



SwimRVA Summer Invitational
June 16-18, 2023
SANCTION NO. VS-23-100



SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-100 - 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. - In applying for this sanction, the Host, SwimRVA, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and SwimRVA.	
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 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. - 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. - 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 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) 519-1979	Name: Adam Kennedy Email: adam.kennedy@swimrichmond.org Phone: (804) 271-2662
ELIGIBILITY:	- Open to all USA Swimming athletes from RAYS, QSTS, SRVA and North Carolina's YOTA registered before the first day of the meet. - Age on June 16th, 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 Friday events will be swum as timed finals. The 800 Meter Freestyle will be swum fastest to slowest alternating girls/boys. 13 & Over 400 IM will be swum as timed final at the end of Saturday preliminary 13 & Over 400 Free will be swum as timed final at the end of Sunday preliminary. - ALL RELAY EVENTS WILL BE TIMED FINALS AND SWUM DURING THE PRELIMINARY SESSIONS. Teams are limited to an A and B relay only. All B relays will be seeded together and all A relays will be seeded together and swum after the B relay heats. - Saturday and Sunday: All 12 and under swimmers will swim in the afternoon session.	

	- All 12 and under events will be timed finals. 13-14 will advance top 16 to finals. 15&over will advance top 24 to finals except the 50 free which is described below in the SEEDING section. - Chase starts may be used at the discretion of the referee. A decision will be made and communicated to teams by Monday, June 12, 2023.
WARM-UP:	Warm-up lane assignments will be emailed to all teams on Monday, June 12, 2023. Session 1 Friday Afternoon Warm-up 1: 3:00-3:25 PM Warm-up 2: 3:25-3:50 PM Start: 4:00 PM Sessions 2 and 5 13 & Over Preliminaries Warm-up 1: 7:00-7:25 AM Warm-up 2: 7:25-7:50 AM Start: 8:00 AM Sessions 3 and 6 Afternoon 12 and Under Warm-up 1: 11:30 - 11:55 AM Warm-up 2: 11:55 - 12:20 PM Start: 12:30 PM Sessions 4 and 7 Finals OPEN Warm-up: 4:30 - 5:10 PM Start: 5:20 PM If preliminary sessions run long, subsequent sessions will begin immediately following the conclusion of the session or the time previously announced in the pre-meet communications.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, June 6, 2023. - Entries must be submitted in Long Course Meters using Commlink-2 software. - Teams must submit entries via e-mail to: Nick Braum at nick.braum@swimrichmond.org. - A 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. - Swimmers may enter a maximum of 3 individual event(s) and 1 relay event(s) per day. - Relays must be designated "A" and "B" and only A and B relays are allowed. "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 or the limits as mandated by current Commonwealth of Virginia guidelines.
FEES:	13 & Over Individual events: \$15.00 12 & Under Individual events: \$10.00 Relay events: \$20.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) - Checks should be made payable to SwimRVA - Mail payment (or bring with you to the meet) to: SwimRVA 5050 Ridgedale Parkway Richmond, VA 23234 - Payment must be received by Friday, June 16, 2023. Failure to pay entry fees by this deadline could result in teams being barred from the meet. IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., Please ensure that a signature is NOT required for delivery.
VIDEO STREAMING:	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.
SEEDING:	- All Friday events will be positive check-in. - All preliminary events for 13 and over athletes will be positive check-in. 13 & Over 1500 M Free will be swum fastest to slowest alternating heats of girls and boys. 13 & Over 400 IM will be swum fastest to slowest and alternating heats of girls and boys. 13 & Over 400 Free will be swum fastest to slowest and alternating heats of girls and boys. - THE FINAL OF THE 13-14 and the 15 & OVER 50 FREESTYLE WILL INCLUDE THE TOP 20. THE FASTEST SWIMMER FROM EACH OF THE FOUR TEAMS WILL SWIM IN THE SUPER FINAL. AFTER THE "B" AND "A" FINAL HAVE SWUM. THE EVENT WILL STILL SCORE THE TOP 16 BUT ALL 20 FINALISTS WILL BE ELIGIBLE TO PLACE.

SCORING and AWARDS:	- Individual High Point and High Point Runner up plaques will be awarded for 8 & Under, 9-10, 11-12, 13-14 age groups. - Heat winner prizes will be awarded for 12 & Under and 8 & Under events. - The name of the Team winner will be engraved on the perpetual trophy and receive a Champions plaque. - Each event will be scored top 16: 20-17-16-15-14-13-12-11, 9-7-6-5-4-3-2-1 - Relays will be scored top 8: 40-34-32-30-28-26-24-22
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 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. - The meet will follow all scratch procedures in rule 207.11.6 for 13 & Over events. There will not be a re-entry fee established and re-entry for individual or relay events for missed preliminary events will not be allowed. - 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: 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 June 12, 2023 - 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:	- Teams will be required to provide timers based on the number of athletes entered in the meet. Timer assignments will be sent to teams NLT Monday, June 12, 2023 - 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. - Lap counting devices will be provided for the 1500 Free. Swimmers competing in distance events are required

	to provide their own timers and lap counters.
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, lunch, and dinner will be provided. Drinks will be available all day. • Concession: Concessions will be offered through the SwimRVA Café on the first floor of the aquatics center.
FACILITY RULES:	• No glass containers of any kind are permitted in the facility. • 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, June 16th, 2023

Session 1: Friday TIMED FINALS Warm-up 2: 3:00-3:25 PM Warm-up 3: 3:25-3:50 PM Start: 4:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 50 Fly	2
3	12 & Under 400 Free	4
5	13 & Over 50 Backstroke	6
7	12 & Under 400 IM	8
9	13 & Over 50 Breaststroke	10
10 min warm up immediately following, 5 min break before the start of 1500. Warm up will be OPEN in all lanes.		
11	13 and Over 1500 M Freestyle	12

Saturday, June 17th, 2023

Session 2: 13 & Over Preliminary Warm-up 1: 7:00-7:25 AM Warm-up 2: 7:25-7:50 AM Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	13-14 200 Medley Relay (F)	14
15	15 & Over 200 Medley Relay (F)	16
5 minute break		
17	13-14 200 Freestyle	18
19	15 & Over 200 Freestyle	20
21	13-14 100 Backstroke	22
23	15 & Over 100 Backstroke	24
25	13-14 200 Breaststroke	26
27	15 & Over 200 Breaststroke	28
29	13-14 100 Butterfly	30
31	15 & Over 100 Butterfly	32
33	13-14 50 Freestyle	34
35	15 & Over 50 Freestyle	36
5 minute break		
37	13 & Over 400 IM (F)	38

Session 3: 12 & Under Timed Finals Warm-up 1: Not before 12:00-12:25 PM Warm-up 2: Not before 12:25-12:50 PM Start: Not before 1:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	10 & Under 200 Medley Relay	40
41	11-12 200 Medley Relay	42
5 minute break		
43	10 & Under 200 Freestyle	44
45	11-12 200 Freestyle	46
47	8 & Under 50 Freestyle	48
49	9-10 50 Freestyle	50
51	11-12 50 Freestyle	52
53	10 & Under 100 Butterfly	54
55	11-12 100 Butterfly	56
57	8 & Under 50 Breaststroke	58
59	9-10 50 Breaststroke	60
61	11-12 50 Breaststroke	62
63	11-12 200 Breaststroke	64
65	10 & under 100 Backstroke	66
67	11-12 100 Backstroke	68

Session 4: 13 & Over FINAL OPEN Warm-up: Not before 5:00-5:40 PM Start: Not before 5:50 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	13-14 200 Freestyle	18
19	15 & Over 200 Freestyle	20
21	13-14 100 Backstroke	22
23	15 & Over 100 Backstroke	24
25	13-14 200 Breaststroke	26
27	15 & Over 200 Breaststroke	28
29	13-14 100 Butterfly	30
31	15 & Over 100 Butterfly	32
33	13-14 50 Freestyle	34
35	15 & Over 50 Freestyle	36

Sunday, June 18th, 2023

Session 5: 13 & Over Preliminary Warm-up 1: 7:00-7:25 AM Warm-up 2: 7:25-7:50 AM Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
69	13-14 200 Free Relay (F)	70
71	15 & Over 200 Free Relay (F)	72
5 minute break		
73	13-14 200 Individual Medley	74
75	15 & Over 200 Individual Medley	76
77	13-14 100 Freestyle	78
79	15 & Over 100 Freestyle	80
81	13-14 200 Backstroke	82
83	15 & Over 200 Backstroke	84
85	13-14 100 Breaststroke	86
87	15 & Over 100 Breaststroke	88
89	13-14 200 Butterfly	90
91	15 & Over 200 Butterfly	92
5 minute Break		
93	13 & Over 400 Free (F)	94

Session 6: 12 & Under TIMED FINALS Warm-up 1: Not before 12:00-12:25 PM Warm-up 2: Not before 12:25-12:50 PM Start: Not before 1:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
95	10 & Under 200 Freestyle Relay	96
97	11-12 200 Freestyle Relay	98
5 minute break		
99	10 & under 200 Individual Medley	100
101	11-12 200 Individual Medley	102
103	10 & Under 100 Freestyle	104
105	11-12 100 Freestyle	106
107	8 & Under 50 Butterfly	108
109	9-10 50 Butterfly	110
111	11-12 50 Butterfly	112
113	11-12 200 Butterfly	114
115	10 & Under 100 Breaststroke	116
117	11-12 100 Breaststroke	118
119	8 & Under 50 Backstroke	120
121	9-10 50 Backstroke	122
123	11-12 50 Backstroke	124
125	11-12 200 Backstroke	126

Session 7: 13 and Over FINAL

OPEN Warm-up: Not before 5:00-5:40 PM

Start: Not before 5:50 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
73	13-14 200 Individual Medley	74
75	15 & Over 200 Individual Medley	76
77	13-14 100 Freestyle	78
79	15 & Over 100 Freestyle	80
81	13-14 200 Backstroke	82
83	15 & Over 200 Backstroke	84
85	13-14 100 Breaststroke	86
87	15 & Over 100 Breaststroke	88
89	13-14 200 Butterfly	90
91	15 & Over 200 Butterfly	92