

	Hampton Roads YMCA League Championships March 28, 2009 <u>Revised 1/15/09</u>	
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SANCTION:	
LOCATION:	Greenbrier Family YMCA, 1033 Greenbrier Parkway Chesapeake, VA 23320
FACILITY:	<ul style="list-style-type: none"> Six (6) lane 25 yard indoor pool. Overflow gutters, non-turbulent lane markers; Colorado Timing System.
MEET DIRECTOR:	John Squires Phone: (757)438-6424 Email: john.p.squires@uscg.mil
ELIGIBILITY:	<ul style="list-style-type: none"> All participants must be a member of a SHR YMCA Swim team, be a member of their local YMCA and must have a full privilege annual membership at that YMCA to be eligible. Each participant must have competed in at least two (2) interassociation (closed YMCA) meets since Sept. 1, 2008 prior to the entry deadline and have achieved at least a USA Swimming B time standard, or a modified B time standard listed in this invite. Teams in the Southside league are: CYAT, PYAC, GBH, CYSS, Franklin, E-City All swimmers participating in this meet must be registered by the first day of the meet. No on deck registration will be permitted. The qualifying period for this meet for times is January 1, 2008 through March 15, 2009 <u>Age on December 1, 2008 will determine age for the entire meet.</u>
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcomed 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:	<ul style="list-style-type: none"> 11 & Older swimmers will swim prelims Sat am, finals Sat PM. 10 & Younger swimmers will swim timed finals on Saturday Mid Day. The meet will be conducted in accordance with USA Swimming / YMCA USA technical rules and regulations. The competition will consist of a preliminary and finals session for 11-12, 13-14, 15-18 groups. 10 & younger events will be timed finals Saturday Mid Day. During finals, a Consolation and Championship heat will be offered for both the 13-14, 15-18 age groups. The top 6 swimmers from prelims will qualify for the Championship final, and swimmers placing 6th-12th will qualify for the Consolation final. Relay entries will be limited to two per team per event. All relays will be swum as timed finals. Breaks in competition are placed to provide adequate rest for swimmers competing in multiple events. These breaks may change at the meet directors discretion. Championship Scratch Rules are in effect.
WARM-UP:	<ul style="list-style-type: none"> 11 & Older Prelim Session: 6:30am – 7:40am Competition starts at 8:00am 10 & Younger 11:30am – 12:30pm Competition starts at 1:00pm 11 & Older Finals Session: 5:00pm – 5:45pm Competition starts at 6:00pm Warm-up lane assignments and times for individual clubs will be sent via email to each team. If the prelim session runs late the Mid Day finals warm-ups will begin immediately after the morning session ends.

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, March 17, 2009.</p> <ul style="list-style-type: none"> • Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager • Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk. • A Team Manager printout of entries must be included with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • No Time (NT) entries will not be accepted. • Swimmers may enter a maximum of <i>3 individual events</i> and <i>2 relay event</i> per day. • Relay teams must be designated A, B, no team may enter more than 2 relays per event.. • Entries will be processed in the order received. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions could require reseeding. • Email entries to: John.p.squires@uscg.mil • Mail entries to: 178 Driftwood Drive, Chesapeake, VA. 23320 • • IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery, as this will delay the receipt of your entries. • Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual events: \$2.00 Relay events: \$4.00 Swimmer surcharge: \$3.00 per person (entered in the meet in any capacity) Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and after the entry deadline.</p> <ul style="list-style-type: none"> • Checks should be made payable to: (Greenbrier Family YMCA) or transferred via Member ST. For member ST Questions please contact Jennifer Paet at the Greenbrier YMCA. • Payment must be received by Tuesday, March 24, 2009 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline will result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • For 10 & Younger swimmers medals be awarded for first through 4th place and ribbons will be awarded for 5th – 8th place. • 11 & Older events will be given separate awards for 11 – 12, 13-14 year olds, and 15-18 year olds. • Heat winner ribbons will be awarded for all individual events for 10 & Younger swimmers. • Relay events will be awarded ribbons for first through fourth place
SEEDING:	<ul style="list-style-type: none"> • All events, pre-seeded. All swimmers must report to Clerk of Course and they will be brought to the blocks from there. • Swimmers in finals should report directly to the blocks for their events. • All events will be seeded slowest to fastest.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded. • Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. • Clubs entering swimmers not legally registered with YMCA Swimming or not having completed in 3 dual meets by the first day of the meet may be fined \$100 per swimmer in each event so entered.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations, and YMCA USA rules will apply.

OFFICIALS:	<p>Meet Referee: John Squires Email: john.p.squires@uscg.mil Phone: (757)438-6424</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. All officials MUST be YMCA certified at Level I or Level II. USA certified officials will be considered on a case by case basis. • Teams should submit the names and session availability of certified officials, to John Squires (john.p.squires@uscg.mil) host club point of contact) no later than Tuesday March 17, 2009. • Officials will meet in the Hospitality Room 1 hour prior to competition start. • General meeting for coaches and key officials will be held in the hospitality room 1 hour prior to competition start.
SAFETY:	<ul style="list-style-type: none"> • YMCA Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.
TIMERS:	<ul style="list-style-type: none"> • 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 emailed to the contact person of each of the individual clubs. These assignments will also be posted throughout the venue. • The name(s) and telephone numbers/email addresses of a Timer Coordinator from each club, per session, must be submitted with entries. • It is the responsibility of the club Timer Coordinator to ensure that timers from their club are present when required and that reliefs are arranged ahead of time. Timer Coordinators must check in with Meet Director prior to each session.
GENERAL:	<p>Hospitality will be provided for Coaches and Officials.</p> <p>Coaches are responsible for conduct of their team. Each team is responsible for providing supervision in team areas, along with clean up of team areas.</p>

Order of Events:

Saturday, March 28, 2009

AM Session - Warm-ups: 6:30am – 7:45pm; Competition Starts at 8:00

PM Session – Warm-ups: 11:35am – 12:30pm; Competition Starts at 1:00pm

AM Prelim Session

Girls	Events	Boys
1	11 – 12 50 Freestyle	2
3	13 – 14 50 Freestyle	4
5	15 – 18 50 Freestyle	6
7	11 – 12 100 Breaststroke	8
9	13 – 14 100 Breaststroke	10
11	15 – 18 100 Breaststroke	12
13	13 & Over 200 Freestyle	14
<u>10min Break</u>		
15	11 – 12 200 Freestyle Relay	
16	13 – 14 200 Freestyle Relay	
17	15 – 18 200 Freestyle Relay	
<u>10 min Break</u>		
18	11 – 12 100 IM	19
20	13 – 14 200 IM	21
22	15 – 18 200 IM	23
24	11 – 12 100 Freestyle	25
26	13 – 14 100 Freestyle	27
28	15 – 18 100 Freestyle	29
<u>10 min Break</u>		
30	11 – 12 100 Backstroke	31
32	13 – 14 100 Backstroke	33
34	15 – 18 100 Backstroke	35
36	11 – 12 100 Butterfly	37
38	13 – 14 100 Butterfly	39
<i>Evening Finals:</i>		
40	15 – 18 100 Butterfly	41
<u>10 min Break</u>		
	11 – 12 200 Medley Relay	
43	13 – 14 200 Medley Relay	
44	15 – 18 200 Medley Relay	

Mid Day

Girls	Events	Boys
45	6 & Younger 25 Freestyle	46
47	7 – 8 25 Freestyle	48
49	9 – 10 50 Freestyle	50
51	8 & Younger 25 Breaststroke	52
53	9 – 10 50 Breaststroke	54
55	10 & Younger 100 IM	56
<u>10min Break</u>		
57	6 & Younger 100 Free Relay	
58	7 – 8 100 Freestyle Relay	
59	9 – 10 100 Freestyle Relay	
<u>10min Break</u>		
60	6 & Younger 50 Freestyle	61
62	7 – 8 50 Freestyle	63
64	9 – 10 100 Freestyle	65
<u>10min Break</u>		
66	6 & Younger 25 Backstroke	67
68	7 – 8 25 Backstroke	69
70	9 – 10 50 Backstroke	71
<u>10min Break</u>		
72	8 & Younger 25 Butterfly	73
74	9 – 10 50 Butterfly	75
76	8 & Y 100 Mixed Medley Relay	
77	9 – 10 100 Mixed Medley Relay	

1	11 – 12 50 Freestyle	2
3	13 – 14 50 Freestyle	4
5	15 – 18 50 Freestyle	6
10 Min Break		
7	11 – 12 100 Breaststroke	8
9	13 – 14 100 Breaststroke	10
11	15 – 18 100 Breaststroke	12
10 Min Break		
13	13 & Over 200 Freestyle	14
18	11 – 12 100 IM	19
20	13 – 14 200 IM	21
22	15 – 18 200 IM	23
24	11 – 12 100 Freestyle	25
26	13 – 14 100 Freestyle	27
28	15 – 18 100 Freestyle	29
10 Min Break		
30	11 – 12 100 Backstroke	31
32	13 – 14 100 Backstroke	33
34	15 – 18 100 Backstroke	35
36	11 – 12 100 Butterfly	37
38	13 – 14 100 Butterfly	39
40	15 – 18 100 Butterfly	41

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**2009 YMCA South Hampton Roads
Championships
Qualifying Times
Greenbrier Family YMCA
March 28, 2009
All times are in Short Course Yards**

Event 1 Girls 11-12 50 Free 34.29
Event 2 Boys 11-12 50 Free 33.39
Event 3 Girls 13-14 50 Free 33.39
Event 4 Boys 13-14 50 Free 30.69
Event 5 Girls 15-18 50 Free 32.69
Event 6 Boys 15-18 50 Free 29.49
Event 7 Girls 11-12 100 Breast 1:38.39
Event 8 Boys 11-12 100 Breast 1:37.09
Event 9 Girls 13-14 100 Breast 1:32.59
Event 10 Boys 13-14 100 Breast 1:26.09
Event 11 Girls 15-18 100 Breast 1:30.29
Event 12 Boys 15-18 100 Breast 1:22.39
Event 13 Girls 13&O 200 Free 2:36.09
Event 14 Boys 13&O 200 Free 2:26.09
Event 18 Girls 11-12 100 IM 1:28.29
Event 19 Boys 11-12 100 IM 1:25.69
Event 20 Girls 13-14 200 IM 2:57.49
Event 21 Boys 13-14 200 IM 2:45.69
Event 22 Girls 15-18 200 IM 2:52.49
Event 23 Boys 15-18 200 IM 2:39.69
Event 24 Girls 11-12 100 Free 1:15.59
Event 25 Boys 11-12 100 Free 1:15.09
Event 26 Girls 13-14 100 Free 1:14.49
Event 27 Boys 13-14 100 Free 1:08.99
Event 28 Girls 15-18 100 Free 1:12.89
Event 29 Boys 15-18 100 Free 1:06.39
Event 30 Girls 11-12 100 Back 1:29.99
Event 31 Boys 11-12 100 Back 1:27.79
Event 32 Girls 13-14 100 Back 1:21.89
Event 33 Boys 13-14 100 Back 1:16.89
Event 34 Girls 15-18 100 Back 1:19.69
Event 35 Boys 15-18 100 Back 1:13.29
Event 36 Girls 11-12 100 Fly 1:29.19
Event 37 Boys 11-12 100 Fly 1:27.79
Event 38 Girls 13-14 100 Fly 1:19.09
Event 39 Boys 13-14 100 Fly 1:15.29

Event 40 Girls 15-18 100 Fly 1:19.39
Event 41 Boys 15-18 100 Fly 1:12.09
Event 45 Girls 6&U 25 Free 35.50
Event 46 Boys 6&U 25 Free 35.00
Event 47 Girls 7-8 25 Free 26.50
Event 48 Boys 7-8 25 Free 25.00
Event 49 Girls 9-10 50 Free 39.79
Event 50 Boys 9-10 50 Free 38.89
Event 51 Girls 8&U 25 Breast 38.25
Event 52 Boys 8&U 25 Breast 38.25
Event 53 Girls 9-10 50 Breast 55.59
Event 54 Boys 9-10 50 Breast 55.59
Event 55 Girls 10&U 100 IM 1:46.99
Event 56 Boys 10&U 100 IM 1:43.29
Event 60 Girls 6&U 50 Free 1:02.34
Event 61 Boys 6&U 50 Free 1:00.09
Event 62 Girls 7-8 50 Free 55.94
Event 63 Boys 7-8 50 Free 53.62
Event 64 Girls 9-10 100 Free 1:31.29
Event 65 Boys 9-10 100 Free 1:29.19
Event 66 Girls 6&U 25 Back 43.50
Event 67 Boys 6&U 25 Back 42.00
Event 68 Girls 7-8 25 Back 33.60
Event 69 Boys 7-8 25 Back 32.25
Event 70 Girls 9-10 50 Back 50.79
Event 71 Boys 9-10 50 Back 51.19
Event 72 Girls 8&U 25 Fly 36.00
Event 73 Boys 8&U 25 Fly 34.00
Event 74 Girls 9-10 50 Fly 50.79
Event 75 Boys 9-10 50 Fly 49.29

