



**SwimRVA BLASTOFF**  
**October 6-8, 2023**  
**SANCTION NO. VS- 24-16**



<p><b>WARM-UP:</b></p>	<ul style="list-style-type: none"> <li>Warm-up lane assignments will be emailed to all teams on Tuesday, October 3, 2023.</li> </ul> <table border="1" data-bbox="347 100 873 191"> <tr> <td> <p><b>Session 1   Friday Afternoon</b> Warm-up: 4:00 PM Start: 5:00 PM</p> </td> </tr> </table> <table border="1" data-bbox="922 100 1481 191"> <tr> <td> <p><b>Sessions 2 and 4   13 &amp; Over</b> Warm-up: 7:00 - 7:50 AM Start: 8:00 AM</p> </td> </tr> </table> <table border="1" data-bbox="922 201 1481 296"> <tr> <td> <p><b>Sessions 3 and 5   12 and Under</b> Warm-up: Not before 11:30-12:20 PM Start: Not before 12:30 PM</p> </td> </tr> </table> <ul style="list-style-type: none"> <li>If morning sessions run late, warm-ups for afternoon sessions will begin immediately after the morning session ends.</li> </ul>	<p><b>Session 1   Friday Afternoon</b> Warm-up: 4:00 PM Start: 5:00 PM</p>	<p><b>Sessions 2 and 4   13 &amp; Over</b> Warm-up: 7:00 - 7:50 AM Start: 8:00 AM</p>	<p><b>Sessions 3 and 5   12 and Under</b> Warm-up: Not before 11:30-12:20 PM Start: Not before 12:30 PM</p>
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<p><b>ENTRIES:</b></p>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, SEPTEMBER 26, 2023.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in short course yards using Commlink-2 software.</li> <li>Teams must submit entries via e-mail to: <a href="mailto:entries@swimrichmond.org">entries@swimrichmond.org</a>. Please include the meet name and your team name in the subject.</li> <li>Swimmers may enter a maximum of 4 individual event(s) per day.</li> <li>“No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record.</li> <li>Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an “A” time.</li> <li>All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>The Meet Referee reserves the right to combine heats and events, which may require reseeding.</li> <li><b>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.</b></li> </ul>			
<p><b>FEES:</b></p>	<ul style="list-style-type: none"> <li>Individual events: \$ 11.00</li> <li>Swimmer surcharge: \$ 2.50 per swimmer</li> <li>Checks should be made payable to SwimRVA</li> <li>Mail payment to: SwimRVA 5050 Ridgedale Parkway Richmond, VA 23234</li> <li>Payment must be received by Friday, October 6, 2023. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>			
<p><b>SEEDING:</b></p>	<ul style="list-style-type: none"> <li>All events will be pre-seeded except events 1 &amp; 2.</li> <li>Events 1 &amp; 2 (11 &amp; Over 1000 Y Free) will require positive check-in. Check-in will close 30 minutes prior to the start of the session. These events will be swum fastest to slowest alternating heats of girls and boys.</li> <li>Coaches should send all scratches for pre-seeded events to <a href="mailto:entries@swimrichmond.org">entries@swimrichmond.org</a> by noon on Monday, October 2, 2023.</li> </ul>			
<p><b>SCORING and AWARDS:</b></p>	<ul style="list-style-type: none"> <li>This will be a non-scored meet</li> <li>Heat winner awards will be given for 12 and under sessions</li> </ul>			
<p><b>PENALTIES:</b></p>	<ul style="list-style-type: none"> <li>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"> <li>Entries using fraudulent or non-verifiable times.</li> <li>Athlete competed in the incorrect age group.</li> <li>Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>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.</li> <li>Any event in which an athlete participated illegally will be re-scored and re-awarded.</li> </ul>			

<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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>.</li> <li>• 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.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee:       Ralph Jones</b></p> <p><b>Email:                 <a href="mailto:RalphVASwim@gmail.com">RalphVASwim@gmail.com</a></b></p> <ul style="list-style-type: none"> <li>• Certified officials wishing to work the meet can submit an application by October 3, 2023 by clicking the following link: <a href="https://forms.gle/8snvQ4SNuyR2HPyt6">https://forms.gle/8snvQ4SNuyR2HPyt6</a></li> <li>• A short officials meeting will take place during the warm-up time of each session.</li> </ul>
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>• Virginia Swimming Meet Safety Procedures will be in effect.</li> <li>• 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.</li> <li>• Use of training equipment other than snorkels is not permitted during warm-ups.</li> </ul>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• There will be two (2) timers per lane. Teams will be required to provide timers based on the number of athletes entered in the meet. 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 2, 2023.</li> <li>• Timers should enter the building through the front door.</li> <li>• Lap counting devices will be provided for the 1000 and 500 Free. Swimmers are responsible for providing someone to use the counter.</li> <li>• Athletes are responsible for providing their own timers for the 1000 freestyle, 400 IM and 500 freestyle.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Heat Sheets:</b> Heat sheets will be free and available on the Meet Mobile app.</li> <li>• <b>Results:</b> The meet results will be available on the Meet Mobile app. The results will also be posted to the Virginia Swimming website after the conclusion of the meet.</li> <li>• <b>Swim Supplies:</b> Swim and Tri swim shop will be operating in the lobby of the facility.</li> <li>• <b>Hospitality:</b> A light breakfast, lunch, and/ or dinner will be provided. Drinks will be available all day.</li> <li>• <b>Concession:</b> Full Rapids Café menu available in the community room</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• 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 at other needed volunteer positions.</li> <li>• All air flow intake vents on deck are not to be blocked by chairs, benches, spectators or towels!</li> </ul>

	<ul style="list-style-type: none"> <li>• Family restrooms are reserved for coaches and officials use only. Individuals needing access should make arrangements with the meet director.</li> <li>• No glass containers of any kind are allowed in the facility.</li> <li>• No lawn/deck chairs allowed in the grandstand.</li> <li>• Objects are not to be passed over the grandstand railing.</li> <li>• No smoking on the campus.</li> <li>• Shoes are suggested to be worn in all areas outside the pool deck including locker rooms.</li> <li>• Doors are not to be propped open (HVAC).</li> <li>• No tape of any kind is to be used inside to hang signs, banners or decorations.</li> </ul>
<b>PARKING:</b>	<ul style="list-style-type: none"> <li>• Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.</li> </ul>
<b>VIDEO STREAMING:</b>	<ul style="list-style-type: none"> <li>• 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 <a href="https://swimrva.vhx.tv/">https://swimrva.vhx.tv/</a> for product information.</li> </ul>
<b>PHOTOGRAPHY:</b>	<ul style="list-style-type: none"> <li>• from time to time, SwimRVA Communications staff takes action photos of the contests for marketing purposes. If you would like to refuse consent of any action photos of your athlete, please email SwimRVA your non-consent to <a href="mailto:entries@swimrichmond.org">entries@swimrichmond.org</a>.</li> </ul>

# SwimRVA BLASTOFF | October 6-8, 2023

## ORDER OF EVENTS

Friday, October 6<sup>th</sup>, 2023

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

Saturday, October 7<sup>th</sup>, 2023

<b>Session 2: 13 &amp; Over</b> Warm-up: 7:00-7:50 AM Start: 8:00 AM			<b>Session 3: 12 &amp; Under</b> Warm-up: NOT BEFORE 11:30-12:20 PM Start: NOT BEFORE 12:30 PM		
<i><b>Girls</b></i>	<i><b>Events</b></i>	<i><b>Boys</b></i>	<i><b>Girls</b></i>	<i><b>Events</b></i>	<i><b>Boys</b></i>
3	13-14 200 Freestyle	4	25	8 & Under 25 Freestyle	26
5	15 & Over 200 Freestyle	6	27	10 & Under 200 Freestyle	28
7	13-14 100 Backstroke	8	29	11-12 200 Freestyle	30
9	15 & Over 100 Backstroke	10	31	10 & Under 100 IM	32
11	13-14 200 Breaststroke	12	33	11-12 100 IM	34
13	15 & Over 200 Breaststroke	14	35	10 & Under 100 Backstroke	36
15	13-14 100 Butterfly	16	37	11-12 100 Backstroke	38
17	15 & Over 100 Butterfly	18	39	10 & Under 50 Freestyle	40
19	13-14 50 Freestyle	20	41	11-12 50 Freestyle	42
21	15 & Over 50 Freestyle	22	43	8 & Under 25 Breaststroke	44
23	13 & Over 400 IM	24	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
			<b>5 Minute Break – Timer Change</b>		
			55	12 & Under 400 IM	56

## Sunday, October 8<sup>th</sup>, 2023

<b>Session 4: 13 &amp; Over</b> Warm-up: 7:00-7:50 AM Start: 8:00 AM			<b>Session 5 12 &amp; Under</b> Warm-up: NOT BEFORE 11:30-12:20 PM Start: NOT BEFORE 12:30 PM		
<i><b>Girls</b></i>	<i><b>Events</b></i>	<i><b>Boys</b></i>	<i><b>Girls</b></i>	<i><b>Events</b></i>	<i><b>Boys</b></i>
57	13-14 200 IM	58	79	8 & Under 25 Butterfly	80
59	15 & Over 200 IM	60	81	10 & under 200 IM	82
61	13-14 100 Freestyle	62	83	11-12 200 IM	84
63	15 & Over 100 Freestyle	64	85	10 & Under 100 Freestyle	86
65	13-14 200 Backstroke	66	87	11-12 100 Freestyle	88
67	15 & Over 200 Backstroke	68	89	10 & Under 50 Butterfly	90
69	13-14 200 Butterfly	70	91	11-12 50 Butterfly	92
71	15 & Over 200 Butterfly	72	93	12 & Under 200 Butterfly	94
73	13-14 100 Breaststroke	74	95	8 & Under 25 Backstroke	96
75	15 & Over 100 Breaststroke	76	97	10 & Under 100 Breaststroke	98
77	13 & Over 500 Freestyle	78	99	11-12 100 Breaststroke	100
			101	10 & Under 50 Backstroke	102
			103	11-12 50 Backstroke	104
			105	12 & Under 200 Backstroke	106
			<b>5 Minute Break – Timer Change</b>		
			107	12 & Under 500 Freestyle	108