



**VIRGINIA SWIMMING LONG COURSE
AGE GROUP CHAMPIONSHIP**
July 21-24, 2022
SANCTION NO. VS-22-113

Hosted by:



We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting the Christiansburg Aquatic Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-22-113 • USA Swimming, Inc., Virginia Swimming, Inc., H2OKie Aquatics, and Christiansburg Aquatic Center 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. • An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., Virginia Swimming, Inc., and HOKI Aquatics cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.	
LOCATION:	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073, Phone: (540) 381-7665	
FACILITY:	• Indoor 50-meter pool offers 7' deep at the shallow end and 17'1" deep at the deep end; the pool has overflow gutters, non-turbulent lane markers, and Paddock starting blocks with backstroke handles and foot wedges. • Colorado Timing automatic and semi-automatic timing will be used. • The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). • In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet will 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:	MC Banks VSI Age Group Chair Phone: (410) 967-2525 Email: coachmc@novaswim.org	Scott Baldwin Local Host Coordinator (540) 998-2327 edbaldwi@vt.edu

ELIGIBILITY:	• Open to all Virginia Swimming registered athletes registered prior to the first day of the meet who are 14 years old and younger and meet the qualifying time in each event entered. • 11-12 year old swimmers must have achieved the 13-14 qualifying time to swim either the 800 or 1500 M Freestyle. • Swimmers who have a minimum qualifying time in the 800 Meter Freestyle or the 1500 Meter Freestyle may swim both events. This applies to all 11-14 aged swimmers. • No on deck Virginia Swimming athlete registration will be permitted. • The qualifying period for this meet is January 1, 2021 through July 20, 2022. • Age on July 21, 2022 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.
FORMAT:	• The meet referee, in consultation with the Meet Directors, reserves the right to utilize chase starts in Preliminary Sessions. If chase starts are used, odd numbered heats will start at the shallow end, even numbered heats from the deep end; all 50s will start from the deep end. Teams will be notified no later than Sunday July 17, 2022 if chase starts will be used. • If chase starts are not utilized, all events, including 50s, will start from the shallow end. • All events in Finals will start from the shallow end. • Individual events: • Individual events: ○ Thursday: 10 & under 400 M Freestyle, 11-12 400 M Freestyle, and 11-14 1500 M Freestyle will be swum as timed finals. ○ Friday: 11-12 400 M IM will be swum as a timed final event with the top 8 swimmers after scratches competing Friday night in finals. ○ Sunday: 11-14 800 M Freestyle will be swum as a timed final event. ○ All other events swim be swum as preliminary / finals events. • The 10&U and 11-12 400 M Freestyle will be swum as Timed Finals swimming fastest to slowest, alternating girls and boys. Swimmers are expected to provide their own timers. • The 11-14 1500 M Freestyle will be swum fastest to slowest, alternating girls and boys. ○ The final heat of boys and girls may be combined. Swimmers are expected to provide their own timers and lap counters. • The 800 Freestyle for ages 11-14 will be swum fastest to slowest, alternating girls and boys. ○ The final heat of boys and girls may be combined. Swimmers are expected to provide their own timers and lap counters. • All swimmers will swim preliminaries in the morning sessions. • Finals (Friday through Sunday) will be swum with the consolation heat swimming first, followed by the final heat. ○ Top 16 11-12 and 13-14 swimmers will qualify for finals ○ Top 8 10&U swimmers will qualify for finals. ○ There will be 5 minute breaks in Finals to cushion relays after the following events: #34 (11-12 Boys 400 M IM), #44 (11-12 Boys 200 M Medley Relay) and #72 (13-14 boys 400 M Freestyle). • Relay events: ○ Scratch deadline for 13-14 800 M Freestyle relay is 4:30pm Thursday ○ Scratch deadline for <u>all other</u> relay events is 7:30am Friday. ○ Timed Finals. ○ All 10 & Under Relays will swim during the preliminary sessions. ○ 13-14 800 M Freestyle Relays will be swum Thursday after Distance events. ○ The fastest heat of each 11-12 and 13-14 relay on Friday and Saturday will be swum in the finals sessions. All remaining heats will be swum during the preliminary sessions. ○ All heats of the 400 M Freestyle Relay will be swum on Sunday during the preliminary session.

	○ Relays will be seeded so that the slowest heat has at least three teams, even if this means that a heat in the finals session has fewer than eight teams ○ All relays both entered and swum must have at least two swimmers that have been entered in an individual event in this meet.
WARM-UP:	● Thursday Distance/Relay Session: Warm-up at 2:00pm; competition starts not earlier than 2:40pm. ○ There will be a 30 minute general warm-up for the 1500 Free. ○ There will be a 15 minute general warm-up following the last heat of 1500 Free for the 11-12 and 10&U 400 Free. Competition will begin 5 minutes after warm-up concludes. ○ There will be a 15 minute general warm-up following the last heat of 400 Free for the 13-14 800 Free Relay. Competition will begin 5 minutes after warm-up concludes. ○ Swimmers and coaches are reminded the Instructional Pool will be open throughout competition for continuous warm-up / warm-down. ● Preliminary Sessions: ○ Friday, Saturday and Sunday mornings: Warm-ups not earlier than 6:30am, competition starts not earlier than 8:00am. ● Final Sessions: ○ Warm-ups start not before 4:00pm; competition start not before 5:00pm ● 800 Free Session: ○ There will be a 15 minute warm-up for the 800 Free which will begin 5 minutes after the conclusion of the Sunday Preliminary Session. Competition will begin 5 minutes after warm-up concludes. ● Warm-up and Meet Start times are approximate and will be finalized after the entry deadline. The above information is provided for general guideline purposes. ● Finalized Session start times, lane assignments and warm-up times for individual clubs will be posted on the H2OKIE website www.h2okieaquatics.org no later than Sunday July 17, 2022 and will also be emailed from the VSI Age Group Chair via I-Contact. Please ensure your email provider enables I-Contact emails to be received.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY JULY 13, 2022 ENTRY PROCEDURES – OME MEET ENTRY SEE OME HIGHLIGHTS ATTACHMENT AT END OF INVITATION FOR MORE INFORMATION ● OME OPENS: No Later Than 9:00am EDT – Monday June 27, 2022 ● OME CLOSES: 11:59pm EST – Wednesday, July 13, 2022 ● Meet Entry Officer: Emily Fagan ● On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Email entries during the regular entry period will not be accepted. ○ The OME system is accessed from the USA Swimming web site at the address http://www.usaswimming.org/ome ○ Coaches must register for an account (Free) to utilize the system. Log in and select “Enter Team”. ● LATE ENTRIES. Entries desired after 11:59pm, Wednesday, July 13, 2022, and prior to the start of the meet, must be sent to the Meet Entry Officer for input and will be considered late. ○ All late entries must submit proof of time. ○ Late entries may not be used to improve the seed time of an earlier entry. ● Conforming and Non-Conforming times will be used for entry – Long Course Meters then Short Course Meters then Short Course Yards. ● PROOF OF TIMES: Proof of entry times is required for individual and relay events. Entries not proven by the first day of competition will be scratched. ● ENTRY LIMITS: ○ Individual Events: Swimmers may enter a maximum of 8 events, no more than three per day and 2 relays per day. ○ Relays: Two (2) per team per event. ● Individual Entries: Use the fastest time in national database for entry within the qualifying period.

	- Swimmers may enter using an "Override Time" for times that are not in the national database. - Override times must include the meet name and date. - Override times that cannot be proven during the entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List). Relay Entries: Use the fastest time in national database for entry within the qualifying period. Relay times must be provable by team or swimmer aggregate. - All relays, entered and swum, must contain at least two swimmers that are entered in at least one individual event in the meet. - ALL relay swimmers must appear on the master entry and pay the applicable surcharge. All entries for 13-14 200 M Medley relays must use 400 M Medley relay seed times. "No Time" (NT) entries will not be accepted for any relay entries. - The Meet Director, in conjunction with the Meet Referee, reserves the right to combine heats and events, which may require reseeding. The Meet Director / Referee reserves the right to eliminate heats of any event if necessary.
FEES:	Individual events: \$12.50 Relay events: \$20.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Includes: - Free Access to Heat Sheets - Meet Mobile - PDF Files for each session online: 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. Payment: - Payment for entry fees will NOT be accepted through OME. - Payment may be made by check (payable to Virginia Swimming) and sent to: Virginia Swimming PO Box 1059 Appomattox, VA 24522 - Payment may be made by credit card through the Payment Center on the Virginia Swimming website. <u>Payment by check must be received by July 21, 2022.</u> - Fees for late entries will be due prior to the first session of the meet (Thursday, July 21, 2022). Failure to pay entry fees by this deadline could result in teams being barred from the meet. - Payment for events entered at the meet must be made at the time of the request (made to Administrative Referee). - IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
AWARDS:	- Individual events will be awarded medals for first through eighth place. - Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. - High point will be awarded for girls and boys in the 10 & Under, 11-12, 13-14 age groups and overall. - Team awards will be given. - The winning team will receive a banner. The teams placing second through sixth will receive a plaque. - Large Team, Medium Team, and Small Team: Girl's and boy's highest overall score in each category - Scoring - Individual Events: F: 20-17-16-15-14-13-12-11 C: 9-7-6-5-4-3-2-1 - Relay Events: F: 40-34-32-30-28-26-24-22 C: 18-14-12-10-8-6-4-2

SEEDING:	• All events will be pre-seeded with the exception of the following events: 400 M and 1500 M Free, 400 M IM, and all relays which will be deck seeded. • THERE ARE NO POSITIVE CHECK-IN EVENTS AT THIS MEET. All relay teams and athletes swimming in deck seeded events who choose not to swim an event must scratch from the event prior to the following scratch deadlines: ○ Thursday: ▪ 11-14 1500 M Free: 2:05pm ▪ 11-12 & 10&U 400 M Free: 4:00pm ▪ 13-14 800 M Free Relay: 5:30pm ○ Friday: ▪ All Relays: 7:30am ▪ 11-12 & 13-14 400 M IM: 7:30am ○ Saturday: 13-14 400 M Freestyle 7:30am ○ Sunday: 11-14 800 M Freestyle: 7:30am • Information about submitting scratches will be distributed at the General Meeting. • A swimmer who fails to scratch from a timed final individual event and does not show up to compete will be barred from his/her next individual event.
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.
RULES:	• The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, will be in effect. • All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition. • 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 • 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 or the swimmer's legal guardian to ensure compliance with this requirement. • The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E only, will be in effect and apply to all heats of individual events with the exception of timed final events. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet. • 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 into or out of swimsuits other than in locker rooms or other designated areas is prohibited. • In accordance with VSI Best Practices, swimmers 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:	Meet Referee: Kelly Warnagiris Email: kelly@warnagiris.org Phone: 703-283-9121 • Officials will be needed for all positions and all sessions for this meet. • Officials training will only be available for the administrative component of referee training. • An Application to Officiate is available on the VSI website at www.virginiawimming.org and should be sent to the Meet Referee no later than Monday, July 18, 2022. • Application is being made to have this meet designated as an Officials Qualifying Meet for N2 certification/re-certification. Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate. • Evaluation will be available for N2 at all positions. • Briefings will be held 1 hour prior to the start of each session. • At the discretion of the Meet Referee, a coaches meeting will be held either virtually or in person. This information will be made available to teams no later than Sunday July 17, 2022.
SAFETY:	• Virginia Swimming Meet Safety and Warm-Up 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 H2okie Aquatics website www.h2okieaquatics.org no later than Sunday July 17, 2022 and will also be emailed to the contact person of each of the individual clubs. • Swimmers are expected to provide their own timers for events #1-2 (11-14 1500 M Free), #3-4 (11-12 400 M Free), #5-6 (10&U 400 M Free), #7-8 (13-14 800 M Free Relay) and #105-106 (11-14 800 M Free)
GENERAL:	• Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violates Aquatic Center rules (posted at the pool) will be disqualified from the meet and escorted from the facility. • Deck Access: Access to the pool deck will be strictly controlled. Spectators must remain in the stands above the pool area. • No "Team Photographers" will be allowed on deck at the meet. • Hospitality will be available for Coaches and officials • Concessions will be available • Swim and Tri will be on site for all of your swimwear needs • Spectator Seating: Seating will be available for spectators. • First Aid: A staffed First Aid Station is located at lifeguard office. • Lost and Found: Lost and Found will be located at the lifeguard office.
FACILITY RULES:	FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANBURG AQUATIC CENTER RULES: • Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult. • Observers are to stay in designated areas. • No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations. • Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management. • Smoking is NOT permitted within the Town of Christiansburg Aquatic Center. • The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. • Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends. • The Aquatic Center strongly encourages showering prior to entering the pool.

	• All emergency exits and walkways must remain clear. • Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet.
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Virginia Swimming 2022 Long Course Age Group Championships

Order of Events

G	Thursday Timed Finals	B
1	11-14 1500 Free	2
3	11-12 400 Freestyle	4
5	10&U 400 Freestyle	6
7	13-14 800 Free Relay	8

G	Friday Prelims/Finals	B
9	10&U 50 Breaststroke	10
11	11-12 50 Breaststroke	12
13	13-14 100 Breaststroke	14
15	10&U 200 Freestyle	16
17	11-12 200 Freestyle	18
19	13-14 200 Freestyle	20
21	10&U 100 Butterfly	22
23	11-12 100 Butterfly	24
25	13-14 100 Butterfly	26
27	10&U 50 Backstroke	28
29	11-12 200 Backstroke	30
31	13-14 400 IM	32
33	11-12 400 IM (*)	34
35	10&U 400 Medley Relay (#)	36
37	13-14 400 Medley Relay (*)	38
39	11-12 400 Medley Relay (*)	40

G	Saturday Prelims/Finals	B
41	13-14 200 Medley Relay (*)	42
43	11-12 200 Medley Relay (*)	44
45	10&U 200 Medley Relay (#)	46
47	11-12 200 Butterfly	48
49	13-14 200 Butterfly	50
51	10&U 50 Freestyle	52
53	11-12 50 Freestyle	54
55	13-14 50 Freestyle	56
57	10&U 100 Breaststroke	58
59	11-12 100 Breaststroke	60
61	13-14 200 Breaststroke	62
63	10&U 200 IM	64
65	11-12 200 IM	66
67	13-14 100 Backstroke	68
69	11-12 50 Backstroke	70
71	13-14 400 Freestyle	72
73	10&U 200 Free Relay (#)	74
75	11-12 200 Free Relay (*)	76
77	13-14 200 Free Relay (*)	78

G	Sunday Prelims/Finals	B
79	11-12 200 Breaststroke	80
81	13-14 200 Backstroke	82
83	10&U 100 Backstroke	84
85	11-12 100 Backstroke	86
87	13-14 100 Freestyle	88
89	10&U 100 Freestyle	90
91	11-12 100 Freestyle	92
93	13-14 200 IM	94
95	10&U 50 Butterfly	96
97	11-12 50 Butterfly	98
99	10&U 400 Freestyle Relay (#)	100
101	11-12 400 Freestyle Relay (#)	102
103	13-14 400 Freestyle Relay (#)	104

G	800 Freestyle Session	B
105	11-14 800 Freestyle	106

(*) Timed Final event. Top 8
Swim in Finals
(#) Timed Final Event. All
Heats swim in Prelims

2021-2024 Virginia Swimming Age Group Championship QT's						
	GIRLS				BOYS	
LCM	SCM	SCY	10 & Under	SCY	SCM	LCM
35.49	34.69	31.29	50 Free	30.99	34.39	35.19
1:18.59	1:16.99	1:09.39	100 Free	1:08.79	1:16.29	1:17.89
2:54.49	2:51.29	2:34.29	200 Free	2:29.39	2:47.19	2:50.49
6:04.09	5:57.39	6:44.29	400/500 Free	6:37.39	5:52.09	5:59.49
41.49	40.89	36.69	50 Back	36.09	40.19	40.59
1:29.29	1:28.09	1:19.29	100 Back	1:17.49	1:26.49	1:27.19
47.49	46.49	41.69	50 Breast	40.99	46.29	47.69
1:43.69	1:41.69	1:31.69	100 Breast	1:29.99	1:39.69	1:42.69
39.99	39.29	35.39	50 Fly	34.89	38.89	39.39
1:33.69	1:32.29	1:23.09	100 Fly	1:19.89	1:29.29	1:30.09
-	1:27.99	1:19.29	100 IM	1:17.89	1:27.09	-
3:13.59	3:10.39	2:51.49	200 IM	2:50.39	3:09.59	3:12.29
LCM	SCM	SCY	11-12	SCY	SCM	LCM
31.29	30.69	27.49	50 Free	27.49	30.49	31.29
1:08.69	1:07.09	1:00.49	100 Free	1:00.19	1:06.79	1:08.39
2:27.89	2:24.69	2:10.39	200 Free	2:10.79	2:25.19	2:28.39
5:10.99	5:04.59	5:48.49	400/500 Free	5:50.59	5:06.49	5:12.89
36.19	35.59	32.09	50 Back	31.79	35.29	35.89
1:17.09	1:15.99	1:08.49	100 Back	1:08.79	1:16.39	1:17.59
2:45.69	2:43.29	2:27.09	200 Back	2:27.39	2:44.19	2:46.59
40.59	39.59	35.69	50 Breast	36.09	40.59	41.29
1:28.49	1:26.49	1:17.89	100 Breast	1:17.49	1:27.59	1:29.59
3:10.59	3:06.59	2:48.09	200 Breast	2:46.39	3:07.99	3:11.99
34.29	33.59	30.29	50 Fly	30.49	34.19	34.89
1:19.79	1:15.39	1:07.89	100 Fly	1:08.39	1:15.89	1:17.29
2:55.59	2:54.99	2:34.49	200 Fly	2:30.69	2:49.49	2:51.89
-	1:16.19	1:08.59	100 IM	1:09.09	1:17.19	-
2:46.89	2:43.69	2:27.49	200 IM	2:27.19	2:43.39	2:46.59
5:58.79	5:52.39	5:17.49	400 IM	5:12.89	5:47.29	5:53.69
LCM	SCM	SCY	13-14	SCY	SCM	LCM
29.59	28.89	25.89	50 Free	24.49	27.39	28.09
1:03.99	1:02.39	55.79	100 Free	53.09	59.39	1:00.79
2:18.69	2:15.49	2:01.39	200 Free	1:55.79	2:08.49	2:11.69
4:52.99	4:46.59	5:28.29	400/500 Free	5:15.19	4:34.89	4:41.29
10:11.19	9:58.39	11:24.79	800/1000 Free*	11:12.49	9:47.39	10:00.19
19:58.19	19:34.19	19:34.69	1500/1650 Free*	18:53.49	18:51.09	19:15.09
1:11.19	1:09.99	1:03.09	100 Back	1:00.39	1:06.99	1:08.19
2:33.19	2:30.79	2:14.89	200 Back	2:10.19	2:24.49	2:26.89
1:22.99	1:20.99	1:12.29	100 Breast	1:09.39	1:17.49	1:19.49
3:02.29	2:58.29	2:37.19	200 Breast	2:30.79	2:48.89	2:52.89
1:10.69	1:09.29	1:02.39	100 Fly	59.19	1:05.69	1:07.09
2:39.59	2:36.79	2:21.29	200 Fly	2:14.99	2:29.79	2:32.59
2:36.79	2:33.79	2:17.49	200 IM	2:10.49	2:26.39	2:32.59
5:30.29	5:23.89	4:51.79	400 IM	4:40.59	5:11.49	5:17.89
*11-14 yr old event						
Approved 10.31.20						
Valid through 2024 LC Age Group Champs						

ONLINE MEET ENTRY (OME) INSTRUCTIONS

- Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) **ONLY**. Email entries during the regular entry period will not be accepted.
 - The OME system is accessed from the USA Swimming web site at the address: <http://www.usaswimming.org/ome>
 - Coaches must register for an account (Free) to utilize the system. Log in and select "Enter Team".
- **OME OPENS:** 9:00 AM EST, Monday, June 28, 2022
- **OME CLOSES:** 11:59 PM EST, Wednesday, July 13, 2022 (Entry Deadline)
- **Meet Entry Officer:**
- **OME HELP:**
Meet Entry Officer: Emily Fagan
Phone: 804-514-8083
Email: businessoffice@virginiaswimming.org
- **Conforming and Non-Conforming times will be used for entry in this order: Long Course Meters, then Short Course Meters, then Short Course Yards.**
- **ENTRY LIMITS:**
 - **Individual Events:** Swimmers may enter a maximum of 8 events, no more than three per day and 2 relays per day.
 - **Relay Events:** Two (2) per team per event.
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 - Swimmers may enter using an "Override Time" for times that are not in the national database.
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- **Relay Entries:** Use the fastest time in national database for entry within the qualifying period. Relay times must be provable by team or swimmer aggregate.
 - All relays, entered and swum, must contain at least two swimmers that are entered in at least one individual event in the meet.
 - ALL relay swimmers must appear on the master entry and pay the applicable surcharge.
 - **All entries for 13-14 200 M Medley relays must use 400 M Medley relay seed times.**
 - **"No Time" (NT) entries will not be accepted for relay entries.**
- **OME RELAY ENTRY PROCEDURES: ENSURE "RELAY ONLY" ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.**
 - If entering a "B" relay, be sure to select an entry time that does not have a double asterisk (**).
 - The ** signifies that at least one athlete from the entry time of the "A" relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay
- **Proof of entry times is required for individual and relay events. Entries not proven by the first day of competition will be scratched.**
- Any proof of times received after the heat sheet has been printed will be seeded in the first heat with an extra heat being added if necessary.
- Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
- OME is not an eligibility report. It is the coach's responsibility to know for which events your athlete is qualified.
- **ATTENTION TEAMS WITH UNATTACHED ATHLETES:** Teams may enter athletes with an unattached status. When building the roster in OME, select the "Add Unattached/Unregistered Swimmer" link.
- **ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually.
 - These individuals may send an email of their entries to the Meet Entry Officer to be entered manually.
 - Payment must be made by check to be received no later than July 21, 2022.

- **LATE ENTRIES:**

- Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input.
- Late entries at the meet must be made to the Admin Referee and will only be accepted for events for which the scratch box has not closed.
- All late entries must submit proof of time.
- Late entries may not be used to improve the seed time of an earlier entry.