

2025 Roanoke Valley Aquatic Association Newsletter

2025 Meet Schedule & Events

Meet #1: June 2, 2025		Meet #2: June 9, 2025		Meet #3: June 16, 2025	
HOST	VISITORS	HOST	VISITORS	HOST	VISITORS
AP	SR	AP	RM, LP	HH	CR, AP
OP	EL, HV	EL	CR, OLN	OP	SR, LP
RCC	FH, LP	FH	SG	RCC	OLN
RM	CR, LL	HH	OP, LL	RM	FH, HV
SG	HH, OLN	RCC	SR, HV	SG	EL, LL
Meet #1 Events		Meet #2 Events		Meet #3 Events	
7-8yr olds	25 Back, 25 Free	7-8yr olds	25 Fly, 50 Free	7-8yr olds	25 Breast, 25 Fly
6 & unders	25 Back, 25 Free	6 & unders	25 Back, 25 Free	6 & unders	25 Free, 25 Fly
9 & olders	50 Back, 50 Free	9 & olders	50 Fly, 100 Free	9 & olders	50 Breast, 100 IM*
Relays	9-12yr old 200 Free	Relays	13 & up 200 Free	Relays	8 & under 100 Free
Meet #4: June 23, 2025		Meet #5: June 30, 2025		Meet #6: July 7, 2025	
HOST	VISITORS	HOST	VISITORS	HOST	VISITORS
AP	OP, OLN	CR	SR, LP	CR	OP, RCC
CR	SG, HV	EL	HH, HV	EL	AP, LL
FH	SR, LL	OP	FH	FH	OLN, HV
HH	RM, LP	RM	OLN, LL	HH	SR
RCC	EL	SG	AP, RCC	RM	SG, LP
Meet #4 Events		Meet #5 Events		Meet #6 Events	
7-8yr olds	25 Breast, 50 Free	7-8yr olds	25 Free, 25 Breast	7-8yr olds	25 Back, 25 Fly
6 & unders	25 Back, 25 Fly	6 & unders	25 Free, 25 Breast	6 & unders	25 Back, 25 Breast
9 & olders	50 Breast, 100 Free	9 & olders	50 Free, 100 IM*	9 & olders	50 Back, 50 Fly
Relays	13 & up 200 Medley	Relays	9-12 yr old 200 Medley	Relays	8 & under 100 Medley

*7 and 8 year olds may enter in the 100 IM on the 3rd and 5th meet if coaches are confident they can finish the event legally in a reasonable time. Each swimmer may still only compete in 2 individual events each meet.

TEAMS

AP Ashley Plantation
 HH Hunting Hills
 RC Roanoke Country Club
 LP Limestone Park

CR Castle Rock
 OP Olympic Park
 HV Hidden Valley
 LL Lancerlot

EL Elks Lodge
 OLN Our Lady of Nazareth
 SR Spring Run

FH Forest Hills
 RM Read Mountain
 SG Stonegate

2025 CITY/COUNTY CHAMPIONSHIP MEET

Friday-Saturday, July 18 & 19 Christiansburg Aquatic Center

10 & Under in the AM

11 & Older in the PM

Friday: Backstroke, Short Freestyle, Individual Medley, and Freestyle Relays

Saturday: Butterfly, Breaststroke, Long Freestyle, and Medley Relays

2025 REGISTRATION

2025 online registration will be available starting April 4:

- Each swimmer must register at <https://www.teamunify.com/reczzrvaa> to be eligible to swim in the 2025 swim season
- RVAA dues are payable online by credit card to complete registration:
 - \$30 per swimmer-April 4-May 27
 - \$35 per swimmer-May 28-June 27
- RVAA dues are in addition to any team dues your swim club charges. Your team dues are not payable through the RVAA online registration. Team dues are handled directly by each team.
- Deadlines: You must register online by May 27th to be eligible to swim for points and ribbons in the first meet of the season. Later registrants may swim in the first meet for exhibition.
- Late registrations are available until June 27th. To be eligible to swim for points and ribbons in the next Monday night meet, a swimmer must register on-line at www.swimrvaa.com by midnight the Friday before the meet. NO EXCEPTIONS. (see pg 9 for swimmer eligibility requirements for City County)
- Registrations are non-refundable. NO EXCEPTIONS.
- A swimmer must be registered by Friday night the week prior to swim for points in any Monday night meet. Ex: For the June 23rd meet swimmers must be registered by June 20th at midnight to swim for points

*Note swimmer's status will remain "Pending Approval" until May 28th if they register on or before May 27th. Swimmer's registering after May 27th will have a "Pending Approval" status for up to a week.

MONDAY NIGHT VOLUNTEER REQUIREMENTS

Volunteer Sign Ups: [RVAA Team Unify-Team Volunteer Assignments](#)

Please select YOUR team from the list to sign up for weekly volunteer positions.

2025 RVAA TRAININGS

Training ensures that all meets are run smoothly and have the best officiating for the benefit of all swimmers. Below is a list of dates and times for training offered through the league.

- **Coaches Meeting:** At least 1 coach from each team must be present for this meeting. All coaches are welcome to join. Please sign up NO LATER than May 14th to receive the online meeting link.
<https://forms.gle/RqpiUqMVBD7PGJkH6>
- **Meet Entry / Team Managers Training:** Those planning to complete weekly team meet entries using Team Manager should plan to attend this training, either as a refresher course or if new to Team Manager use.
<https://forms.gle/vPebRiaymcDZUqKV7>
- **Meet Management / Meet Manager Training:** Those planning to operate the computer and Monday meet results should plan to attend this training, if needing a refresher or new to using Meet Manager.
<https://forms.gle/D9JWcs4YPz7xZ2Z68>
- **New Strokes and Turns Judges:** Anyone wanting to train to judge must attend ONE of these sessions. You do not have to attend them all. Please sign up for the training you desire through this link
<https://forms.gle/Unr735RjENT9MRjt9>
- **Returning Strokes and Turns Judges:** Please use this link to register to judge.
<https://forms.gle/Unr735RjENT9MRjt9>
- **New and Returning Starters & Referees:** You must attend the clinic on May 18th. In addition, you must attend the judges' clinic or complete the online recertification. All hosting teams must have at least one trained starter and referee. All teams must also have many strokes and turns officials. Please use the link here to sign up for the referee and starters training <https://forms.gle/AQNnenT8tFc6TXCg7>

Training	Date	Time	Location and Sign Up
COACHES MEETING	Thursday, May 15	7:00-8:30 PM	Via zoom sign up through link https://forms.gle/RqpiUqMVBD7PGJkH6 <i>*must sign up by May 14th to receive zoom link</i>
STROKES & TURNS JUDGES	Sunday, May 18	2:00-4:00 PM	Hunting Hills Country Club 5220 Hunting Hills Dr, Roanoke, VA 24018 https://forms.gle/Unr735RjENT9MRjt9
STARTERS/REFERREES	Sunday, May 18	4:00-5:00 PM	Hunting Hills Country Club 5220 Hunting Hills Dr, Roanoke, VA 24018 https://forms.gle/AQNnenT8tFc6TXCg7
STROKES & TURNS JUDGES	Wednesday, June 4	6:00-8:00 PM	Hunting Hills Country Club 5220 Hunting Hills Dr, Roanoke, VA 24018 https://forms.gle/Unr735RjENT9MRjt9
TEAM MANAGER/MEET ENTRY TRAINING	Sunday, May 18	1:00-2:30 PM	Roanoke Catholic School 621 N. Jefferson St., Roanoke, VA 24016 https://forms.gle/vPebRiaymcDZUqKV7
MEET MANAGER TRAINING	Sunday, May 18	3:00-4:30 PM	Roanoke Catholic School 621 N. Jefferson St., Roanoke, VA 24016 https://forms.gle/D9JWcs4YPz7xZ2Z68

2025 RVAA Stroke & Turn Official's (Judge's) Eligibility & Training

Who is eligible for Stroke and Turn Training?

- Anyone who wishes to serve as a RVAA Stroke and Turn judge

Who must attend the Stroke and Turn Training?

- Anyone who is new to officiating and has not served as stroke and turn judge previously
- All returning judges are welcome to attend to review the rules before taking the required test

Who must complete the online Stroke test?

- All returning summer league Stroke and Turn officials unless exempt (see below).
- All new trainees AFTER attending a training clinic
- All officials serving as a Referee unless exempt

Who is exempt from Stroke and Turn Clinic?

- Officials that are currently USA Swimming or YMCA certified. Please email your current credentials to rvaaoofficials@gmail.com

How do I obtain a "code key" to take the online test?

- Code keys will be activated by our head judge, based on an email that you provide on the official's registration form. If you have any questions or concerns about training or the registration process, please email Miki Smith at rvaajudges@gmail.net. You should receive an email directly from StrokeandTurn.com after Miki Smith activates your key, sent to the email that you provide! The S&T email will direct the trainee how to access S&T.com and how to access the test. The test consists of stages, or segments, that can be taken all at once or over multiple logins. In certain segments (backstroke) the rules are slightly different from the videos. A disclaimer acknowledges as such. Complete each segment in the timeframe desired. Please note: there is a test and an evaluation that MUST be completed at the end of the Stroke & Turn online session before the certification process is completed. Please complete the entire online program! Upon successful completion please notify Miki Smith @ rvaajudges@gmail.net

Do Starters and Referees need to be trained as judges?

- All Starter and Referees are asked to attend both a stroke and turn AND the starter/referee training clinic annually unless exempt. This cross-training allows for more flexibility at meets and encourages a greater understanding of meet procedures and protocols as well fair interpretation and application of the stroke rules.
- Referees are expected to take the Stroke and Turns test annually unless exempt.

2025 Scholarships and Awards

The George Devins Scholarship

The George Devins Scholarship, administered by the RVAA, is a scholarship in memory of a man who devoted his life to swimmers and swimming in the Roanoke Valley - George Devins. The 2025 scholarship will be \$1500 and will be awarded at the City/County Championship Meet. Applicants must be participating members of the RVAA and must have been accepted to, or currently enrolled in, an institution of higher learning. A committee derived from the RVAA Board of Delegates will judge applicants. Interested swimmers may obtain applications at www.swimrvaa.com. **Applications must be received no later than July 1, 2025.** Completed applications should be sent electronically to swimrvaa@gmail.com.

The Tyler Nordgren Trophy

The 2025 Tyler Nordgren Trophy will be awarded at the annual City/County Championship Meet to an 8-and-under swimmer who embodies the spirit of Tyler Nordgren. Tyler was a member of the Read Mountain swim team who overcame a form of autism and whose brief swimming career was marked by a drive to improve and the excitement that comes with competing and winning ribbons. In July 2001 Tyler suffered a cerebral hemorrhage during warm-ups for a Monday meet, and passed away later that week. Applications should be submitted at the City/County Seed Meeting.

The Duane Whitenack Award

The Duane Whitenack Award In 1980, the RVAA established a special award in memory of Duane Whitenack, who worked to help the RVAA expand and grow and who established the plans for a year-round pool for the use of the traveling team. The RVAA designated the year-end championship meet, "The Duane Whitenack City/County Championship Meet." Also each year, the RVAA gives a special award in his memory to the person or persons who have contributed in an exceptional manner through their time and efforts to promote swimming in the Roanoke Valley. All recipients of this award share common characteristics: they are special, dedicated individuals who have demonstrated their love for our children and the great sport of swimming.

The Irene Hurley Volunteer Award

To honor the service and dedication of Irene Hurley to the RVAA and the sport of swimming in the Roanoke Valley, the RVAA established the Annual Irene Hurley Volunteer Awards in 1996. These awards honor a lady who was actively involved in the RVAA for over 20 years; including ten years as treasurer. She was a model for the caliber of volunteer required for the RVAA. Every year, teams select a volunteer who emulates the qualities, dedication, and commitment of Irene Hurley.

2024 SCHOLARSHIP AND AWARD RECIPIENTS

2024 George Devins Scholarship Recipient

Nathan Snow

2024 Tyler Nordgren Trophy Recipient

Abram Lackey

2024 Duane Whitenack Award Recipients

Kit Williams

2024 Irene Hurley Volunteer Award Recipients

Ashley Plantation-Dana Abney

Forest Hills-Brian Whitenack

Castle Rock-Becky Cairns

Hunting Hills-Eunice Austin

Elks Lodge-Karla Sharrer

Limestone-Camren Smith

Olympic Park-Meredith Harper

Roanoke Country Club-Jack Avis

Our Lady of Nazareth-Jennifer Kellner

Spring Run-Nichole Booker

Read Mountain-Stephanie Romeo

Stonegate-Josh Lawrence

RVAA RULES FOR MEETS 2025

General Eligibility and Meet Rules

1. All swimmers will swim the entire season, including City/County, at the age they have attained on June 1 of the current year.
2. All swimmers must be members of the RVAA member club for which they swim.
3. Guests may swim exhibition in any weeknight meet if space is available. Clerk will issue cards and times will be filed by the RVAA to be used as official times if swimmers complete eligibility requirements. No points or ribbons awarded.
4. Up to three non-member coaches may swim for points and ribbons for any team.
5. Swimmers must pay non-refundable RVAA dues:

***submitted by swimmer online by May 28 \$30, after May 29 \$35**

6. A physician's statement and an explanation of any limitation must accompany a swimmer's request to be classified as "PHYSICALLY LIMITED." Prior to the start of the summer swim season, a committee of referees will review all requests. Therefore, the written request and doctor's verification must accompany the registration and dues form. The referee at the meet site will judge temporary handicaps (ex.: broken arm) on an individual basis.
7. Any swimmer in any age group may start from the deck adjacent to the starting block. However, without a medical waiver, NO ONE may start in the water other than on backstroke or medley relay.
8. With the exception of caps, goggles, nose plugs, and ear plugs, all other swim aids are unacceptable during competition.
9. Each delegate, coach, and judge will receive a copy of the technical stroke rules, and may provide copies to interested swimmers or parents.

Team Responsibilities

10. Each team must supply its share of required workers to run a meet. Teams should refer to the RVAA worker requirements provided to their delegates for a description of the minimum number of workers required by each pool for each meet. **Note: The RVAA may penalize a team if one or more of its workers leave the meet without first securing a qualified substitute for his or her position.**
11. The RVAA and its officials may penalize any individual team or teams that fail to comply with the RVAA Meet Rules. The magnitude of the violation will determine the penalties applied: warnings, loss of team points, or disqualification. The referee will make his or her decision according to RVAA referee guidelines. That decision will be final.
12. Each participating team must provide a work roster, clerk of course worker(s), and a **no show** list to each host pool by 5:00 PM on the day of the meet. All other workers must arrive at the meet location by 5:30 PM. All Monday night meets begin at 6:00 PM.
13. No team may begin warm-ups without the presence of its coach and one responsible adult (or two responsible adults if the coach is absent). Every team must post a coach or adult at each end of the team's warm-up lanes. All warm-ups will end no later than 5:50 PM or as designated by the meet referee.

Referee and Judging Policies

14. Meet events may be changed only in the case of a typographical error in the RVAA Newsletter. Referees are not to change the order of events.
15. Unless hazardous weather conditions exist, meets must be swum on the assigned date. However, when weather conditions necessitate a change, the referee will delay or postpone the meet after consultation with the coaches. The referee must notify the summer director on the same evening of the postponement. If the referee postpones a Monday night meet, the teams shall attempt to swim the meet on either Tuesday or Wednesday night of that week if pool availability and weather conditions permit. Teams will hold no makeup date for the last Monday night meet; however, if necessary, they may hold an open event on the following day.
16. In Monday night meets and at City/County, strokes and turns officials will judge six and under swimmers as they judge every other age group. If a six and under swimmer disqualifies or fails to place, he or she will receive a participation ribbon but will receive no points. Every six and under swimmer will receive a participation ribbon or a place ribbon.
17. The referee will relieve meet officials and workers of their duties if the officials or workers consume alcoholic beverages before or during the meet.
18. Swimmers should be confident and making forward progress of the length of the pool. The referee will make the decision of whether the swimmer is unsafe or the swimmer is making progress in a timely manner.

Classification and Scoring Rules for Monday Night Meets

19. In Monday night competition, a swimmer will be classified for seeding and scoring purposes as Gold, Silver, or Bronze for each event based on the current RVAA Meters Time Standards.

20. Fastest qualifying times determine the winners of each race. Ribbons and points will be awarded to the top five qualifiers in each of the three time standard divisions based on their FINAL time at THAT Monday night competition.

21. To earn Gold or Silver classification, a swimmer's time must be equal to or faster than the stated time standard for their age group.

22. A swimmer may move up or down within the Gold/Silver/Bronze divisions from meet to meet.

23. Adult swimmers, ages 19 and up, will receive points but no ribbons at Monday night meets.

24. Monday meet relays receive ribbons, but no points.

In the case of meet postponement or cancellation:

25. Table officials will record all individual times regardless of the status of the meet completion.

26. After each Monday night meet, the participating teams have **48 hours** to identify and notify the computer/data entry manager of any apparent errors in the results. After the **48 hour** period has elapsed, the unchallenged results shall stand as official.

City/County Championship Meet

27. To participate in any event of the City/County Meet, a swimmer must have competed in at least two weeknight meets as an RVAA registered swimmer.

28. Swimmers who do not have a qualifying time in an event but have swum in at least 2 weeknight meets and have not DQed in an event 2x may swim that event at City/County Meet. However they will be seeded with a NT (no time) for entry purposes. Club entry times or previous year RVAA times or otherwise (coaches' times etc) will not be accepted.

27. Classification rules for City/County follow Monday night rules, but utilize the current RVAA Yards Time Standards.

28. In each of the three time standard divisions, medals or ribbons will be awarded for the top ten places, and points will be awarded for the top twenty places. Relays receive Gold medals or ribbons and points.

29. The season's final scores will be the scores each team receives at the City County Championship meet. RVAA championship awards will be presented to all teams based on final scores. Separate first, second, and third place awards will be given for City/County scores.

The RVAA will tolerate no malicious acts of mischief or vandalism against member pools, and such conduct may result in suspension and/or expulsion of the perpetrator(s) from the league.

- View individual top times at <http://swimrvaa.com/toptimes.html>

- View time standards at <http://swimrvaa.com/timestandards.html>

The Roanoke Valley Aquatic Association was officially organized in 1964 when the RVAA prepared the present constitution and by-laws under the direction and supervision of the late Ed Hughes. During the same year, the AAU officially sanctioned the RVAA. The RVAA has grown from an organization with only a few hundred swimmers in 1964 to approximately 1,699 swimmers in 2012. Following the summer swim season each year, the RVAA holds a championship meet, involving all of the current year's participating teams. At the conclusion of the championship meet, the organization presents plaques and awards in each division for appropriate finishes. The RVAA also maintains, updates yearly, and publishes a record of all the fastest times in the individual age groups events for the championship meet.

The mission of RVAA is to promote the sport of swimming for participants of all ages and abilities throughout the Roanoke Valley Region. All swimmers, parents, coaches, and volunteers will be treated with the highest standards of courtesy and dignity in an environment that fosters fun, personal growth, fair play, and good sportsmanship. RVAA strives to ensure an equitable system of competition among swimmers. Its member swim clubs, in promoting team unity and competition, are charged with abiding by the letter and spirit of the RVAA rules.

For updates throughout the season like us on Facebook and visit our website

www.swimrvaa.com.