



Winchester Long Course Invitational

June 16-18, 2023
SANCTION NO. VS-23-102R



SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-102R - USA Swimming, Inc., Virginia Swimming, Inc., WST (Winchester Swim Team), and Jim Barnett Park shall be held free and harmless from any liabilities or claims for damage arising because of injuries to anyone during the conduct of this event. - 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 City of Winchester.
LOCATION:	Jim Barnett Park, 1001 East Cork Street, Winchester, VA 22601
FACILITY:	- 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. - A semi-automated Dolphin Timing System made by Colorado Timing System will be used for all events. - Eight lanes will be used for competition. - The 6-lane indoor pool will be available for continuous warm up and cool down. - Lifeguards and AED equipment will be available to athletes participating in the meet. The AED is located at the guard office. - The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).
MEET DIRECTORS :	Trey Shafer & Tiffanie Lugo Email: trey.shafer@winchesterswimteam.com tiffanie.lugo@winchesterswimteam.com Phone: (540)336-2406
ELIGIBILITY :	- Open to all USA Swimming athletes registered before the first day of the meet. - No on deck USA Swimming athlete registration will be permitted. 2021-2024 NAG time standards are in effect. - Age on June 16, 2023, will determine age for the entire meet.
DISABILITY SWIMMERS :	- Athletes with a disability are welcome and shall provide advance notice of desired accommodation 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.
FORMAT:	- All events will be timed finals. - All 12 and under swimmers will swim in the morning session Saturday and Sunday. - All 13 and over swimmers will swim in the afternoon session Saturday and Sunday. - All swimmers may swim in session 1 (open) except for 12 and under swimmers who must choose session 1(open) or session 2 (open Distance). - All 13 and over swimmers may also swim in session 2(open Distance).
WARM-UP:	- Morning sessions: Warm-ups at 7:00 am; competition starts at 8:05 am. - Afternoon sessions: Warm-ups not before 11:00 am; competition starts at 12:05 pm. - Open distance session: The pool will be open for a minimum of 40 minutes of open warm-ups immediately following the finish of session 1, with the distance session competition starting at 12:30 pm. - Lane assignment and warm-up times for individual clubs will be posted on the Winchester Swim Team website no later than Monday, June 12, 2023, and will also be emailed to the contact person of the participating clubs. - If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.

ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS June 6, 2023. • Entries must be submitted in long course meter times using Commlink-2 software. • Teams submit entries via email. • Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. <u>CT must be slower than an "A" time.</u> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Coach Times can be a conversion of SCY times. Converted times will be accepted but must be submitted in long course meters. • "No Time" (NT) entries will not be accepted. • Swimmers may enter a maximum of 5 individual event(s) per day. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit for the 12&under swimmers or the limits as mandated by current Commonwealth of Virginia guidelines. • Email entries to: Trey Shafer, trey.shafer@winchesterswimteam.com, if you do not receive a confirmation email within 24 hours, please contact the Meet Director. • 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:	Individual events: \$10.00 Deck entries: \$15.00 Swimmer surcharge: \$2.50 per person. • Checks should be made payable to: Winchester Swim Team • Mail payment to: Winchester Swim Team, 4 Weems Lane #178, Winchester VA 22601 • Payment must be received by Tuesday, June 13, 2023. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING:	• A clerk of course will be provided for the 12 & under sessions to organize swimmers and escort them to the blocks for their assigned heats. • All events will be deck-seeded. Swimmers will be seeded from slowest to fastest. Events 9-10, 109-110 (400 IM), 11-12, 111-112 (800 Free), and 13-14, 113-114 (1500 Free) will be swum fastest to slowest and alternating heats of girls and boys. • Coaches will be given a list of their team's entries prior to their assigned warm up time. After warmups begin coaches will have 15 minutes 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. • Heat sheets will be distributed electronically at no cost. • The meet referee reserves the right to combine heats and events which may require reseeding. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDDED.
AWARDS:	Ribbons will be awarded first through eighth place in each age group, 8 and under, 9-10, 11-12, 13-14, and 15 and over.
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 awarded.
RULES:	• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection 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 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 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: Kelly Warnagiris Email: kelly.warnagiris@winchesterswmteam.com Phone: (703) 283-9121 - 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 to (host team officials chair Kelly Warnagiris, kelly.warnagiris@winchesterswmteam.com) no later than Tuesday, June 13, 2023. - Please follow the link to sign up: https://docs.google.com/forms/d/e/1FAIpQLSef4QvzooEoryQy4-z2D7R57TZwxOwLkBMkiT9ECHZ6X07mWQ/viewform - Official's meetings will be conducted one hour prior to the start of each session. - 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.
SAFETY:	Virginia Swimming Meet Safety 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 Winchester Swim Team website no later than Monday, June 12, 2023, and will also be emailed to the contact person of each of the individual clubs. - Timers should report to the timers meeting 30 minutes before each session. - Swimmers will have to provide their own timer and lap counter for session 2 and session 3.
GENERAL:	- Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers and spectators. - Team Areas: Tent will be allowed in the grass areas behind the water slide. - Meet Mobile: Will be available for all sessions with complimentary WIFI access provided by Wave 2 Net, LLC - Concessions: Food trucks and general concessions will be provided. - Hospitality: Will provide breakfast, lunch, dinner and snacks each day. - T-shirt Vendor: Commemorative t-shirt vendor will be onsite. - First Aid: See Lifeguard for assistance. - Spectators may use the restrooms inside of the War Memorial Building.

FACILITY RULES:	• Winchester Park and Recreational Rules and Regulations apply. • Please obey all posted signs. • No glass, smoking or pets inside the fenced pool area or near the entrance. • No alcohol permitted in the park.
DIRECTIONS:	Jim Barnett Park Outdoor Pool – 1001 East Cork Street, Winchester, VA 22601
HOTELS:	George Washington Hotel - http://bit.ly/GeorgeWashingtonHotel Courtyard by Marriott - http://bit.ly/CourtyardMarriottWinchester Fairfield Inn - http://bit.ly/FairfieldInnWinchester Country Inn & Suites - http://bit.ly/CountryInnSuitesWinchester Hilton Garden Inn - http://bit.ly/HiltonGardenInnWinchester Hampton Inn - http://bit.ly/HamptonInnWinchester Spring Hill Suites – http://bit.ly/springhills Towne Place Suites – http://bit.ly/townplaceM Tru by Hilton Winchester - http://bit.ly/hiltonT Comfort Inn and Suites – http://bit.ly/comfortinnS

Winchester Long Course Invitational

ORDER OF EVENTS

Friday, June 16, 2023		
Session 1 (Open) ** Warm-up: 7:00 am; Start: 8:05 am		
Girls	Events	Boys
1	Open 200 Butterfly	2
3	Open 200 Backstroke	4
5	Open 200 Breaststroke	6
7	Open 200 IM	8
Session 2 (Open) ** Warm-up: 12:00 pm; Start: 12:30 pm		
Girls	Events	Boys
209	Open 400 IM	209
211	Open Freestyle	212
213	Open1500 Freestyle	214
**12 and under swimmers must choose between session 1 or 2		
Due to combining events, there is no longer a Session 3.		

Winchester Long Course Invitational

ORDER OF EVENTS

Saturday, June 17, 2023		
Session 4 (12 and under) Warm-up: 7:00 am; Start: 8:05 am		
Girls	Events	Boys
15	10 & Under 400 Freestyle	16
17	11-12 400 Freestyle	18
19	10 & Under 50 Butterfly	20
21	11-12 50 Butterfly	22
23	10 & Under 100 Breaststroke	24
25	11-12 100 Breaststroke	26
27	10 & Under 50 Backstroke	28
29	11-12 50 Backstroke	30
31	10 & Under 100 Freestyle	32
33	11-12 100 Freestyle	34
Session 5 (13 and over) Warm-up: 12:00 pm; Start: 1:05 pm		
Girls	Events	Boys
35	13-14 400 Freestyle	36
37	15 & Over 400 Freestyle	38
39	13-14 100 Breaststroke	40
41	15 & Over 100 Breaststroke	42
43	13-14 200 IM	44
45	15 & Over 200 IM	46
47	13-14 100 Freestyle	48
49	15 & Over 100 Freestyle	50

Winchester Long Course Invitational

ORDER OF EVENTS

Sunday, June 18, 2023		
Session 6 (12 and under) Warm-up: 7:00 am; Start: 8:05 am		
Girls	<u>Events</u>	Boys
51	10 & Under 100 Butterfly	52
53	11-12 100 Butterfly	54
55	10 & Under 200 Freestyle	56
57	11-12 200 Freestyle	58
59	10 & Under 50 Breaststroke	60
61	11-12 50 Breaststroke	62
63	10 & Under 100 Backstroke	64
65	11-12 100 Backstroke	66
67	10 & Under 50 Freestyle	68
69	11-12 50 Freestyle	70
Session 7 (13 and over) Warm-up: 12:00 pm; Start: 1:05 pm		
Girls	Events	Boys
71	13-14 100 Butterfly	72
73	15 & Over 100 Butterfly	74
75	13-14 200 Freestyle	76
77	15 & Over 200 Freestyle	78
79	13-14 100 Backstroke	80
81	15 & Over 100 Backstroke	82
83	13-14 50 Freestyle	84
85	15 & Over 50 Freestyle	86