

	East Coast SummerFest July 31-Aug 3, 2024 SANCTION NO. VS-24-107	Hosted by 
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-107 - 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 - CSAC, 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. The 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 swam from 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 meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. (USA-S Rule change.) - 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. - 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: Adam Kennedy Email: adam.kennedy@swimrichmond.org Phone: (804) 334-7669	
ELIGIBILITY:	- Open to all USA Swimming athletes registered before the first day of the meet. - No on-deck USA Swimming athlete registration will be permitted. 2021-2024 NAG time standards are in effect. - Age on July 31st, 2024 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.	
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	- The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodation. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. - This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion. - The swimmer/coach shall provide a Personal Assistant(s) as needed.	
FORMAT:	- All 13-14, 13 & Over and 15 & Over events will be swum as prelim/final. 13-14 swimmers will advance to the top 16 to finals. 15 & Over swimmers will advance to the top 24 to finals. 11 & Over 800 Free and 11& Over 1500 Free will be swum as timed finals. - Warm-up for the Wednesday and Saturday distance sessions will begin immediately following the conclusion of the 12 & Under sessions. Competition will begin 30 minutes following the start of warm-up. All heats will be swum slowest to fastest, alternating heats of girls and boys.	

	• ALL RELAY EVENTS WILL BE TIMED FINALS. ◦ The top 2 heats of all 13 & Over relays will swim at finals. All remaining heats will swim during the preliminary. Relays will swim slowest to fastest in both prelims and finals. • 10 & under and 11-12 events of 50 or 100M distances will be swum as prelim/final with the top 16 (two heats) advancing to finals. • All 12 & under 200M and longer events will be swum as timed finals. • Chase starts may be used at the discretion of the meet referee. A decision will be made and communicated to teams by Monday, July 29, 2024.
SEEDING:	• All preliminary events for 13 and over athletes will be positive check-in. Positive check-in will close 30 minutes prior to the start of the session. • 11 & Over 800M and 1500 M Free will be swum slowest to fastest alternating heats of girls and boys. • 13 & Over 400 IM and 400 Free may be flighted depending on the timeline and number of entries. Teams will be notified no later than Monday, July 29. • The Meet Director, in consultation with the Meet Referee, may limit the number of entries in the 400M Free, 400M Individual Medley, 800M Free or 1500M Free to prevent too lengthy a timeline. ◦ Teams will be notified no later than Wednesday, July 24 and be given the option to change events for athletes who are affected.
WARM-UP:	Warm-up times and lane assignments (if assigned warm-up lanes) will be emailed to all teams on Monday, July 29, 2024. • 13 & Over Preliminary Sessions ◦ Warm-up: Not Before 6:30 AM ◦ Session Start: Not before 8:00 AM • 12 & Under Afternoon Session ◦ Warm-up: Not Before 10:30 AM ◦ Session Start: Not before 11:30 AM • 11 & Over Distance Sessions ◦ Warm-up: Immediately following the conclusion of the 12 & Under sessions ◦ Session Start: 30 minutes following the start of the session warm-up. • 13 & Over Finals Sessions ◦ Warm-up: Not Before 4:00 PM ◦ Session Start: Not before 5:00 PM • If the prior session runs late, warmups for the following session will begin at the conclusion of the previous session.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, July 23, 2024. • Entries must be submitted in Long Course Meters using Commlink-2 software. • Teams must submit entries and an exported team roster file via e-mail to: entries@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 2 relay event(s) per day. • Teams are permitted to enter an unlimited number of relays for all relay events. • "No Time" (NT) entries will be accepted for events in which a swimmer does not have current time. • 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.
SCORING and AWARDS:	• Individual High Point and High Point Runner up plaques will be awarded for 10 & Under, 11-12, 13-14 and 15 & Over age groups. • Heat winner prizes will be awarded for 12 & Under events. • Team Trophies will be awarded to the top scoring Men's, Women's and Combined teams. • 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 16: 40-34-32-30-28-26-24-22, 18, 14, 12, 10, 8, 6, 4, 2
FEES:	• 13 & Over Individual events: \$16.50 • 12 & Under Individual events: \$12.00 • Relay events: \$22.00 • 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 Wednesday, July 29, 2024. 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.
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. - Any Athlete competed in the incorrect age group. - The Athlete is not registered with USA Swimming prior to the first day of the meet. - If the swimmer is representing a club in the 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.
OFFICIALS:	Meet Referee: Ralph Jones Email: ralph.jones@vdot.virginia.gov - Officials will be needed for all positions and all sessions for this meet. - Certified and Apprentice Officials interested in serving should fill out the SwimRVA signup at by Friday, July 26th or as soon as possible thereafter by clicking the link below: EAST COAST SUMMERFEST OFFICIALS SIGNUP - A short officials meeting will take place during the warm-up time of each session.
SAFETY:	Meet Safety Officer: Jacob Wallin Email: Jacob.wallin@swimrichmond.org - 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:	- 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, July 29, 2024 - 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. QR codes for digital heat sheets will be posted. 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.
RULES:	- The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention 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 scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E 1-3 only, will be in effect and apply to all heats of individual events with the exception of timed final events. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet. - 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.
VIDEO STREAMING:	• SwimRVA will be using our state-of-the-art video streaming system for this contest. The 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:	• 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.
KINGS DOMINION:	Shamrock Showdown weekend is also the opening weekend for Kings Dominion! Participants in this meet will be sent information about redeeming tickets to Kings Dominion. Included in this special athlete gift is: • Complimentary ticket per each participating USA Swimming registered athlete. • Teams will need to submit an excel sheet with each athlete's name and email address to entries@swimrichmond.org by Friday, July 26 to ensure tickets arrive in time. Any last-minute additions are not guaranteed to secure a free ticket.

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ORDER OF EVENTS

Wednesday, July 31st, 2024

Session 1: 13 & Over Preliminary
Warm-up: Not Before 6:30 AM
Start: Not Before 8:00 AM

Girls	Events	Boys
1	13 & Over 200 Medley Relay	2
3	13-14 200 Individual Medley	4
5	15 & Over 200 Individual Medley	6
7	13-14 50 Butterfly	8
9	15 & Over 50 Butterfly	10
11	13-14 100 Freestyle	12
13	15 & Over 100 Freestyle	14
15	13-14 100 Breaststroke	16
17	15 & Over 100 Breaststroke	18
19	13 & Over 200 Free Relay	20

Session 2: 12 & Under Timed Finals
Warm-up: Not before 10:30 AM
Start: Not before 11:30 AM

Girls	Events	Boys
21	10 & Under 200 Mixed Free Relay	21
22	11-12 200 Mixed Free Relay	22
23	10 & Under 100 Butterfly	24
25	11-12 100 Butterfly	26
27	10 & Under 50 Breaststroke	28
29	11-12 50 Breaststroke	30
31	12 & Under 400 IM	32

Session 3: 11 & Over Distance
Warm-up: Immediately following 12 & Under
Start: 30 minutes following start of warm-up

Girls	Events	Boys
33	11 & Over 1500 Freestyle	34
35	11 & Over 800 Freestyle	36

Session 4: Finals
Warm-up: Not before 4:00 PM
Start: Not before 5:00 PM

Girls	Events	Boys
1	13 & Over 200 Medley Relay	2
3	13-14 200 Individual Medley	4
5	15 & Over 200 Individual Medley	6
27	10 & Under 50 Breaststroke	28
29	11-12 50 Breaststroke	30
7	13-14 50 Butterfly	8
9	15 & Over 50 Butterfly	10
11	13-14 100 Freestyle	12
13	15 & Over 100 Freestyle	14
23	10 & Under 100 Butterfly	24
25	11-12 100 Butterfly	26
15	13-14 100 Breaststroke	16
17	15 & Over 100 Breaststroke	18
19	13 & Over 200 Free Relay	20

Thursday, August 1st, 2024

Session 5: 13 & Over Preliminary Warm-up: Not Before 6:30 AM Start: Not Before 8:00 AM

Girls	Events	Boys
37	13 & Over 200 Mixed Medley Relay	37
38	13-14 50 Backstroke	39
40	15 & Over 50 Backstroke	41
42	13-14 200 Freestyle	43
44	15 & Over 200 Freestyle	45
46	13-14 100 Butterfly	47
48	15 & Over 100 Butterfly	49
50	13 & Over 400 IM	51
52	13 & Over 200 Mixed Free Relay	52

Session 6: 12 & Under Timed Finals Warm-up: Not before 10:30 AM Start: Not before 11:30 AM

Girls	Events	Boys
53	10 & Under 200 Medley Relay	54
55	11-12 200 Medley Relay	56
57	10 & Under 200 Freestyle	58
59	11-12 200 Freestyle	60
61	10 & Under 100 Backstroke	62
63	11-12 100 Backstroke	64
65	12 & Under 200 Breaststroke	66
67	10 & Under 50 Freestyle	68
69	11-12 50 Freestyle	70

Session 7: Finals Warm-up: Not before 4:00 PM Start: Not before 5:00 PM

Girls	Events	Boys
37	13 & Over 200 Mixed Medley Relay	37
67	10 & Under 50 Freestyle	68
69	11-12 50 Freestyle	70
38	13-14 50 Backstroke	39
40	15 & Over 50 Backstroke	41
42	13-14 200 Freestyle	43
44	15 & Over 200 Freestyle	45
61	10 & Under 100 Backstroke	62
63	11-12 100 Backstroke	64
46	13-14 100 Butterfly	47
48	15 & Over 100 Butterfly	49
50	13 & Over 400 IM	51
52	13 & Over 200 Mixed Free Relay	52

Friday, August 2nd, 2024

Session 8: 13 & Over Preliminary
Warm-up: Not Before 6:30 AM
Start: Not Before 8:00 AM

Girls	Events	Boys
71	13 & Over 400 Free Relay	72
73	13-14 50 Breaststroke	74
75	15 & Over 50 Breaststroke	76
77	13-14 200 Butterfly	78
79	15 & Over 200 Butterfly	80
81	13-14 100 Backstroke	82
83	15 & Over 100 Backstroke	84
85	13 & Over 400 Freestyle	86

Session 9: 12 & Under Timed Finals
Warm-up: Not before 10:30 AM
Start: Not before 11:30 AM

Girls	Events	Boys
87	10 & Under 200 Freestyle Relay	88
89	11-12 200 Freestyle Relay	90
91	12 & Under 200 Butterfly	92
93	10 & Under 100 Freestyle	94
95	11-12 100 Freestyle	96
97	10 & Under 50 Backstroke	98
99	11-12 50 Backstroke	100
101	12 & Under 400 Free	102

Session 10: Finals
Warm-up: Not before 4:00 PM
Start: Not before 5:00 PM

Girls	Events	Boys
71	13 & Over 400 Free Relay	72
97	10 & Under 50 Backstroke	98
99	11-12 50 Backstroke	100
73	13-14 50 Breaststroke	74
75	15 & Over 50 Breaststroke	76
77	13-14 200 Butterfly	78
79	15 & Over 200 Butterfly	80
93	10 & Under 100 Freestyle	94
95	11-12 100 Freestyle	96
81	13-14 100 Backstroke	82
83	15 & Over 100 Backstroke	84
85	13 & Over 400 Freestyle	86

Saturday, August 3rd, 2024

Session 11: 13 & Over Preliminary
Warm-up: Not Before 6:30 AM
Start: Not Before 8:00 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
103	13 & Over 400 Medley Relay	104
105	13-14 200 Backstroke	106
107	15 & Over 200 Backstroke	108
109	13-14 50 Freestyle	110
111	15 & Over 50 Freestyle	112
113	13-14 200 Breaststroke	114
115	15 & Over 200 Breaststroke	116

Session 12: 12 & Under Timed Finals
Warm-up: Not before 10:30 AM
Start: Not before 11:30 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
117	10 & Under 200 Mixed Medley Relay	117
118	11-12 200 Mixed Medley Relay	118
119	12 & Under 200 Backstroke	120
121	10 & Under 50 Butterfly	122
123	11-12 50 Butterfly	124
125	10 & Under 100 Breaststroke	126
127	11-12 100 Breaststroke	128
129	12 & Under 200 Individual Medley	130

Session 13: 11 & Over Distance
Warm-up: Immediately following 12 & Under
Start: 30 minutes following start of warm-up

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
131	11 & Over 800 Freestyle	132
133	11 & Over 1500 Freestyle	134

Session 14: Finals
Warm-up: Not before 4:00 PM
Start: Not before 5:00 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
103	13 & Over 400 Medley Relay	104
105	13-14 200 Backstroke	106
107	15 & Over 200 Backstroke	108
121	10 & Under 50 Butterfly	122
123	11-12 50 Butterfly	124
109	13-14 50 Freestyle	110
111	15 & Over 50 Freestyle	112
125	10 & Under 100 Breaststroke	126
127	11-12 100 Breaststroke	128
113	13-14 200 Breaststroke	114
115	15 & Over 200 Breaststroke	116