



SwimRVA BLASTOFF
October 7-9, 2022
SANCTION NO. VS-23-05



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 SwimRVA - Collegiate School Aquatics 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-23-05 • USA Swimming, Inc., Virginia Swimming, Inc., and Greater Richmond Aquatics Partnership, DBA SwimRVA 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 SwimRVA 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:	SwimRVA - Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234.
FACILITY:	• The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet. • The 50-Meter competition pool with bulkheads. Competition pool has a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead. • This meet will be swum in a 25-yard course within the 50 meter pool. • Omega Starting Blocks, Colorado Timing GEN7 automatic and semi-automatic timing, backup Dolphin wireless stopwatches. • The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming. • In participation in this meet, I and my minor athlete, hereby acknowledge and agree that participation in SwimRVA programs or activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with SwimRVA participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with SwimRVA program participation and that said list in no way limits operation of this Agreement. • 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:	Name: Rebecca Quicke Email: Rebecca.Quicke@swimrichmond.org Phone: (804) 271-8271	
ELIGIBILITY:	• Open to all athletes who are registered with USA Swimming before the first day of the meet. • No on-deck USA Swimming athlete registration will be permitted. • Age on October 7th, 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:	• All events will be swum as timed final. • Friday 1000 yard freestyle will be swum fastest to slowest alternating girls then boys. • Saturday and Sunday: 13 and over swimmers in the AM sessions. 12 and under swimmers will swim in the afternoon session. • Dual course may be used at the discretion of the meet referee. Teams will be notified NLT Monday, October 3 if dual courses will be used.	
WARM-UP:	• Warm-up lane assignments will be emailed to all teams on Monday, October 3, 2022. Session 1 Friday Afternoon Warm-up: 4:00 PM Start: 5:00 PM Sessions 2 and 4 13 & Over Warm-up: 7:00 - 7:50 AM Start: 8:00 AM Sessions 3 and 5 12 and Under Warm-up: Not before 11:30-12:20 PM Start: Not before 12:30 PM • If morning sessions run late, warm-ups for afternoon sessions will begin immediately after the morning session ends.	
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, SEPTEMBER 22, 2022. • Entries must be submitted in short course yards using Commlink-2 software. • Teams must submit entries via e-mail to: Nick Braum, Nick.Braum@swimrichmond.org. • Swimmers may enter a maximum of 4 individual event(s) per day. • "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. • The Meet Referee reserves the right to combine heats and events, which may require reseeding. • Deck entries for athletes already entered in the meet will be accepted if open lanes are available without reseeding the event. No heats will be added.	
FEES:	• Individual events: \$ 9.50 • Swimmer surcharge: \$ 2.50 per swimmer • Checks should be made payable to SwimRVA • Mail payment to: SwimRVA 5050 Ridgedale Parkway Richmond, VA 23234 • Payment must be received by Friday, October 7, 2022. Failure to pay entry fees by this deadline could result in teams being barred from the meet.	
SEEDING:	• All events will be pre-seeded except events 1 & 2. • Events 1 & 2 (11 & Over 1000 Y Free) will require positive check-in. Check-in will close 30 minutes prior to the event. These events will be swum fastest to slowest alternating heats of girls and boys. • Coaches should send all scratches to Nick Braum at Nick.Braum@swimrichmond.org by noon on Thursday, October 6th.	
SCORING and AWARDS:	• This will be a non-scored meet • Heat winner awards will be given for 12 and under sessions	
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 swimmers are unattached, the fine will be levied on the swimmer. • Any event in which an athlete participated illegally will be re-scored and re-awarded.
RULES:	• 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.
OFFICIALS:	Meet Referee: Bryan Wallin Email: thewallin5@comcast.net • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Jeannie Kennedy via email at simplykennedy@gmail.com no later than October 3, 2022. • A short officials meeting will take place during the warm-up time of each session.
SAFETY:	• Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• There will be two (2) timers per lane. Timer shifts will be assigned based on entries. The timer briefing will take place 20 minutes prior to the start of each session. Timer assignments will be sent to teams NLT Monday, October 3, 2022. • Timers should enter the building through the front door. • Lap counting devices will be provided for the 1000 and 500 Free. Swimmers are responsible for providing someone to use the counter. • Athletes are responsible for providing their own timers for the 1000 freestyle, 400 IM and 500 freestyle.
GENERAL:	• Heat Sheets: Heat sheets will be free and available on the Meet Mobile app. • Results: The meet results will be available on the Meet Mobile app. The results will also be posted to the Virginia Swimming web site after the conclusion of the meet. • Swim Supplies: Swim and Tri swim shop will be operating in the lobby of the facility. • Hospitality: A light breakfast, box lunch will be provided. Drinks will be available all day. • Concession: Full Rapids Café menu available in the community room
FACILITY	• No glass containers of any kind are permitted in the facility.

RULES:	• No spectators will be allowed on the pool deck but will have access to the restrooms in the facility lobby. • No smoking is allowed on the campus. • All rules are posted pool side.
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ORDER OF EVENTS

Friday, October 7th, 2022

Session 1: Friday Warm-up: 4:00-4:50 PM Start: 5:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & Older 1000 Freestyle	2

Saturday, October 8th, 2022

Session 2: 13 & Over Warm-up: 7:00-7:50 AM Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
3	13-14 200 Freestyle	4
5	15 & Over 200 Freestyle	6
7	13-14 100 Backstroke	8
9	15 & Over 100 Backstroke	10
11	13-14 200 Breaststroke	12
13	15 & Over 200 Breaststroke	14
15	13-14 100 Butterfly	16
17	15 & Over 100 Butterfly	18
19	13-14 50 Freestyle	20
21	15 & Over 50 Freestyle	22
23	13 & Over 400 IM	24

Session 3: 12 & Under Warm-up: NOT BEFORE 11:30-12:20 PM Start: NOT BEFORE 12:30 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	8 & Under 25 Freestyle	26
27	10 & Under 200 Freestyle	28
29	11-12 200 Freestyle	30
31	10 & Under 100 IM	32
33	11-12 100 IM	34
35	10 & Under 100 Backstroke	36
37	11-12 100 Backstroke	38
39	10 & Under 50 Freestyle	40
41	11-12 50 Freestyle	42
43	8 & Under 25 Breaststroke	44
45	10 & Under 100 Butterfly	46
47	11-12 100 Butterfly	48
49	10 & Under 50 Breaststroke	50
51	11-12 50 Breaststroke	52
53	12 & Under 200 Breaststroke	54
5 Minute Break – Timer Change		
55	12 & Under 400 IM	56

Sunday, October 9th, 2021

Session 4: 13 & Over Warm-up: 7:00-7:50 AM Start: 8:00 AM		
<u><i>Girls</i></u>	<u><i>Events</i></u>	<u><i>Boys</i></u>
57	13-14 200 IM	58
59	15 & Over 200 IM	60
61	13-14 100 Freestyle	62
63	15 & Over 100 Freestyle	64
65	13-14 200 Backstroke	66
67	15 & Over 200 Backstroke	68
69	13-14 200 Butterfly	70
71	15 & Over 200 Butterfly	72
73	13-14 100 Breaststroke	74
75	15 & Over 100 Breaststroke	76
77	13 & Over 500 Freestyle	78

Session 5 12 & Under Warm-up: NOT BEFORE 11:30-12:20 PM Start: NOT BEFORE 12:30 PM		
<u><i>Girls</i></u>	<u><i>Events</i></u>	<u><i>Boys</i></u>
79	8 & Under 25 Butterfly	80
81	10 & under 200 IM	82
83	11-12 200 IM	84
85	10 & Under 100 Freestyle	86
87	11-12 100 Freestyle	88
89	10 & Under 50 Butterfly	90
91	11-12 50 Butterfly	92
93	12 & Under 200 Butterfly	94
95	8 & Under 25 Backstroke	96
97	10 & Under 100 Breaststroke	98
99	11-12 100 Breaststroke	100
101	10 & Under 50 Backstroke	102
103	11-12 50 Backstroke	104
105	12 & Under 200 Backstroke	106
5 Minute Break – Timer Change		
107	12 & Under 500 Freestyle	108