



2021 Virginia Commonwealth Games
June 25-27, 2021
SANCTION NO. VS-21-207



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 Liberty University Natatorium. 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-21-207**.
- USA Swimming, Inc., Virginia Swimming, Inc., the YMCA of Central Virginia, and Liberty University 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., the YMCA of Central Virginia and Liberty University 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: Liberty University Natatorium, 3853 Candler Mountain Rd, Lynchburg, VA 24502

FACILITY:

- The Liberty University facility provides a 9-lane, 50-meter competition pool with moveable bulkhead and supporting amenities including hospitality and concession stand.
- Indoor 9-lane 50-meter racing course with 7 ft. continuous depth; overflow gutters with non-turbulent lane markers. The meet will be conducted in 8 lanes with the 9th lane being used for warm-up and warm-down if the timeline permits.
- Paddock starting blocks with track plates, Colorado backstroke wedges, and Omega/Swiss timing system.
- Spectator wrap-around three-sided seating for 1,400.
- Two video boards allow for two simultaneous course displays plus the ability to scroll preliminary results.
- 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.

MEET DIRECTOR: Ryan Woodruff
 Phone: (919) 943-6420
 E-mail: lymeetentries@gmail.com

ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming athletes registered before the first day of the meet. • No on deck Virginia Swimming athlete registration will be permitted. • Age on June 25, 2021 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • 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:	<ul style="list-style-type: none"> • All 13 & over swimmers will swim a preliminary session in the morning session. All 12 & under swimmers will swim in the afternoon session (timed finals for 10 & under, prelims for 11-12). The top 16 swimmers in the 13-14, and 15 & over age groups and the top 8 swimmers in the 11-12 age group will swim in the final session each day. • All 50-meter events will start from the turn end of the pool. • All relays are timed finals held at the end of the preliminary sessions. Relays may be eliminated from the meet if the timeline does not allow us to meet the 4-hour rule. If relays are removed, entry fees will be refunded.
ENTRIES:	<ul style="list-style-type: none"> • DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 15, 2021. • Entries must be submitted in long course meters times using Commlink-2 software. • Teams submit entries via email. • "No Time" (NT) entries will be accepted. • Coach Times (CT) will not be accepted • Swimmers may enter a maximum of 8 individual events (3 per day) and 2 relay events (1 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 or the limits as mandated by current Commonwealth of Virginia guidelines. • Email entries to: Ryan Woodruff, lymeetentries@gmail.com • 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:	<ul style="list-style-type: none"> • Individual events: \$8.00. Relay events \$12.00. Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) • Checks should be made payable to: YMCA of Central Virginia • Mail payment to: Ryan Woodruff, 105 Fox Hollow Road, Lynchburg, VA 24503 • Payment must be received by June 22, 2021 for all entries. 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:	<ul style="list-style-type: none"> • Swimmers in all sessions should report directly to the blocks for their events. • Positive check-in will be required for events 11, 12, 23, 24 (400 Free), 33, 34, 45, 46 (400 IM), and 59, 60, 71, and 72 (800 Free). Positive check-in deadline will be 30 minutes prior to the start of the session.
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 6:30am; competition starts at 7:30am. • Afternoon sessions: Warm-ups not before 11:00am; competition starts not before 12:00pm. • Evening Finals sessions: Warm-ups not before 4:00pm; competition starts not before 5:00pm. • Lane assignment and warm-up times for individual clubs will be posted on the LY Swimming website (lyswimming.org) no later than June 21, 2021 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Medals will be awarded for 1st through 3rd place and ribbons for 3rd through 8th. • Relay events: Medals for 1st place, ribbons for 2nd and 3rd place. • 13 & Over individual events will be given separate awards for 13-14 and 15 & Over age groups.

	<ul style="list-style-type: none"> • 12 & Under individual events will be given separate awards for 11-12, 9-10, and 8 & under groups.
COVID RULES	<ul style="list-style-type: none"> • Athletes must arrive in their suits. Locker rooms will be available, but athletes are asked to minimize their use.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. • 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. • 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 VSI best practices, all swimmers 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. • The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to both heats (final and consolation), of all 11 & over events, excluding timed final events.
PENALTIES:	<ul style="list-style-type: none"> • 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"> ○ 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.
OFFICIALS:	<p>Meet Referee: Kris Sennett Email: ksennett@liberty.edu Phone: 434-841-1214</p> <ul style="list-style-type: none"> • 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, as well as the names and session availability of trainees to Kris Sennett (ksennett@liberty.edu) no later than June 22, 2021. • Officials' meeting will be held at 6:30am on Friday, June 25, 2021.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
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 posted on the LY Swimming (lyswimming.org) no later than June 21, 2021 and will also be emailed to the contact

	person of each of the individual clubs.
GENERAL:	Hospitality for coaches & officials will be available for breakfast, lunch, and dinner each day.
FACILITY RULES:	<ul style="list-style-type: none">• 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.• No glass containers of any kind are permitted in the facility.• Lawn/deck chairs are not permitted in the grandstand.• No spectators/parents will be allowed on deck unless working the meet.• No smoking is allowed on the campus.• No flash photography.

**2021 VIRGINIA COMMONWEALTH GAMES
ORDER OF EVENTS**

Friday, June 25, 2021					
Morning Session Warm-up: 6:30am; Start: 7:30am			Afternoon Session Warm-up: Not before 11:00am; Start: Not before 12:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & over 200 Butterfly	2	13	12 & under 200 Butterfly	14
3	13 & over 50 Freestyle	4	15	12 & under 50 Freestyle	16
5	13 & over 200 Individual Medley	6	17	12 & under 200 Individual Medley	18
7	13 & over 50 Backstroke	8	19	12 & under 50 Backstroke	20
9	13 & over 100 Breaststroke	10	21	12 & under 100 Breaststroke	22
11	13 & over 400 Freestyle*	12	23	12 & under 400 Freestyle*	24
* = timed final event					
Evening Finals Session Warm-up: Not before 4:00pm; Start: Not before 5:00pm					
	<u>Girls</u>	<u>Events</u>	<u>Boys</u>		
	13	11-12 200 Butterfly	14		
	1	13 & over 200 Butterfly	2		
	15	11-12 50 Freestyle	16		
	3	13 & over 50 Freestyle	4		
	17	11-12 200 Individual Medley	18		
	5	13 & over 200 Individual Medley	5		
	19	11-12 50 Backstroke	20		
	7	13 & over 50 Backstroke	8		
	21	11-12 100 Breaststroke	22		
	9	13 & over 100 Breaststroke	10		

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Saturday, June 26, 2021

Morning Session Warm-up: 6:30am; Start: 7:30am			Afternoon Session Warm-up: Not before 11:00am; Start: Not before 12:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	13 & over 200 Freestyle	26	37	12 & under 200 Freestyle	38
27	13 & over 100 Butterfly	28	39	12 & under 100 Butterfly	40
29	13 & over 100 Backstroke	30	41	12 & under 100 Backstroke	42
31	13 & over 50 Breaststroke	32	43	12 & under 50 Breaststroke	44
33	13 & over 400 IM*	34	45	12 & under 400 IM*	46
35	13 & over 200 Freestyle Relay**	36	47	12 & under 200 Freestyle Relay**	48

* = timed final event ** = Relays may be cut from the meet if time prohibits them from being held

Evening Finals Session Warm-up: Not before 4:00pm; Start: Not before 5:00pm				
	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	
	37	12 & under 200 Freestyle	38	
	25	13 & over 200 Freestyle	26	
	39	12 & under 100 Butterfly	40	
	27	13 & over 100 Butterfly	28	
	41	12 & under 100 Backstroke	42	
	29	13 & over 100 Backstroke	30	
	43	12 & under 50 Breaststroke	44	
	31	13 & over 50 Breaststroke	32	

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Sunday, June 27, 2021

Morning Session Warm-up: 6:30am; Start: 7:30am			Afternoon Session Warm-up: Not before 11:00am; Start: Not before 12:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	13 & over 100 Freestyle	50	61	12 & under 100 Freestyle	62
51	13 & over 200 Breaststroke	52	63	12 & under 200 Breaststroke	64
53	13 & over 200 Backstroke	54	65	12 & under 200 Backstroke	66
55	13 & over 50 Butterfly	56	67	12 & under 50 Butterfly	68
57	13 & over 200 Medley Relay**	58	69	12 & under 200 Medley Relay**	70
59	13 & over 800 Freestyle*	60	71	12 & under 800 Freestyle*	72

* = timed final event ** = Relays may be cut from the meet if time prohibits them from being held

Evening Finals Session Warm-up: Not before 4:00pm; Start: Not before 5:00pm				
	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	
	61	12 & under 100 Freestyle	62	
	49	13 & over 100 Freestyle	50	
	63	12 & under 200 Breaststroke	64	
	51	13 & over 200 Breaststroke	52	
	65	12 & under 200 Backstroke	66	
	53	13 & over 200 Backstroke	54	
	67	12 & under 50 Butterfly	68	
	55	13 & over 50 Butterfly	56	