



## Lynchburg YMCA Winter Invitational

January 2-4, 2026

APPROVAL NO.VS-26

Hosted by



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: <b>VS-26</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></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-striped 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. For 8 &amp; under 25-yard events, two semi-automatic plungers and backup stopwatches will be used.</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>• Lifeguards will be on duty and an AED is located in the lifeguard office between the competition pool and the family pool.</li><li>• In order to provide parents/guardians/spectators 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.</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 all YMCA athletes who are members in good standing before the first day of the meet. Age on January 2, 2026 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 using the <u>Disability Accommodation Form</u>.</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>• Friday afternoon's session offers 12 &amp; under and 13 &amp; over events.</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 normal start end of the pool. For 100-yard relay events, the 2<sup>nd</sup> and 4<sup>th</sup> swimmers will be required to start in the water.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Monday, December 22, 2025</b></p> <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 with the name of the person to contact in case of questions must accompany</li></ul>

	<p>the entries.</p> <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 <b>2 individual events</b> on <u>Friday</u> and <b>4 individual events</b> on <u>Saturday and Sunday</u>.</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>• <b>Email entries to: LYMEETENTRIES@GMAIL.COM</b></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 January 2, 2026 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 12 &amp; U 500 Free, 1000 free, 13 &amp; over 400 IM, and 13 &amp; O 500 Free will be pre-seeded. These events 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 12 &amp; U 500 Free, 1000 free, 13 &amp; over 400 IM, and 13 &amp; O 500 Free will be swum slowest to fastest, girls and then boys.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Friday PM Session: Warm ups 4:30 pm; competition starts at 5:30 pm</li> <li>• Saturday and Sunday Morning sessions: Warm-ups not before 8:00 a.m.; competition starts not before 9:15 a.m.</li> <li>• Saturday and Sunday Afternoon sessions: Warm-ups not before 12:00p.m.; competition starts not before 1:00 p.m.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the LY website at <a href="http://lyswimming.org">lyswimming.org</a> no later than Monday, December 29, 2025, 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> <li>• 12 &amp; Under events will be given separate awards for 11-12, 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 Prevention 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,</li> </ul>

	<p>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.</p> <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 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:</b> Josh Rice  <b>Email:</b> <a href="mailto:jarice@liberty.edu">jarice@liberty.edu</a>  <b>Phone:</b> (434) 941-8804</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 Josh Rice no later than Thursday, December 26. Or your officials can also sign up here: <a href="https://bit.ly/2026LYWINTER">https://bit.ly/2026LYWINTER</a>. Officials' and coaches' meetings will be announced at the meet.</li> </ul>
<b>SAFETY:</b>	<p><b>Meet Safety Officer:</b> Ryan Woodruff  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://lyswimming.org">lyswimming.org</a> no later than Monday, December 29, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Each swimmer in events 7 &amp; 8 (12 &amp; under 500 free), 9 &amp; 10 (11 &amp; over 1,000 free), and events 79 &amp; 80 (13 &amp; over 1,000 free) will be required to provide their own timer and a counter.</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. Spectators will be allowed to watch the meet with a watch-and-go method.</li> <li>• Spectators and swimmers may sit in the gym or in the designated outdoor seating area. No spectator's chairs will be allowed to be set up on the pool deck or in the warm down pool area.</li> </ul>

	<ul style="list-style-type: none"> <li>• NO RED BEVERAGES (Gatorade, Powerade, etc.) are allowed in the gym area.</li> </ul>
<b>YMCA OF CVA SWIM MEET ADMISSIONS POLICY</b>	<p><i>We strive to provide a safe environment for our staff, members and all who enter our facility. Part of this includes requiring ALL persons to check-in at the welcome center (front desk) prior to entry.</i></p> <p><i>If not a member of the YMCA of Central Virginia, please stop by the Welcome Center and our staff will direct you to your location.</i></p> <p><i>If you are an active member of a different YMCA, we can look you up through our nationwide system and you do not need to create a community membership as detailed below.</i></p> <p><i>If you are not an active member of the YMCA, you must set up a Community Membership. This includes all spectators.</i></p> <ul style="list-style-type: none"> <li>• Please ensure your “Community Membership” is up to date and complete by adding anyone to your account who will be attending and spectating the swim meet. You can login and update the information using <a href="#">this link</a>.</li> <li>• For anyone you add (absolutely anybody you think would be attending the meet), please enter their full name, birthday, correct address and email address.</li> </ul> <p><b><i>Everyone attending the swim meet whether a member or Community member will receive a different color wrist band for each day they attend the meet. This will let staff know you are here for the swim meet. Swimmers can put the bands on their swim bags.</i></b></p> <p><i>We appreciate your patience, understanding and cooperation as we strive to create a safer environment for our staff, members and all who enter our facility.</i></p> <ul style="list-style-type: none"> <li>•</li> </ul>

**2026 LY WINTER INVITATIONAL  
ORDER OF EVENTS**

<b>Friday, January 2, 2026</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	11-12 200 Individual Medley	2
3	10 & under 200 Individual Medley	4
5	13 & over 50 Freestyle	6
7	12 & under 500 Freestyle*	8
9	11 & Over 1,000 Freestyle*	10

\*Swimmers must provide own timer and counter

<b>Saturday, January 3, 2026</b>					
<b>Morning Session</b>			<b>Afternoon Session</b>		
<b>Warm-up not before: 8:00am; Start not before: 9:15am</b>			<b>Warm-up: not before 12:00pm; Start: Not Before 1:00 pm</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>	<b>Girls</b>	<b>Event</b>	<b>Boys</b>
11	15 & over 200 Medley Relay	12	29	8 & Under 100 Freestyle Relay	30
13	13-14 200 Medley Relay	14	31	9-10 200 Freestyle Relay	32
<b>5-minute break</b>			33	11-12 200 Freestyle Relay	34
15	13 & over 200 Freestyle	16	<b>5-minute break</b>		
17	13 & Over 50 Fly	18	35	8 & Under 25 Freestyle	36
19	13 & over 100 Breaststroke	20	37	11-12 100 Freestyle	38
21	13 & over 100 Backstroke	22	39	10 & Under 100 Freestyle	40
23	13 & over 200 Butterfly	24	41	12 & Under 200 Butterfly	42
25	13 & over 50 Breaststroke	26	43	8 & Under 25 Breaststroke	44
27	13 & over 400 IM**	28	45	11-12 50 Backstroke	46
<b>5-minute break</b>			47	10 & Under 50 Backstroke	48
<b>5-minute break</b>			49	11-12 100 Breaststroke	50
<b>5-minute break</b>			51	10 & Under 100 Breaststroke	52
<b>5-minute break</b>			53	11-12 50 Butterfly	54
<b>5-minute break</b>			55	10 & Under 50 Butterfly	56
<b>5-minute break</b>			57	11-12 100 Individual Medley	58
<b>5-minute break</b>			59	10 & under 100 Individual Medley	60
<b>5-minute break</b>			61	12 & under 200 Backstroke	62

\*\*Swimmers must provide own timer

*Continued on next page*

**2026 LY WINTER INVITATIONAL  
ORDER OF EVENTS**

<b>Sunday, January 4, 2026</b>					
<b>Morning Session</b> <b>Warm-up not before: 8:00am; Start not before: 9:15am</b>			<b>Afternoon Session</b> <b>Warm-up: not before 12:00pm; Start: not before 1:00 pm</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
63	15 & over 200 Free Relay	64	81	8 & Under 100 Medley Relay	82
65	13-14 200 Free Relay	66	83	9-10 200 Medley Relay	84
<b>5-minute break</b>			85	11-12 Under 200 Medley Relay	86
67	13 & over 200 Individual Medley	68	<b>5-minute break</b>		
69	13 & over 100 Freestyle	70	87	8 & Under 25 Backstroke	88
71	13 & over 200 Backstroke	72	89	11-12 200 Freestyle	90
73	13 & over 100 Butterfly	74	91	10 & Under 200 Freestyle	92
75	13 & over 200 Breaststroke	76	93	8 & Under 25 Butterfly	94
77	13 & Over 50 Backstroke	78	95	11-12 50 Breaststroke	96
79	13 & over 500 Freestyle***	80	97	10 & Under 50 Breaststroke	98
***Swimmers must provide own timer and counter			99	11-12 100 Butterfly	100
			101	10 & Under 100 Butterfly	102
			103	11-12 50 Freestyle	104
			105	10 & Under 50 Freestyle	106
			107	11-12 100 Back	108
			109	10 & Under 100 Back	110
			111	12 & Under 200 Breast	112