul style="list-style-type: none"> 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 of Liberty University. No flash photography. Teams are responsible for cleaning up their team areas after each session. Please do your best to put all trash into trash cans!
PARKING:	<ul style="list-style-type: none"> There is ample parking in the lot adjacent to the pool building. Swim meet participants and spectators are asked to park in the lot at the pool end of the building (to the right when facing the building from the street, not at the track end of the building).
DIRECTIONS:	<ul style="list-style-type: none"> 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 the indoor track and field complex.

RELAY "SLOWER THAN TIMES" CHART

Age Group	Gender	Free		Medley
9-10	Girls	2:05.16		2:25.06
	Boys	2:03.96		2:23.56
11-12	Girls	1:49.96 (200)	4:01.96 (400)	2:05.56
	Boys	1:49.96 (200)	4:00.76 (400)	2:05.86
13/14	Girls	1:43.56 (200)	3:43.16 (400)	1:59.66
	Boys	1:37.96 (200)	3:31.96 (400)	1:51.56
13 & Over	Girls	1:41.16 (200)	3:39.16 (400)	4:06.46
	Boys	1:31.16 (200)	3:17.96 (400)	3:42.86

2026 Southwest District 9-12 and 13 & Over Championship

ORDER OF EVENTS

Friday, February 27, 2026

PRELIMS - Warmup not before 8:50 AM, Meet starts not before 10:00 AM					
Ev #	FLAG END – 13 & O	Ev #		SCOREBOARD END – 12&U	Ev #
Girls		Boys			Boys
101	13 & Over 200 Free	102		103	11-12 200 Free
107	13 & Over 100 Fly	108		105	9-10 200 Free
113	13 & Over 100 Breast	114		109	11-12 50 Fly
121	13 & Over 50 Back	122		111	9-10 50 Fly
127	13-14 400 Free Relay (TF)	128		119	11-12 200 Back
129	13 & Over 400 Free Relay (TF)	130		117	9-10 100 Breast
131	13 & Over 400 IM	132		115	11-12 100 Breast
				123	9-10 100 IM
				125	11-12 100 IM
				133	11-12 400 Free Relay (TF)

FINALS - Warmup not before 4:50 PM, Meet starts not before 5:45 PM					
Ev #	FLAG END - BOYS		Ev #	SCOREBOARD END - GIRLS	
102	13 & Over 200 Free		101	13 & Over 200 Free	
104	11-12 200 Free		103	11-12 200 Free	
106	9-10 200 Free*		105	9-10 200 Free*	
108	13 & Over 100 Fly		107	13 & Over 100 Fly	
110	11-12 50 Fly		109	11-12 50 Fly	
112	9-10 50 Fly*		111	9-10 50 Fly*	
114	13 & Over 100 Breast		113	13 & Over 100 Breast	
116	11-12 100 Breast		115	11-12 100 Breast	
118	9-10 100 Breast*		117	9-10 100 Breast*	
120	11-12 200 Back*		119	11-12 200 Back*	
122	13 & Over 50 Back		121	13 & Over 50 Back	
124	9-10 100 IM*		123	9-10 100 IM*	
126	11-12 100 IM		125	11-12 100 IM	
132	13 & Over 400 IM		131	13 & Over 400 IM	
*Top 8 only			*Top 8 only		

Saturday, February 28, 2026

PRELIMS - Warmup not before 10:50 AM, Meet starts not before 11:50 AM					
Ev #	FLAG END – 13 & O	Ev #	Ev #	SCOREBOARD END - 12 & U	Ev #
Girls		Boys			Boys
205	13 & Over 200 Fly	206	207	11-12 200 Fly	208
213	13 & Over 50 Free	214	209	9-10 50 Free	210
219	13 & Over 200 Breast	220	211	11-12 50 Free	212
225	13 & Over 100 Back	226	215	9-10 50 Breast	216
231	13-14 400 Medley Relay	232	217	11-12 50 Breast	218
233	13 & Over 400 Medley Relay (TF)	234	221	9-10 100 Back	222
237	13 & Over 500 Free	238	223	11-12 100 Back	224
			227	9-10 200 IM**	228
			229	11-12 200 IM	230
			235	11-12 500 Free (TF)	236

**Timed final event. Top 8 seeds at Finals

FINALS - Warmup not before 4:15 PM, Meet starts not before 5:15 PM					
Ev #	FLAG END - BOYS		Ev #	SCOREBOARD END - GIRLS	
202	11-12 200 Free Relay		201	11-12 200 Free Relay	
204	9-10 200 Free Relay		203	9-10 200 Free Relay	
206	13 & Over 200 Fly		205	13 & Over 200 Fly	
208	11-12 200 Fly		207	11-12 200 Fly	
210	9-10 50 Free*		209	9-10 50 Free*	
212	11-12 50 Free		211	11-12 50 Free	
214	13 & Over 50 Free		213	13 & Over 50 Free	
216	9-10 50 Breast*		215	9-10 50 Breast*	
218	11-12 50 Breast		217	11-12 50 Breast	
220	13 & Over 200 Breast		219	13 & Over 200 Breast	
222	9-10 100 Back*		221	9-10 100 Back*	
224	11-12 100 Back		223	11-12 100 Back	
226	13 & Over 100 Back		225	13 & Over 100 Back	
228	9-10 200 IM*		227	9-10 200 IM*	
230	11-12 200 IM		229	11-12 200 IM	
238	13 & Over 500 Free		237	13 & Over 500 Free	
*Top 8 only			*Top 8 only		

Sunday, March 1, 2026

PRELIMS - Warmup not before 7:30 AM, Meet starts not before 8:30 AM					
Ev #	FLAG END – 13 & O	Ev #		SCOREBOARD END 12&U	Ev #
Girls		Boys			Boys
311	13 & Over 50 Fly	312		307	9-10 100 Fly
317	13 & Over 200 Back	318		309	11-12 100 Fly
321	13 & Over 200 IM	322		313	9-10 50 Back
327	13 & Over 100 Free	328		315	11-12 50 Back
329	13 & Over 50 Breast	330		319	11-12 200 Breast
335	13-14 200 Free Relay (TF)	336		323	9-10 100 Free
337	13 & Over 200 Free Relay (TF)	338		325	11-12 100 Free
20-minute break				331	10 & Under 500 Free (TF)
305	13 & Over 1,000 Free*	306		333	11-12 400 IM (TF)

*Timed Final Event - top heat to swim
at finals

FINALS - Warmup not before 4:00 PM, Meet starts not before 5:00 PM					
Ev #	FLAG END - BOYS		Ev #	SCOREBOARD END - GIRLS	
302	11-12 200 Medley Relay		301	11-12 200 Medley Relay	
304	9-10 200 Medley Relay		303	9-10 200 Medley Relay	
306	13 & Over 1,000 Free*		305	13 & Over 1,000 Free*	
308	9-10 100 Fly*		307	9-10 100 Fly*	
310	11-12 100 Fly		309	11-12 100 Fly	
312	13 & Over 50 Fly		311	13 & Over 50 Fly	
314	9-10 50 Back*		313	9-10 50 Back*	
316	11-12 50 Back		315	11-12 50 Back	
318	13 & Over 200 Back		317	13 & Over 200 Back	
320	11-12 200 Breast*		319	11-12 200 Breast*	
322	13 & Over 200 IM		321	13 & Over 200 IM	
324	9-10 100 Free*		323	9-10 100 Free*	
326	11-12 100 Free		325	11-12 100 Free	
328	13 & Over 100 Free		327	13 & Over 100 Free	
330	13 & Over 50 Breast		329	13 & Over 50 Breast	
*Top 8 only			*Top 8 only		