

	VABR Winter Invite Date: January 17, 2026 APPROVAL NO.-VS-26-PENDING	Hosted by: VABR 
SANCTION:	- Held under the approval of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-PENDING - USA Swimming, Inc., Virginia Swimming, Inc., VABR, YMCA of Virginia's Blue Ridge, and the Botetourt Family YMCA 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:	Botetourt Family YMCA 115 Shenandoah AVE Daleville, VA 24083 540-966-9622	
FACILITY:	- The Botetourt Family YMCA has an indoor, 25-yard, 8 lane competition pool; 9 feet at the start end and 4 feet in depth at the turn end. All lanes are bottom striped, and wall targeted with non-turbulent lane lines with a Colorado Timing system. - Colorado timing system scoreboard will be used. - The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. - Lifeguards will be on duty for all sessions of the meet and warm-up. An AED is located in the facility hallway. - 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: Shannon Hoopes Email: shoopes@ymcavbr.org Phone: 540-397-3992	
ELIGIBILITY:	- This meet is a closed YMCA competition offered to all registered swimmers in the Piedmont YMCA Swim Association. - The following conditions are necessary for USA Swimming registered athletes to have their times recognized by USA Swimming and input into SWIMS. - USA Swimming athletes competing in this meet must be registered before the first day of the meet. - No on-deck USA Swimming athlete registration will be permitted. - All 18 & over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18th birthday occurs during competition must complete the APT prior to that date. - Age on 01/17/2026 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 CONDITION:	- 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:	- All events will be timed finals. - All 25-yard events will start from the blocks at the deep end of the pool.	

	• All swimmers will swim in one session. • Swimmer recovery breaks will be added as needed once entries are received.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Wednesday January 7, 2026. • Entries must be submitted in short course yards times using CommLink-2 software. • Teams submit entries via email. • “No Time” (NT) entries will be accepted. • Swimmers may enter a maximum of 3 individual events and 2 relays per session. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline. • Email entries to: Shannon Hoopes, shoopess@ymcavbr.org • 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:	Cost: \$20 flat fee Checks should be made payable to: YMCA of Virginia’s Blue Ridge
SEEDING:	• Clerk of course will be provided next to the lesson pool. Swimmers 13 and older may report directly behind the blocks if they choose. • All events, except for the 500 free, will be pre-seeded. • The 500 requires positive check-in and will be swum fastest to slowest.
WARM-UP:	Warm-ups: • 12:30-12:55 VABR Group 1 • 12:55-1:15PM VABR Group 2 • 1:20-1:50PM visiting YMCAs Competition starts at 2:00PM
AWARDS:	Individual and relay events: Ribbons will be awarded to first through sixth place. Individual awards will be given for the following age groups: • 6 & under • 7-8 • 9-10 • 11-12 • 13-14 • 15 and up
RULES:	• 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 understand that compliance with MAAPP 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 a 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 Virginia Swimming Best Practices, all athletes 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 Virginia Swimming Policy, only those coaches who have current, valid USA Swimming or YMCA 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: Josh Lawrence Email: jlawrenc@outlook.com Phone: 540-314-6085 • 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 the meet referee. • Officials' meetings will be one hour prior to the start of the meet.
TIMERS:	• VABR will provide 2 timers per lane. In the event additional timers are needed, visiting teams may be asked to volunteer. • Swimmers are responsible for providing their own timer and counters for the 500 Free.
GENERAL:	• Refreshments will be offered for coaches and officials. • Concessions will be available • Heat sheets will be sent digitally and be posted poolside and in the gym. There will be no paper copies during the meet.
FACILITY RULES:	• Each Club is responsible for supervision of the conduct of its swimmers/spectators. • 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. No GLASS containers of any kind are allowed in the facility. • Swimmers are not permitted in any room of the building not directly associated with the swim meet.
DIRECTIONS:	115 Shenandoah AVE Daleville, VA 24083

VABR Winter Invite ORDER OF EVENTS

1	Mixed 13 & Over 200 Freestyle Relay
2	Mixed 12 & Under 200 Freestyle Relay
3	Mixed 8 & Under 100 Freestyle Relay
4	Girls 13 & Over 200 IM
5	Boys 13 & Over 200 IM
6	Girls 12 & Under 100 IM
7	Boys 12 & Under 100 IM
8	Girls 13 & Over 50 Freestyle
9	Boys 13 & Over 50 Freestyle
10	Girls 12 & Under 50 Freestyle
11	Boys 12 & Under 50 Freestyle
12	Girls 8 & Under 25 Freestyle
13	Boys 8 & Under 25 Freestyle
14	Girls 100 Backstroke
15	Boys 100 Backstroke
16	Girls 12 & Under 50 Backstroke
17	Boys 12 & Under 50 Backstroke
18	Girls 8 & Under 25 Backstroke
19	Boys 8 & Under 25 Backstroke
20	Girls 100 Breaststroke
21	Boys 100 Breaststroke
22	Girls 12 & Under 50 Breaststroke
23	Boys 12 & Under 50 Breaststroke
24	Girls 8 & Under 25 Breaststroke
25	Boys 8 & Under 25 Breaststroke
26	Girls 13 & Over 200 Freestyle
27	Boys 13 & Over 200 Freestyle
28	Girls 12 & Under 100 Freestyle
29	Boys 12 & Under 100 Freestyle
30	Girls 100 Butterfly
31	Boys 100 Butterfly
32	Girls 12 & Under 50 Butterfly
33	Boys 12 & Under 50 Butterfly
34	Girls 8 & Under 25 Butterfly
35	Boys 8 & Under 25 Butterfly
36	Mixed 200 Medley Relay