



SwimRVA Long Course Kickoff
April 22-23, 2023
SANCTION NO. VS-23-76R



SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc. Sanction No. VS-23-76R • USA Swimming, Inc., Virginia Swimming, Inc., and Greater Richmond Aquatics Partnership, doing business as 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.			
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 and 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 the 50-meter course. • 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. • American Red Cross certified lifeguards will be on duty for the duration of the contest. The facility is also equipped with first aid supplies, 2 AEDs and emergency oxygen. • 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) 271-8274			
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 April 22, 2023 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 timed finals.			
WARM-UP:	• Warm-up lane assignments will be emailed to all teams on Monday, April 17, 2023. <table><tr><td>SATURDAY SESSION 1 Doors: 7:30 AM Warm-up 1: 8:00 – 8:25 AM Warm-up 2: 8:25 – 8:50 AM Start: 9:00 AM</td><td>SUNDAY SESSION 2 Doors: 7:30 AM Warm-up 1: 8:00 – 8:25 AM Warm-up 2: 8:25 – 8:50 AM Start: 9:00 AM</td></tr></table>		SATURDAY SESSION 1 Doors: 7:30 AM Warm-up 1: 8:00 – 8:25 AM Warm-up 2: 8:25 – 8:50 AM Start: 9:00 AM	SUNDAY SESSION 2 Doors: 7:30 AM Warm-up 1: 8:00 – 8:25 AM Warm-up 2: 8:25 – 8:50 AM Start: 9:00 AM
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ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, APRIL 11, 2023. • Entries must be submitted in Long Course Meters using Hy-Tek Team Manager and Commlink-2 software. • Teams must submit entries via e-mail to: Nick Braum, nick.braum@swimrichmond.org. • A Team Manager print-out of entries and fees must be included with the name of the person to contact in case of questions, regardless of how they are submitted. • “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 for 12 & under sessions. • 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. • ENTRY LIMITS: ○ Individual Events: Athletes may swim no more than four (4) individual events per day.
FEES:	• Individual events: \$ 9.50 • Swimmer surcharge: \$ 2.50 per swimmer • Checks should be made payable to SwimRVA • Mail payment to: - SwimRVA - Attn: Adam Kennedy 5050 Ridgedale Parkway - Richmond, VA 23234 • Payment must be received by Saturday April 22, 2023. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
VIDEO SERVICE:	• SwimRVA will be using our state-of-the-art video streaming system for this contest. Athlete's name, team and time will be displayed in an overlay of their lane, just like in the Olympics! Spectators will be able to go back and watch races over and over again. • <i>Visit our streaming site https://swimrva.vhx.tv/ for product information.</i>
SEEDING:	• All events will be pre-seeded. • Coaches, please submit all changes and scratches no later than Wednesday, April 19th by noon.
SCORING and AWARDS:	• This is a non-scored event • There will be no awards given.
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 <i>USA Swimming Rules and Regulations</i>, including the Minor Athlete Abuse Protection Policy, will govern this meet. • 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. • 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 permission. • Any swimmer entered in the meet must be certified by a USAS 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. • 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, swimmers should shower before entering the pool. • Any 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: Ralph Jones Email: ralph.jones@vdot.virginia.gov - 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 Monday, April 17, 2023. - A short officials meeting will take place during the warm-up time of each session.
SAFETY:	- VSI Safety and Warm-up procedures will be in effect. - During general warm-up, feet first entry only. There will be NO DIVING OR RACING STARTS from the blocks or end of the pool during general warm-ups. - Use of training equipment other than snorkels is not permitted during warm-ups.
TIMERS:	- Clubs will be asked to provide timers for all sessions 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 sent to teams no later than Monday, April 17th.
GENERAL:	Heat Sheets: A listing of seeded heats will be available on the Meet Mobile app. PDF files with daily heat sheets by session will be sent to participating teams by email. 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: Light concessions will be offered at this meet.
FACILITY RULES:	- Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers, lap counters, or other needed volunteer positions. - All air flow intake vents on deck are not to be blocked by chairs, benches, spectators or towels! - Family restrooms are reserved for coaches and officials use only. Individuals needing access should make arrangements with the meet director. - No glass containers of any kind are allowed in the facility. - No lawn/deck chairs allowed in the grandstand. - Objects are not to be passed over the grandstand railing. - No smoking on the campus. - Shoes are suggested to be worn in all areas outside the pool deck including locker rooms. - Doors are not to be propped open (HVAC). - No tape of any kind is to be used inside to hang signs, banners or decorations.



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ORDER OF EVENTS



Saturday, April 22nd, 2023**Session 1**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 200 Individual Medley	2
3	11-12 200 Individual Medley	4
5	13-14 200 Individual Medley	6
7	15 & Over 200 Individual Medley	8
9	10 & Under 100 Backstroke	10
11	11-12 100 Backstroke	12
13	13-14 100 Backstroke	14
15	15 & Over 100 Backstroke	16
17	10 & Under 50 Breaststroke	18
19	11-12 50 Breaststroke	20
21	12 & Under 200 Breaststroke	22
23	13-14 200 Breaststroke	24
25	15 & Over 200 Breaststroke	26
27	10 & Under 100 Freestyle	28
29	11-12 100 Freestyle	30
31	13-14 100 Freestyle	32
33	15 & Over 100 Freestyle	34
35	10 & Under 50 Butterfly	36
37	11-12 50 Butterfly	38
39	13-14 200 Butterfly	40
41	12 & Under 200 Butterfly	42
43	15 & Over 200 Butterfly	44
45	12 & Under 400 Free	46
47	13 & Over 400 Freestyle	48

Sunday, April 23rd, 2023**Session 2**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	10 & Under 50 Backstroke	50
51	11-12 50 Backstroke	52
53	12 & Under 200 Backstroke	54
55	13-14 200 Backstroke	56
57	15 & Over 200 Backstroke	58
59	10 & Under 50 Freestyle	60
61	11-12 50 Freestyle	62
63	13-14 50 Freestyle	64
65	15 & Over 50 Freestyle	66
67	10 & Under 100 Breaststroke	68
69	11-12 100 Breaststroke	70
71	13-14 100 Breaststroke	72
73	15 & Over 100 Breaststroke	74
75	10 & Under 200 Freestyle	76
77	11-12 200 Freestyle	78
79	13-14 200 Freestyle	80
81	15 & Over 200 Freestyle	82
83	10 & Under 100 Butterfly	84

85	11-12 100 Butterfly	86
87	13-14 100 Butterfly	88
89	15 & Over 100 Butterfly	90
91	12 & Under 400 Individual Medley	92
93	13 & Over 400 Individual Medley	94
95	13 & Over 800 Freestyle	96