



**2023 VIRGINIA SWIMMING
SC SENIOR CHAMPIONSHIPS**
March 2-5, 2023
SANCTION NO. VS-23-74
TIME TRIAL SANCTION NO. VS-23-74TT



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc. Sanction No. VS-23-74 and VS-23-74TTUSA 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.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 Chesterfield County (local jurisdiction).		
LOCATIONS:	<ul style="list-style-type: none">SwimRVA-CSAC, 5050 Ridgedale Parkway, Richmond, VA 23234, Phone: (804) 271-8271 (Pool front desk)		
FACILITY:	<ul style="list-style-type: none">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.Indoor 6-lane 25-yard pool for continuous warm-up, cool-down.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.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 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:	<table><tr><td>Richard Hunter VSI Senior Chair seniorchair@virginiaswimming.org Phone: (949)338-0466</td><td>Host Team Coordinator: Adam Kennedy adam.kennedy@swimrichmond.org Phone: (804) 334-7669</td></tr></table>	Richard Hunter VSI Senior Chair seniorchair@virginiaswimming.org Phone: (949)338-0466	Host Team Coordinator: Adam Kennedy adam.kennedy@swimrichmond.org Phone: (804) 334-7669
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ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming athletes registered before the first day of the competition that meet the qualifying time in each event entered.Swimmers who have a minimum qualifying time in the 1000-yard Freestyle or the 1650 yard Freestyle may swim both events.No on deck Virginia Swimming 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.The qualifying period for this meet is January 1, 2022 through March 1, 2023.Age on March 2, 2023 will determine age for the entire meet.		
DISABILITY SWIMMERS:	<ul style="list-style-type: none">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	<p>Preliminary Sessions:</p> <ul style="list-style-type: none">All events will be swum in a single course except for the 400 IM and the 500 freestyle.Individual events EXCEPT the 1000 Yard Freestyle and the 1650 Yard Freestyle will be swum as trials and finals.		

	<ul style="list-style-type: none"> • The 1650 Y Freestyle will be swum fastest to slowest as a timed final event, alternating women and men. • The 1000 Y Freestyle will be swum slowest to fastest as a timed final event, alternating women and men. <ul style="list-style-type: none"> ○ The starting time for the first heat will be scheduled so that the second fastest heat of the men's event is concluded at the start of the finals warm-up session. ○ The fastest women's and men's heat will swim in the finals session • The 400 Y Individual Medley and the 500 Freestyle will be swum in two courses separated by gender. For each gender, <ul style="list-style-type: none"> ○ The four fastest heats will be swum first, slowest to fastest. ○ The remaining heats will be swum fastest to slowest. • At the discretion of the meet referee, breaks may be added once entries have been received. Additional information about breaks will be provided at the General Meeting <p>Finals Sessions:</p> <ul style="list-style-type: none"> • The top 32 qualifiers in the preliminaries of each event will compete in each day's final session in the following order D, C, B, then A <ul style="list-style-type: none"> ○ D and C finals will be reserved for 18 & U athletes. ○ All D - C – B – A Final swimmers will report directly to their assigned starting block. ○ A - Final swimmers will be presented with music, their names and team affiliation announced prior to the start of the race. <p>Relay events: All relay events will be timed finals and be swum fastest to slowest. The fastest 2 heats of the 400 Y Freestyle Relay, the 800 Y Freestyle Relay, and the 400 Y Medley Relay will be swum during the finals session with any other heats swum during the prelims session.</p>
<p>ENTRIES:</p>	<ul style="list-style-type: none"> • REGULAR ENTRY DEADLINE: 11:59 PM, WEDNESDAY, FEBRUARY 22nd. • NEW QUALIFYING SWIMS ENTRY DEADLINE: 5:00 PM EST, MONDAY, February 27th. • Additional entries from meets occurring between February 24th and February 27th must be submitted by this deadline or will be considered late entries and charged accordingly. • New qualifiers will be submitted in a separate meet set-up file. This file will be available on the Virginia Swimming Meet Schedule page NLT Friday, February 24th. • Entries must be submitted in Short Course Yards times using Commlink-2 software. • Teams must submit entries via e-mail to Mary Turner, businessoffice@virginiawimming.org. • A printout of entries <u>including proof of times</u> with the name, email address, and phone number of the person to contact in case of questions must accompany the electronic entry file. • UNATTACHED ATHLETES: Unattached athletes that are not awaiting attachment to a team must enter individually by sending an email to businessoffice@virginiawimming.org that includes <ul style="list-style-type: none"> • Full name and member ID • Events and corresponding times. • Proof of times for entered events. • Conforming and Non-Conforming times may be used for entry. • Coach Times (CT) are not allowed for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. • "No Time" entries for individual or relay events will not be accepted. • The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, March 2, 2023). Failure to pay entry fees by this deadline could result in the team being barred from the meet. • Payment for events entered at the meet must be made at the time of the request. • ENTRY LIMITS: <ul style="list-style-type: none"> ○ Individual Events: Athletes may enter all events for which they qualify, however they may only compete in seven (7) individual events for the meet, and no more than three (3) individual events per day.

- **Relays:** Two (2) per team per event. **All entries for 200 Y Medley relays must use 400 Y Medley relay times.**
- **Bonus Events:** Swimmer may swim bonus events based on the number of events they are qualified to swim. The following are the bonus event qualifications:
 - 1 Qualifying Time: 3 bonus events
 - 2 Qualifying Times: 2 bonus events
 - 3-5 Qualifying Times: 1 bonus event
 - 6 or 7 Qualifying Times: 0 bonus events
- Bonus swims for the 400 yd Individual Medley, 500 yd Freestyle, 1000 yd Freestyle, and the 1650 yd Freestyle are not available, with the exception that swimmers who have the qualifying time in the 1000 yd Freestyle or the 1650 yd Freestyle may swim both events.
- Qualifying for either the 1650 Freestyle or the 1000 Freestyle but entering both events counts as 2 Qualifying Times when determining the number of bonus swims allowed.
- There are no qualifying times for bonus events.
- **Proof of Times**
- Verification of times for all events (including relays) is required. Proof of time is defined as a time that is included in the SWIMS database or which can be proven by official results of a sanctioned, approved, or observed meet.
- Proof of times including the date and name of the meet where the time was achieved must be included with the entry file.
- Any additional requested proof of times must be submitted prior to the scratch deadline for the session in which the event is being swum. The proof of times must include the name of the athlete as well as the meet, event, and time swum.
- After the meet, VSI staff will conduct an audit of entry times vs. meet results. Based on the results of this audit, a team may be required to provide additional proof of time for selected swims. Failure to provide this additional proof will result in the swim(s) being identified as illegal participation with fines assessed as described in the Penalties section below.
- Entries which improve the time of an earlier entry will be accepted until 5:00 pm EST on Monday, February 27th.
- **LATE ENTRIES:**
- Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input.
- Late entries at the meet must be made to the Administrative Referee and will only be accepted for events for which the scratch box has not closed.
- All late entries must be submitted with proof of time. Late entries may not be used to improve the seed time of an earlier entry.
- The Meet Referee reserves the right to combine heats and events, which may require reseeding.

FEES:

Individual events: \$13.00
Relay events: \$22.00
Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)

Late Entry Fees: In addition to the regular entry fee, a fee of **\$10** per event prior to the first day of the meet and **\$25** per event on or after the first day of the meet will be charged for any entry received after the Entry Deadline.

- **Payment for entries must be made by check or credit card.**
 - Checks should be may payable to **Virginia Swimming** and mailed to
 Virginia Swimming
 PO Box 1059
 Appomattox, VA 24522
 - Payment by credit card can be submitted through the Payment Center on the Virginia Swimming website.
- **The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, March 2, 2023.)**

	<ul style="list-style-type: none"> • Failure to pay entry fees by this deadline could result in teams being barred from the meet. Payment for events entered at the meet must be made to Administrative Referee at the time of the request.
WARM-UPS:	<ul style="list-style-type: none"> • Thursday afternoon/evening session: Warm-ups at 12:30 -1:50 pm; competition starts at 2:00 pm. • Prelims: <ul style="list-style-type: none"> ○ Friday: 6:30 – 8:20 am; Competition begins at 8:30 am ○ Saturday: 6:30 – 8:20 am; Competition begins at 8:30 am ○ Sunday: 6:30 – 8:20 am; Competition begins at 8:30 am • Finals: <ul style="list-style-type: none"> ○ Friday: 4:30 – 5:35 pm; Competition begins at 5:45 pm ○ Saturday: 4:15 – 5:20 pm; Graduating Senior Recognition at 5:25; Competition begins at 5:45 ○ Sunday: 3:30 – 4:20 pm; Competition begins at 4:30 pm • Additional information about lane designations for warm-ups is included on the Warm-up Schedule and Instructions sheet at the end of the meet announcement. • During competition, specific lanes will be designated for PACE ONLY in the warm-up/cool-down pool.
SCRATCHES	<ul style="list-style-type: none"> • The scratch procedures listed in current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6 A-E.3 will apply with the exception of 207.11.6.C as it pertains to timed final events requiring a positive check-in. The following statement will be used instead: A swimmer who fails to scratch from a timed final individual event and does not show up to compete will be barred from his/her next individual event. • Scratch procedures will be provided at the General Meeting, sent to team contacts, and posted on the Virginia Swimming website NLT Monday, February 27, 2023. In general, <ul style="list-style-type: none"> ○ Friday events: 4:00pm Thursday, March 2, 2023 ○ Saturday and Sunday events: 6:15pm the evening prior • Deadline for scratches from Individual Events: <ul style="list-style-type: none"> ○ Scratches for Friday’s events, including relays, are due 30 minutes after the start of the distance session Thursday ○ Scratches for Saturday’s events, including relays, are due 30 minutes after the start of the finals’ session Friday ○ Scratches for Sunday’s events, including relays and the 1000 freestyle, are due 30 minutes after the start of the finals’ session Saturday • The scratch rule regarding finals will apply to all four (4) evening heats D and C Bonus, B Consolation, A Finals excluding relays and the 1000 yd Freestyle. • Swimmers failing to scratch events which if swum would put them in violation of either the 3 event per day or the 7 events in the meet, will not be permitted to swim the event or events. The events to be eliminated will be counted in strict numerical sequence as listed in the meet invitation.
SEEDING:	<ul style="list-style-type: none"> • All Short Course Yards will be seeded first followed by Long Course Meters times, Short Course Meters, then Bonus times. • 1650 yd Freestyle positive check-in deadline: 1:00 pm, Thursday. Swimmers MUST positively check-in by that deadline TO BE SEEDED. • AM and PM Designations for relays and the 1000 Y Freestyle must be submitted by the scratch deadline for that day’s events. • If a preference for AM or PM is not indicated, the athlete or team that is next in line will be assigned to finals in order for all lanes to be filled.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be awarded medals for first through eighth place. • Relay events will be awards medals for first through third place. • Scoring <ul style="list-style-type: none"> ○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1. ○ Relays: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2 • Team (Overall): Women, Men, Team Combined High Point.

	<ul style="list-style-type: none"> • Team (Specific): Combined Medium Team and Combined Small Team. Team sizes defined by the following: <ul style="list-style-type: none"> ○ 1-124: Small team ○ 125-249: Medium team • Individual: Women's High Point, Men's High Point
TIME TRIALS	<ul style="list-style-type: none"> • At the conclusion of Thursday's session and preliminary sessions on Friday and Saturday, time permitting, time trials will be offered to any swimmer entered in an individual event in the meet. • Deadlines for requesting a time trial: <ul style="list-style-type: none"> ○ Thursday – 2:30 pm. ○ Friday and Saturday – 10:30 am each day. • Time Trials on Friday and Saturday will begin no earlier than 10 minutes after the conclusion of the prelims session. • Each day's events will be offered in order, on the following schedule (1000 Y and 1650 Y Freestyle will only be offered on Thursday): <ul style="list-style-type: none"> ○ Thursday: 1000 Y and 1650 Y freestyles only. ○ Friday: Friday's events, Saturday's events, Sunday's events (excluding the 1000 Y freestyle). ○ Saturday: Saturday's events, Sunday's events (excluding the 1000 Y freestyle), Friday's events. ○ Sunday: No Time Trials will be offered. ○ Cost: \$15.00 per individual event, \$25.00 per relay. • The Time Trial Referee, at his discretion, may reorder the day's scheduled events or combine events into a single heat. • Each swimmer participating in these events should provide a timer and/or a counter. • Time Trials are included in the three events per day limit.
RULES:	<ul style="list-style-type: none"> • The current <i>USA Swimming Rules and Regulations</i>, 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. • 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. • The Meet Referee in accordance with 102.23.3 in the USA Swimming Rules and Regulations will appoint a Meet Jury. • 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:	<ul style="list-style-type: none"> • 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"> ○ 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:	<p>Meet Referee: Ben Ackerly Email: benjamin.ackerly@gmail.com Phone: 804-869-4535</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Officials must have been certified for a year in the positions in which they are planning to work. • Opportunities to officiate will be limited due natatorium restrictions. An Application to Officiate can be found here as well as on the VSI website (www.virginiaswimming.org) and should be completed no later than Monday, February 27th. (Deadline for assigned positions – referee, starter, chief judge – is Thursday, February 23rd.) • An application has been submitted for the meet to be an approved Officials Qualifying Meet. See the Application to Officiate for further instructions.
SAFETY:	<ul style="list-style-type: none"> • 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:	<ul style="list-style-type: none"> • Clubs may be required to provide timers for preliminary 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 posted on the VSI website at www.virginiaswimming.org no later than Monday, February 27th, and will also be emailed to the contact person of each of the individual clubs. • Athletes must provide their own timers and counters for the 1650 and 1000 freestyle events.
GENERAL:	<ul style="list-style-type: none"> • A General Meeting will be held at 7:00 pm, Wednesday, March 1st via Zoom. Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance. • Announcement of Virginia Swimming Scholarship winners will be held following finals warm-ups on Friday evening prior to the start of the finals' session. • Graduating senior swimmers' recognition will be held following finals warm-ups on Saturday evening prior to the start of the finals' session. • 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 available to download off the VSI website. Heat sheets for trials and finals will be available for \$2.00. • Photography: In accordance with J.3 of VSI Policies and Procedures, photography will not be permitted without the express permission of the Meet Director. • Meet Event Apparel: A vendor will be on site selling VSI Senior Champs t-shirt and sweatshirts. Items will also be available through an online store. • A swim shop vendor will be onsite offering full-service equipment such as goggles and swim suits.
FACILITY RULES:	<ul style="list-style-type: none"> • 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. • All air flow in take Vents on deck are not to be blocked by chairs, benches, spectators or towels! • Family rest rooms 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.

	<ul style="list-style-type: none"> • 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.
DIRECTIONS:	<ul style="list-style-type: none"> • Directions to the pool can be found by going to: www.virginiaswimming.org Click on "Meets". Click on "Senior Championships", Click on "Directions".
PARKING:	<ul style="list-style-type: none"> • Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials. •

2021-2024 VSI SENIOR CHAMPIONSHIPS QUALIFYING TIMES						
Women			Events	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.79	27.99	25.29	50 Freestyle	22.79	25.29	26.09
1:02.59	1:00.99	54.79	100 Freestyle	49.49	55.59	57.19
2:15.19	2:11.99	1:58.99	200 Freestyle	1:48.59	2:01.29	2:04.49
4:40.49	4:34.09	5:19.19	400/500 Freestyle	4:55.89	4:18.39	4:24.79
10:01.39	9:48.59	11:15.69	800/1000 Freestyle	10:27.99	9:11.39	9:24.19
19:37.19	19:13.19	19:08.99	1500/1650 Freestyle	17:35.09	17:34.49	17:58.49
1:10.19	1:08.99	1:00.99	100 Backstroke	55.59	1:04.59	1:05.79
2:31.89	2:29.49	2:12.29	200 Backstroke	2:01.19	2:19.59	2:21.99
1:22.59	1:20.59	1:10.49	100 Breaststroke	1:03.39	1:13.29	1:15.29
2:57.99	2:53.99	2:34.59	200 Breaststroke	2:19.49	2:40.59	2:44.59
1:08.29	1:06.89	1:00.19	100 Butterfly	54.39	1:00.19	1:01.59
2:35.79	2:32.99	2:18.19	200 Butterfly	2:02.59	2:18.39	2:21.19
2:34.79	2:31.59	2:14.49	200 Medley	2:02.69	2:18.49	2:21.69
5:26.09	5:19.69	4:47.99	400 Medley	4:25.99	4:55.19	5:01.59

Approved 11.05.2020

Valid through 2024 VSI LC Senior Championship

SCHEDULE OF EVENTS

2023 VIRGINIA SWIMMING SHORT COURSE SENIOR CHAMPIONSHIPS

(Qualifying period: January 1, 2022 to March 1, 2023)

Women	THURSDAY March 2	Men
1	1500 M / 1650 Y FREE	2
All events swum as timed finals. Order: fastest to slowest alternating women and men.		

Women	FRIDAY March 3	Men
3	200 Y FREE	4
5	100 Y BREAST	6
7	100 Y FLY	8
15 min Break		
9	400 Y MEDLEY	10
11	800 Y FREE RELAY [‡]	12
[‡] May choose AM or PM preference with fastest two heats in finals Order of Finals: Events 3, 4, 5, 6, 7, 8, 9, 10, Break (10min) , Events 11, 12		

Women	SATURDAY MARCH 4	Men
13	200 Y FREE RELAY [†]	14
15	200 Y FLY	16
17	50 Y FREE	18
19	200 Y BREAST	20
21	100 Y BACK	22
15 min Break		
23	400 M / 500 Y FREE	24
25	400 Y MEDLEY RELAY [‡]	26
[†] All heats swim in prelims. [‡] May choose AM or PM preference with fastest two heats in finals. Order of Finals: Events 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, Break (10 min) , Events 25, 26		

Women	SUNDAY MARCH 5	Men
27	200 Y MEDLEY RELAY[†]	28
29	200 Y BACK	30
31	100 Y FREE	32
33	200 Y MEDLEY	34
35	400 Y FREE RELAY [‡]	36
37	800 M/1000 Y FREE [#]	38
Enter using 400 Medley Relay time. [†] All heats swim in prelims		
[‡] May choose AM or PM preference with two heats in finals. [#] May designate AM or PM preference; top 8 PM designees will swim at finals. Order of Finals: Events 37, 38, 29, 30, 31, 32, 33, 34, Break (10 min) , Awards (Individual High Point), Events 35, 36, Awards (Team)		

Warm-up Schedule & Instructions

- **Thursday afternoon/evening session: Warm-ups at 12:30-1:50 pm; competition starts at 2:00 pm.** The competition pool will be reserved for swimmers entered into the 1650 Y Freestyle from 1:00 -1:50 pm.
 - All other swimmers must use the warm-up/warm down pool. Specific lanes will be designated upon request (start or pace) by the Meet Referee.
 - Meet Referee has the authority to designate such lanes as needed.
 - Coaches desiring pool time after 6:00 pm on Thursday should make arrangements beforehand with the Host Team Coordinator (Adam Kennedy – adam.kennedy@swimrichmond.org)
- Friday, Saturday, and Sunday Prelims sessions: Warm-ups 6:30-8:20 am; Competition starts at 8:30 am.
 - 6:30-7:50 am: All lanes designated for general warm-up
 - 7:50-8:20 am: Lanes 1 and 8 designated for pace; Lanes 2, 3, 6, and 7 designated for one-way start/sprint; Lanes 4-5 and all other lanes will remain general.
- Finals session on (Friday): Warm-ups 4:30-5:35 pm; competition starts at 5:45 pm.
 - 4:30-5:15 pm: All lanes designated for general warm-up for all participants.
 - 5:15-5:35 pm: **Competition pool reserved for finals competitors only.**
 - 5:15-5:35 pm: Lanes 1 and 8 designated for pace; Lanes 2, 3, 6, and 7 designated for one-way start/sprint; Lanes 4-5, and all other lanes will remain general.
- Finals session on (Saturday): Warm-ups 4:15-5:20 pm; competition starts at 5:45 pm.
 - 4:15-5:00 pm: All lanes designated for general warm-up for all participants.
 - 5:00-5:20 pm: **Competition pool reserved for finals competitors only.**
 - 5:00-5:20 pm: Lanes 1 and 8 designated for pace; Lanes 2, 3, 6, and 7 designated for one-way start/sprint; lanes 4-5, and all other lanes will remain general.
 - 5:25-5:40 pm: **Graduating Seniors Recognition**
- Finals session (Sunday): Warm-ups at 3:30-4:20 pm; competition starts at **4:30 pm**.
 - 3:30-4:00 pm: All lanes designated for general warm-up
 - 4:00-4:20 pm: **Competition pool reserved for finals competitors only.**
 - 4:00-4:20 pm: Lanes 1 and 8 designated for pace; Lanes 2, 3, 6, and 7 designated for one-way start/sprint; Lanes 4-5, and all other lanes will remain general.
 - 1000 Y Freestyle session: Warm-ups are planned to begin 45 min prior to the start of the first scheduled heat and will close 5 min prior to the start of the first scheduled 1000 heat.
- There will be specific lanes designated for PACE ONLY in the warm-up/cool down lanes.
- **VSI Safety and Warm-up procedures will be in effect in all pools.** Use of training equipment other than snorkels is not permitted.
- The Meet Referee reserves the right to revise lane assignments and other instructions based on the needs of the swimmers.