



# Winchester Long Course Invitational

**June 14-16, 2024**  
**SANCTION NO. VS-24-97**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-24-97</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Winchester Swim Team and Winchester Parks and Recreation 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, Winchester 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 the City of Winchester.</li> </ul>
<b>LOCATION:</b>	Jim Barnett Park, 1001 East Cork Street, Winchester, VA 22601
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>The Jim Barnett Swim Facility provides a 50-meter outdoor pool with 8 lanes, pool depth varies from 11'5" deep at the start end and 3'5" deep at the turn ends, with non-turbulent lane markers.</li> <li>A semi-automated Dolphin Timing System made by Colorado Timing System will be used for all events.</li> <li>Eight lanes will be used for competition.</li> <li>The 6-lane indoor pool will be available for continuous warm up and cool down.</li> <li>The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.</li> <li>There will be lifeguards and additional Aquatics staff along with AEDs located near both indoor and outdoor guard offices. The outdoor pool is equipped with a lightning detection system.</li> <li>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.</li> </ul>
<b>MEET DIRECTOR:</b>	Trey Shafer & Tiffanie Lugo Email: <a href="mailto:trey.shafer@winchesterswimteam.com">trey.shafer@winchesterswimteam.com</a> <a href="mailto:tiffanie.lugo@winchesterswimteam.com">tiffanie.lugo@winchesterswimteam.com</a> Phone: (540)336-2406
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming athletes registered before the first day of the meet.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>2021-2024 NAG time standards are in effect. (as appropriate)</li> <li>Age on June 14, 2024 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>ATHLETES WITH A SERIOUS MEDICAL CONDITION:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.</li> <li>The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>

<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• All events will be timed finals.</li> <li>• All 12 and under swimmers will swim in the morning session Saturday and Sunday.</li> <li>• All 13 and over swimmers will swim in the afternoon session Saturday and Sunday.</li> <li>• All swimmers may swim in session 1 (open) except for 12 and under swimmers must choose session 1(open) or session 2 (12&amp;U Distance).</li> <li>• All 13 and over swimmers may also swim in session 3(13&amp;O Distance)</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 12:00pm Monday, June 3, 2024.</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in long course meter times using Commlink-2 software.</li> <li>• Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. <b>CT must be slower than an “A” time.</b> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Coach Times can be a conversion of SCY times. Converted times will be accepted but must be submitted in long course meters.</li> <li>• “No Time” (NT) entries will <b>not</b> be accepted.</li> <li>• Swimmers may enter a maximum of <b>5 individual event(s) per day.</b></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> <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.</li> <li>• Email entries to: Trey Shafer, <a href="mailto:trey.shafer@winchesterswimteam.com">trey.shafer@winchesterswimteam.com</a>, if you do not receive a confirmation email within 24 hours, please contact the Meet Director.</li> <li>• <b>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.</b></li> </ul>
<b>FEES:</b>	<p>Individual events: \$12.00  Deck entered events: \$20.00  Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: Winchester Swim Team</li> <li>• Mail payment to: <b>Winchester Swim Team, 4 Weems Lane #178, Winchester VA 22601</b></li> <li>• Payment must be received by <b>Tuesday, June 11, 2024.</b> 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>• A clerk of course will be provided for the 12 &amp; under sessions to organize swimmers and escort them to the blocks for their assigned heats.</li> <li>• All events will be deck-seeded. Swimmers will be seeded from slowest to fastest. Events 9-10, 15-16 (400 IM), 11-12, 17-18 (800 Free), and 13-14, 19-20 (1500 Free) will be swum fastest to slowest and alternating heats of girls and boys.</li> <li>• Coaches will be given a list of their team’s entries prior to their assigned warm up time. After warmups begin coaches will have until 40 minutes prior to the start of the session to indicate scratched swimmers or events. Coaches are asked to eliminate any swimmer that is not in attendance or not intending to swim their event(s) that day by drawing a line through the swimmer’s name or listing any event they intend to scratch. These eliminations will not be given a refund. After all entries have been confirmed the session will be officially seeded.</li> <li>• Heat sheets will be distributed electronically at no cost.</li> <li>• The meet referee reserves the right to combine heats and events which may require reseeding.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED</b></li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• All morning sessions: Warm-ups at 7:00 am; competition starts at 8:15 am.</li> <li>• Friday 12&amp;under distance session: The pool will be open for 25 minutes of open warm-ups immediately following the finish of the morning session, with the distance session competition starting at approximately 12:00 pm.</li> </ul>

	<ul style="list-style-type: none"> <li>Friday 13&amp;over distance session: The pool will be open for 40 minutes of open warm-ups immediately following the finish of the 12&amp;under distance session, with the distance session competition starting at approximately 2:00 pm.</li> <li>Saturday &amp; Sunday afternoon sessions: Warm-ups at 12:00 pm; competition starts at 1:15 pm.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the Winchester Swim Team website no later than <b>Monday, June 10, 2024</b>, 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>Ribbons will be awarded first through eighth place in each age group, 10 and under, 11-12, 13-14, and 15 and over.</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> <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> </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 re-scored and re-awarded.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Kelly Warnagiris</b>  <b>Email: <a href="mailto:kelly.warnagiris@winchesterswimteam.com">kelly.warnagiris@winchesterswimteam.com</a></b>  <b>Phone: (703) 283-9121</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>Officials should submit the names and session availability via Google Doc no later than Tuesday, June 11, 2024.  <a href="https://docs.google.com/forms/d/10n7n6jNAI7TJvmRPdbTPTyihIFYc-15o7pdJiS5N5C0/viewform?edit_requested=true">https://docs.google.com/forms/d/10n7n6jNAI7TJvmRPdbTPTyihIFYc-15o7pdJiS5N5C0/viewform?edit_requested=true</a></li> <li>Official's meetings will be conducted one hour prior to the start of each session.</li> </ul>

	<ul style="list-style-type: none"> <li>• Official's uniform is a white polo shirt, dark blue pants/shorts/skirt, white socks, and white shoes. White hats, visors, and sunglasses are encouraged.</li> <li>• Training for apprentice officials will be available.</li> </ul>
<b>SAFETY:</b>	<p><b>MEET SAFETY OFFICER: Trey Shafer</b>  <b>Email: <a href="mailto:trey.shafer@winchesterswimteam.com">trey.shafer@winchesterswimteam.com</a></b>  <b>Phone: (540) 336-2406</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 the Winchester Swim Team website no later than <b>Monday, June 10, 2024</b>, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Timers should report to the timers meeting 30 minutes before each session.</li> <li>• Swimmers will have to provide their own timer and lap counter for session 2 and session 3.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers and spectators.</li> <li>• Team Areas: Tents and chairs will be allowed in the grass areas behind the water slide for swimmers and coaches only.</li> <li>• Spectator Areas: Tents and chairs will be allowed in grass area outside the fence near the parking lot. Spectators will also be allowed to watch from the grass area (no camping) inside the fence near the entrance to pool deck in a "watch and go" manner.</li> <li>• Meet Mobile: Will be available for all sessions with complimentary WIFI access provided by Wave 2 Net, LLC</li> <li>• Concessions: Food trucks and general concessions will be provided.</li> <li>• Hospitality: Will provide breakfast, lunch, dinner and snacks each day.</li> <li>• T-shirt Vendor: Commemorative t-shirt vendor will be onsite.</li> <li>• First Aid: See Lifeguard for assistance.</li> <li>• Spectators may use the restrooms inside of the War Memorial Building.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Winchester Park and Recreational Rules and Regulations apply.</li> <li>• Please obey all posted signs.</li> <li>• No glass, smoking or pets inside the fenced pool area or near the entrance.</li> <li>• No alcohol permitted in the park.</li> </ul>
<b>DIRECTIONS:</b>	Jim Barnett Park Outdoor Pool – <a href="https://www.google.com/maps/place/1001+East+Cork+Street,+Winchester,+VA+22601">1001 East Cork Street, Winchester, VA 22601</a>
<b>HOTELS:</b>	<p>George Washington Hotel - <a href="http://bit.ly/GeorgeWashingtonHotel">http://bit.ly/GeorgeWashingtonHotel</a>  Courtyard by Marriott - <a href="http://bit.ly/CourtyardMarriottWinchester">http://bit.ly/CourtyardMarriottWinchester</a>  Fairfield Inn - <a href="http://bit.ly/FairfieldInnWinchester">http://bit.ly/FairfieldInnWinchester</a>  Country Inn &amp; Suites - <a href="http://bit.ly/CountryInnSuitesWinchester">http://bit.ly/CountryInnSuitesWinchester</a>  Hilton Garden Inn - <a href="http://bit.ly/HiltonGardenInnWinchester">http://bit.ly/HiltonGardenInnWinchester</a>  Hampton Inn - <a href="http://bit.ly/HamptonInnWinchester">http://bit.ly/HamptonInnWinchester</a>  Spring Hill Suites – <a href="http://bit.ly/springhillS">http://bit.ly/springhillS</a>  Towne Place Suites – <a href="http://bit.ly/townplaceM">http://bit.ly/townplaceM</a>  Tru by Hilton Winchester - <a href="http://bit.ly/hiltonT">http://bit.ly/hiltonT</a>  Comfort Inn and Suites – <a href="http://bit.ly/comfortinnS">http://bit.ly/comfortinnS</a></p>

# Winchester Long Course Invitational ORDER OF EVENTS

WARM-UP & COMPETITION WILL START NO EARLIER THE INDICATED TIMES.

<b>Friday, June 14, 2024</b>		
<b>Session 1 (Open) **</b> <b>Warm-up: 7:00 am; Start: 8:15 am</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	Open 200 Butterfly	2
3	Open 200 Backstroke	4
5	Open 200 Breaststroke	6
7	Open 200 IM	8
<b>Session 2 (12&amp;U Distance) **</b> <b>Warm-up: 11:20 pm; Start: 12:00 pm</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
9	12&U 400 IM	10
11	12&U 800 Freestyle	12
13	12&U 1500 Freestyle	14
<b>**12 and under swimmers must choose between session 1 or 2</b>		
<b>Session 3 (13&amp;O Distance)</b> <b>Warm-up: 1:50 pm; Start: 2:35 pm</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
15	13&O 400 IM	16
17	13&O 800 Freestyle	18
19	13&O 1500 Freestyle	20

## Winchester Long Course Invitational ORDER OF EVENTS

<b>Saturday, June 15, 2024</b>		
<b>Session 4 (12 and under)</b> <b>Warm-up: 7:00 am; Start: 8:15 am</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
21	10 & Under 400 Freestyle	22
23	11-12 400 Freestyle	24
25	10 & Under 50 Butterfly	26
27	11-12 50 Butterfly	28
29	10 & Under 100 Breaststroke	30
31	11-12 100 Breaststroke	32
33	10 & Under 50 Backstroke	34
35	11-12 50 Backstroke	36
37	10 & Under 100 Freestyle	38
39	11-12 100 Freestyle	40
<b>Session 5 (13 and over)</b> <b>Warm-up: 12:00 pm; Start: 1:15 pm</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
41	13-14 400 Freestyle	42
43	15 & Over 400 Freestyle	44
45	13-14 100 Breaststroke	46
47	15 & Over 100 Breaststroke	48
49	13-14 200 IM	50
51	15 & Over 200 IM	52
53	13-14 100 Freestyle	54
55	15 & Over 100 Freestyle	56

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# ORDER OF EVENTS

<b>Sunday, June 16, 2024</b>		
<b>Session 6 (12 and under)</b>		
<b>Warm-up: 7:00 am; Start: 8:15 am</b>		
<b>Girls</b>	<b><u>Events</u></b>	<b>Boys</b>
57	10 & Under 100 Butterfly	58
59	11-12 100 Butterfly	60
61	10 & Under 200 Freestyle	62
63	11-12 200 Freestyle	64
65	10 & Under 50 Breaststroke	66
67	11-12 50 Breaststroke	68
69	10 & Under 100 Backstroke	70
71	11-12 100 Backstroke	72
73	10 & Under 50 Freestyle	74
75	11-12 50 Freestyle	76
<b>Session 7 (13 and over)</b>		
<b>Warm-up: 12:00 pm; Start: 1:15 pm</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
77	13-14 100 Butterfly	78
79	15 & Over 100 Butterfly	80
81	13-14 200 Freestyle	82
83	15 & Over 200 Freestyle	84
85	13-14 100 Backstroke	86
87	15 & Over 100 Backstroke	88
89	13-14 50 Freestyle	90
91	15 & Over 50 Freestyle	92