



2023 Shamrock Showdown

March 23-26, 2023
VS-23-65

Hosted by:
swimRVA

SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc. Sanction No. VS-23-65 - 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-CSAC, 5050 Ridgedale Parkway, Richmond, VA 23234 - Phone: (804) 271-8271 (Pool front desk)	
FACILITY:	- SwimRVA-CSAC Provides 2 indoor pools and supporting amenities including hospitality, a swim shop, and concession stand. 50-meter competition pool with bulkhead offers 2 eight-lane, 25-yard competition pools with a depth of 7' 7" to 8' 1" end to end. Competition lanes are 8' 3" wide. - All sessions will be run in the 25-yard competition pool set up for 8 lanes. - Myrtha track start blocks and Myrtha backstroke wedges. - Colorado System 7 timing, Dolphin watches and Colorado 31' video board. - Indoor 6-lane 25-yard pool for continuous warm-up, cool-down. - 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 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:	Adam Kennedy adam.kennedy@swimrichmond.org Phone: (804) 334-7669	Rebecca Quicke Rebecca.quicke@swimrichmond.org Phone: (804) 519-1979
ELIGIBILITY:	- Open to all USA Swimming athletes registered before the first day of the competition that meet the qualifying time in each event entered. - No on deck athlete registration will be permitted. - Athletes listed as UNAT must check in with the meet director and be assigned a supervising coach in order to warm-up and to compete. - Age on March 23, 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:	Thursday Distance Session: - The 1650 and the 1000 freestyle will be swum as timed finals and run in a dual course format. - The 1650 Free will run in the west course and alternate heats of women, then men, fastest to slowest. - The 1000 Free will run in the east course and alternate heats of women, then men, fastest to slowest.	

	AM SESSIONS – 13 & OVER PRELIMINARY: - Meet director, in consultation with the meet referee, may choose to swim in dual course for any event depending on the timeline and entries received. Teams will be notified NLT Monday, March 20 if dual courses will be used. - The 400 Individual Medley and the 500 Freestyle may be swum in one course and would alternate women and men. If the events are swum in TWO courses, the pools will be separated by gender. In both scenarios: - The four fastest heats of each gender will be swum first, slowest to fastest. - The remaining heats will be swum fastest to slowest. Finals Sessions: - All Finals swimmers will report directly to their assigned starting block. 13 and Over events will be swum in finals as 13-14 and 15 and Over. The top 16 13-14 year olds will qualify and the top 24 15 and Overs will qualify. The 13-14 year old finals heats will swim first, slowest to fastest. The 15 and Over finals heats will swim second, slowest to fastest. - The fastest 13-14 year old heat and the fastest 15 and over heat will be introduced with music, their names and team affiliation announced prior to the start of the race. Relay events: All relay events will be timed finals and be swum slowest to fastest in both prelims and finals. The fastest 2 heats of the 13 and Over 200 Freestyle Relay and the 13 and Over 200 Medley Relay will be swum during the finals session with all other heats swum during the preliminary session. Teams may designate AM preference but must do so prior to the scratch deadline – 40 minutes prior to the start of the preliminary session on the corresponding day. 12 AND UNDER SESSIONS: - All events will be swum as Timed Finals. - Entries will be limited to ensure no session is longer than four hours. - The Meet Director, in consultation with the Meet Referee, may choose to swim in dual course for any event depending on the timeline and entries received. Teams will be notified NLT Monday, March 20 if dual courses will be used. - All 12 and under events including the Friday distance events will be swum slowest to fastest.
ENTRIES:	ENTRY DEADLINE: 5:00 PM, TUESDAY March 14th. - Entries must be submitted using Commlink-2 software. - Teams must submit entries via e-mail to: Nick Braum, nick.braum@swimrichmond.org - 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 ENTRY LIMITS: Individual Events: 13 & Over Athletes may swim no more than three (3) individual events per day. 12 & Under Athletes may swim no more than four (4) individual events per day. Relays: (4) per team, per event. Each team may score a maximum of two (2) per team, per event.
FEES:	13 & Over Individual events: \$15.00 12 & Under Individual events: \$10.00 Relay events: \$23.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Payment must be received by Friday, March 23. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
WARM-UPS:	Thursday PM: - Warm up 3:30-4:50 pm, Competition begins 5:00 pm. **Teams that would like warm-up prior to 3:30 pm should email the meet director. Space is available. 13 & over Prelims: - No earlier than 6:30 – 7:50 am; Competition begins no earlier than 8:00 am 13 & over Finals: - No earlier than 4:00 – 4:50 pm; Competition begins no earlier than 5:00 pm

	• All 12 & Under sessions: ○ No earlier than 11:00 am; Competition begins no earlier than 12:00 pm • 13 & Over Preliminary will be an open warm-up period. For the final 15 minutes the meet director and referee will open pace and sprint lanes based on demand. • 12 & Under Session warm-up assignments will be sent to teams no later than Sunday, March 19th. • Finals sessions will be open for general warm-up for the first 35 minutes. For the final 15 minutes the meet director and referee will open pace and sprint lanes based on demand.
SEEDING:	• All events will be pre-seeded except the 1650 Free, 1000 Free, 500 Free and 400 Individual Medley. • Positive check-in deadline for the 1650 and 1000 Free will be 40 minutes prior to the start of the session (4:20pm), 500 Free and 400 IM will be the start of the preliminary session of the corresponding day. • Positive check-in deadline for the 12 & Under 500 Free and 400 IM will be 30 minutes prior to the start of the Friday session. • AM and PM designations for 13 & Over 200 relays a must be submitted by the positive check-in deadline (40 minutes prior to the start of the preliminary session of the corresponding day).
AWARDS:	• Individual Events will be scored top 16 in the following age groups, 8 & Under, 9-10, 11-12, 13-14, 15 & Over. ○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1 • Relay Events will be scored in their corresponding age group. Teams may score a maximum of two relays per team, per event. ○ Relays: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2 • 13 & Over Team: Women, Men • 12 & Under Team: Women, Men (given at the end of the Sunday 12U session) • Women's High Point, Men's High Point in the following age groups 8 and Under, 9-10, 11-12, 13-14, 15 & Over. 12 & U awards will be handed out at the end of the midday session on Sunday. 13 & O awards will be handed out at the end of finals. • 12 & under heat winner awards will be given.
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.
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 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:	Meet Referee: Ralph Jones Email: ralph.jones@vdot.virginia.gov ● Officials will be needed for all positions and all sessions for this meet. ● Officials interested in serving should contact team coordinator Jeannie Kennedy at simplykennedy@gmail.com no later than Friday, March 17.
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 required 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 Sunday, March 19th. ● Lap counting devices will be provided for the 500 Free, the 1000 Free and 1650 Free. Swimmers are responsible for providing a lap counter and timer (during distance and preliminary sessions).
GENERAL:	● Hospitality: A light breakfast, lunch and dinner will be provided for coaches and officials. Coaches and officials who have special dietary concerns or needs should bring their own food and beverages. ● Meet Program: A Psych Sheet will be sent to all teams prior to the contest. Heat Sheets will be emailed prior to each session, printed for coaches and available via meet mobile. ● Photography: In accordance with J.3 of VSI Policies and Procedures, photography will not be permitted without the express permission of the Meet Director. ● A swim shop vendor will be onsite offering full-service equipment such as goggles and swim suits.
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. Visit our streaming site https://swimrva.vhx.tv/ for product information.
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.
PARKING:	● Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.
HOTELS:	Hotels have been secured through 288 Travel. Please use the following link to set up your hotel rooms. ● https://groups.reservetravel.com/group.aspx?id=59732

SRVA Shamrock Showdown

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Thursday Distance

Women	March 23	Men
1	OPEN 1650 FREE	2
3	OPEN 1000 FREE	4

FRIDAY 13 & Over

Women	March 24	Men
5	13 & Over 200 FREE	6
7	13 & Over 100 BREASTSTROKE	8
9	13 & Over 100 BUTTERFLY	10
11	13 & Over 400 INDIVIDUAL MEDLEY	12

FRIDAY 12 & Under Distance

Girls	March 24	Boys
13	12 & Under 400 INDIVIDUAL MEDLEY	14
15	12 & Under 500 FREE	16

SATURDAY 13 & Over

Women	March 25	Men
17	13-14 200 FREE RELAY*	18
19	15 & Over 200 FREE RELAY*	20
21	13 & Over 200 BUTTERFLY	22
23	13 & Over 50 FREE	24
25	13 & Over 100 BACKSTROKE	26
27	13 & Over 100 INDIVIDUAL MEDLEY	28
29	13 & Over 500 FREE	30

*Top 16 200 Free Relays will be swum in Finals.
Teams may designate relays as AM or PM on the corresponding day 40 minutes prior to the start of the preliminary session.

SATURDAY 12 & Under

Girls	March 25	Boys
31	10 & Under 200 FREE RELAY	32
33	11-12 200 FREE RELAY	34
35	11-12 100 INDIVIDUAL MEDLEY	36
37	8 & Under 25 BACKSTROKE	38
39	10 & Under 100 BACKSTROKE	40
41	11-12 100 BACKSTROKE	42
43	8 & Under 50 BREASTSTROKE	44
45	10 & Under 100 BREASTSTROKE	46
47	11-12 100 BREASTSTROKE	48
49	8 & Under 25 FREE	50
51	9-10 50 FREE	52
53	11-12 50 FREE	54
55	8&Under 25 BUTTERFLY	56
57	9-10 50 BUTTERFLY	58
59	11-12 50 BUTTERFLY	60
61	11-12 200 BUTTERFLY	62
63	8&Under 100 FREE	64
65	9-10 200 FREE	66
67	11-12 200 FREE	68

Sunday 13 & Over		
Women	March 26	Men
69	13-14 200 MEDLEY RELAY*^	70
71	15 & Over 200 MEDLEY RELAY*^	72
73	13 & Over 200 BACKSTROKE	74
75	13 & Over 100 FREE	76
77	13 & Over 200 BREASTSTROKE	78
79	13 & Over 200 INDIVIDUAL MEDLEY	80
*Top 16 200 Medley Relays will swim in Finals. Teams may designate relays as AM or PM on the corresponding day 40 minutes prior to the start of the preliminary session. ^Teams should enter using team 400 Medley Relay times or add-up 400 Medley Relay times.		

SUNDAY 12 & Under		
Girls	March 26	Boys
81	10 & Under 200 MEDLEY RELAY	82
83	11-12 200 MEDLEY RELAY	84
85	8 & Under 50 BACKSTROKE	86
87	9-10 50 BACKSTROKE	88
89	11-12 50 BACKSTROKE	90
91	10 & Under 100 INDIVIDUAL MEDLEY	92
93	12 & Under 200 INDIVIDUAL MEDLEY	94
95	8 & Under 50 FREE	96
97	9-10 100 FREE	98
99	11-12 100 FREE	100
101	11-12 200 BACKSTROKE	102
103	8 & Under 50 BUTTERFLY	104
105	10 & Under 100 BUTTERFLY	106
107	11-12 100 BUTTERFLY	108
109	8 & Under 25 BREASTSTROKE	110
111	9-10 50 BREASTSTROKE	112
113	11-12 50 BREASTSTROKE	114
115	11-12 200 BREASTSTROKE	116