



**Lynchburg YMCA Season Opener**  
**September 22-24, 2023**  
**SANCTION NO. VS-24-17**

Hosted by



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-24-17</b></li><li>• 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.</li><li>• In applying for this sanction, the Host, the YMCA of Central Virginia 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).</li></ul>
<b>LOCATION:</b>	Jamerson YMCA, 801 Wyndhurst Drive, Lynchburg, VA 24502 (434) 582-1900
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 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-stripped and wall- targeted with non-turbulent lane lines.</li><li>• 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.</li><li>• 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.</li><li>• Lifeguards will be on duty for all sessions of the meet and warm-up. An AED is located in the lifeguard office between the competition and warm-down pools.</li><li>• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.</li><li>• 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.</li></ul>
<b>MEET DIRECTOR:</b>	Ryan Woodruff Phone: (919) 943-6420 E-mail: <a href="mailto:ryan.d.woodruff@gmail.com">ryan.d.woodruff@gmail.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to USA Swimming athletes registered before the first day of the meet. USA Swimming teams who wish to participate should contact the meet director.</li><li>• No on-deck Virginia Swimming athlete registration will be permitted.</li><li>• Age on September 22, 2023 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 advance 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>	<ul style="list-style-type: none"><li>• Friday evening session offers events for all ages..</li><li>• Saturday and Sunday morning sessions offer 13 &amp; over events.</li><li>• Saturday and Sunday afternoon sessions offer events for 12 &amp; Under swimmers.</li><li>• All events will be timed finals.</li><li>• All 25 yard events will start from the turn end of the pool.</li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, September 12, 2023</b> <ul style="list-style-type: none"><li>• Entries must be submitted in short course yards times using Commlink-2 software.</li><li>• Teams submit entries via email.</li><li>• 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.</li></ul>

	<ul style="list-style-type: none"> <li>• “No Time” (NT) entries will be accepted. Coach times (CT) will be accepted for athletes without a time of record. <b>CT must be slower than an A time.</b></li> <li>• Swimmers may enter a maximum of 2 individual events on Friday.</li> <li>• Swimmers may enter a maximum of 5 individual events on Saturday and Sunday.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li>• Email entries to: Ryan Woodruff, LYMEETENTRIES@GMAIL.COM</li> <li>• 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$8.00 Relay events: \$14.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: YMCA of Central Virginia</li> <li>• Mail payment to: Ryan Woodruff, 105 Fox Hollow Road, Lynchburg, VA 24503</li> <li>• Payment must be received by September 22, 2023 for all entries. 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.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• Swimmers in all sessions should report directly to the blocks for their events.</li> <li>• All events, except #5 &amp; #6 (Open 500 free) and #19 &amp; #20 (13 &amp; over 400 IM) will be pre-seeded.</li> <li>• Events #5 &amp; #6 (500 free) and #19 &amp; #20 (400 IM) will require a positive check-in.</li> <li>• Positive check-in will close at the beginning of competition for each session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Events #5 &amp; #6 (500 Free) will be swum fastest to slowest and alternating heats of girls and boys.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Friday evening session: Warm-ups at 4:30 p.m.; competition starts at 5:30 p.m.</li> <li>• Morning sessions: Warm-ups 7:30 a.m.; competition starts at 8:30 a.m.</li> <li>• Afternoon sessions: Warm-ups not before 11:00 a.m.; competition starts not before 12:00 p.m.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the LY website at <a href="http://www.lyswimming.org">www.lyswimming.org</a> no later than Monday, September 18, 2023, and 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>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual and relay events: Ribbons will be awarded for first through eighth place.</li> <li>• 13 &amp; Over events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>• 10 &amp; Under events will be given separate awards for 9-10 and 8 &amp; Under age groups.</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 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.</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>• 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> </ul>

	<ul style="list-style-type: none"> <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 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.</li> <li>• In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool.</li> <li>• 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.</li> <li>• 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.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• 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.</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>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• 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"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</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>OFFICIALS:</b>	<p><b>Meet Referee: Kris Sennett</b>  <b>Email: <a href="mailto:ksennett@liberty.edu">ksennett@liberty.edu</a></b>  <b>Phone: 434-582-2388</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 Kris Sennett, <a href="mailto:ksennett@liberty.edu">ksennett@liberty.edu</a>, no later than Tuesday, September 19.</li> <li>• Officials' and coaches' meetings will be announced at the meet.</li> </ul>
<b>SAFETY:</b>	<p><b>MEET SAFETY OFFICER</b>  <b>Name: Ryan Woodruff</b>  <b>Email: <a href="mailto:ryan.d.woodruff@gmail.com">ryan.d.woodruff@gmail.com</a></b>  <b>Phone: 919-943-6420</b></p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
<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 <a href="http://www.lyswimming.org">www.lyswimming.org</a> no later than Monday, September 26, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• For individual events 400 yards and longer, swimmers are responsible for providing their own timer and counters (500 Free).</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Hospitality for coaches and officials will be provided.</li> <li>• Heat sheets will be sold and concessions will be available</li> <li>• A swim vendor will be on site.</li> </ul>

<b>FACILITY RULES:</b>	<ul style="list-style-type: none"><li>• 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.</li><li>• Please note that there is no smoking allowed anywhere on the YMCA grounds.</li><li>• 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.</li><li>• 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 and competition.</li><li>• Spectators must remain in the bleachers or gym. No spectator's chairs will be allowed to be set up on the pool deck or in the warm down pool area.</li><li>• NO RED BEVERAGES (Gatorade, Powerade, etc.) are allowed in the gym area.</li></ul>
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**LY SEASON OPENER  
ORDER OF EVENTS**

<b>Friday, September 22, 2023</b>		
<b>Evening Session</b>		
<b>Warm-up: 4:30 p.m.; Start: 5:30 p.m.</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	13 & Over 200 Individual Medley	2
3	12 & Under 200 Individual Medley	4
5	Open 500 Freestyle	6

<b>Saturday, September 23, 2023</b>					
<b>Morning Session</b>			<b>Afternoon Session</b>		
<b>Warm-up: 7:30 a.m.; Start: 8:30 a.m.</b>			<b>Warm-up: not before 11:00 am; Start: not Before 12:00 pm</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>	<b>Girls</b>	<b>Event</b>	<b>Boys</b>
7	13-14 200 Free Relay	8	21	8 & Under 100 Free Relay	22
9	13 & over 200 Free Relay	10	23	10 & Under 200 Free Relay	24
11	13 & over 100 Backstroke	12	25	12 & Under 200 Free Relay	26
13	13 & over 200 Butterfly	14	27	8 & Under 25 Butterfly	28
15	13 & over 100 Freestyle	16	29	11-12 100 Freestyle	30
17	13 & over 100 Breaststroke	18	31	10 & Under 100 Freestyle	32
19	13 & over 400 Individual Medley	20	33	8 & Under 25 Backstroke	34
			35	11-12 50 Breaststroke	36
			37	10 & Under 50 Breaststroke	38
			39	11-12 100 Backstroke	40
			41	10 & Under 100 Backstroke	42
			43	11-12 50 Butterfly	44
			45	10 & Under 50 Butterfly	46
			47	11-12 100 Individual Medley	48
			49	10 & Under 100 Individual Medley	50

*Continued on next page*

## Sunday, September 24, 2023

<b>Morning Session</b> Warm-up: 7:30 a.m.; Start: 8:30 a.m.			<b>Afternoon Session</b> 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>
51	13-14 200 Medley Relay	52	65	8 & Under 100 Medley Relay	66
53	13 & over 200 Medley Relay	54	67	10 & Under 200 Medley Relay	68
55	13 & over 200 Freestyle	56	69	12 & Under 200 Medley Relay	70
57	13 & over 100 Butterfly	58	71	8 & Under 25 Freestyle	72
59	13 & over 200 Backstroke	60	73	11-12 200 Freestyle	74
61	13 & over 200 Breaststroke	62	75	10 & Under 200 Freestyle	76
63	13 & over 50 Freestyle	64	77	8 & Under 25 Breaststroke	78
			79	11-12 100 Breaststroke	80
			81	10 & Under 100 Breaststroke	82
			83	11-12 50 Backstroke	84
			85	10 & Under 50 Backstroke	86
			87	11-12 100 Butterfly	88
			89	10 & Under 100 Butterfly	90
			91	11-12 50 Freestyle	92
			93	10 & Under 50 freestyle	94