
	<h1>SwimRVA Heavyweight Battle</h1> <p><b>January 27-28, 2024</b> <b>VS-24-48</b></p>		Hosted by: 
<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., <b>SANCTION NO: VS-24-48</b></li> <li>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.</li> <li>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.</li> </ul>		
<b>LOCATION:</b>	SwimRVA - Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234. Phone: (804) 271-8271 (front desk)		
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>SwimRVA-CSAC provides 2 indoor pools and supporting amenities including hospitality, a swim shop, concession stand and wireless internet.</li> <li>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.</li> <li>All sessions will be swum in the 25-yard competition pool set up for 8 lanes.</li> <li>Myrtha track start blocks and backstroke wedges.</li> <li>Colorado System 7 timing, Dolphin watches and Colorado 31' video board.</li> <li>Indoor 6-lane 25-yard pool for continuous warm-up, cool-down.</li> <li>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.)</li> <li>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.</li> <li>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.</li> </ul>		
<b>MEET DIRECTOR:</b>	Name: <a href="#">Rebecca Quicke</a> Email: <a href="mailto:rebecca.quicke@swimrichmond.org">rebecca.quicke@swimrichmond.org</a> Phone: (804) 519-1979	Name: <a href="#">Michael Braum</a> Email: <a href="mailto:events@swimrichmond.org">events@swimrichmond.org</a> Phone: (804) 271-8271	
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all 13 &amp; Over athletes who are registered with USA Swimming before the first day of the meet from <b>Quest, TIDE, RAYS, Lynchburg, Cavalier Aquatics, SwimRVA</b>.</li> <li>No on-deck USA Swimming athlete registration will be permitted.</li> <li>Age on January 27, 2024, will determine age for the entire meet.</li> </ul>		
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>		
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>This meet will be timed finals each day Saturday and Sunday.</li> <li>13–14-year-old athletes will compete in the AM sessions and 15 and Over athletes will compete in the PM sessions.</li> <li>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 no later than Monday, January 22<sup>nd</sup> if dual courses will be used.</li> </ul>		

ENTRIES:	<ul style="list-style-type: none"> <li>• <b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, January 16<sup>th</sup>.</b></li> <li>• Entries must be submitted in SCY using Commlink-2 software.</li> <li>• Teams must submit entries via e-mail to: <a href="mailto:entries@swimrichmond.org">entries@swimrichmond.org</a></li> <li>• “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record.</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 or as mandated by current Commonwealth of Virginia guidelines.</li> <li>• The Meet Referee reserves the right to combine heats and events, which may require reseeding.</li> </ul> <p><b>ENTRY LIMITS:</b></p> <ul style="list-style-type: none"> <li>• Swimmers will be limited to three (3) events per day.</li> <li>• For the 1650 Freestyle, teams are limited to a max of three (3) boys and (3) girls per age group (13-14 and 15 over).</li> <li>• Teams will be limited to (3) mixed relay entries per relay. Relays must be swum with two (2) boys and two (2) girls on each relay.</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 extra heats will be added.</b></li> </ul>
FEES:	<ul style="list-style-type: none"> <li>• <b>Individual events: \$ 12.00</b></li> <li>• <b>Relay events: \$20.00</b></li> <li>• <b>Swimmer surcharge: \$ 2.50 per swimmer (entered in the meet in any capacity)</b></li> <li>• Checks should be made payable to <a href="#">SwimRVA</a></li> <li>• Mail payment to: <b>SwimRVA</b> Attn: Adam Kennedy 5050 Ridgedale Parkway Richmond, VA 23234</li> <li>• Payment must be received by <b>Saturday, January 27, 2024</b>. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
SEEDING:	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> <li>• Swimmers should report directly to the blocks for their events.</li> </ul>
WARM-UP:	<ul style="list-style-type: none"> <li>• Saturday - Sunday AM Session: Not before 7:45 – 8:30 AM. <b>Competition starts not before 8:40 AM</b></li> <li>• Saturday - Sunday PM Session: Not before 11:30 – 12:25 PM. <b>Competition starts not before 12:30 PM</b></li> <li>• If morning sessions run long, warm-ups for the afternoon session will begin 10 minutes after the last event/heat of the previous session.</li> <li>• Lane assignment and warm-up times will be e-mailed to all teams and posted on the SwimRVA TeamUnify website no later than <b>Monday, January 22, 2024</b>. <a href="https://www.teamunify.com/team/usavasrva/page/home">https://www.teamunify.com/team/usavasrva/page/home</a></li> </ul>
SCORING and AWARDS:	<ul style="list-style-type: none"> <li>• Individual events will be scored by age group: 13-14, 15-16, and 17-18</li> <li>• Each team may score a max of three (3) in each age group.</li> <li>• The top ten swimmers in each event will be scored as follows: <b>12, 9, 8, 7, 6, 5, 4, 3, 2, 1.</b></li> <li>• Relays will be scored by 13-14 and 15 &amp; Over. <b>Only</b> the top 2 relays per team will score.</li> <li>• Relays will be scored as follows: <b>24, 18, 16, 14, 12, 10, 8, 6, 4, 2.</b></li> <li>• <b>Team Champion will be awarded the HEAVYWEIGHT BELT for 2024.</b></li> </ul>

<p><b>RULES:</b></p>	<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>. 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, swimmers should shower before entering the pool.</li> <li>• 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.</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>
<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>• o Entries using fraudulent or non-verifiable times.</li> <li>• o Athlete competed in the incorrect age group.</li> <li>• o 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 the 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>
<p><b>OFFICIALS:</b></p>	<p><b>Meet Referee:</b> <a href="#">Ralph Jones</a>  <b>Email:</b> <a href="mailto:RalphVASwim@gmail.com">RalphVASwim@gmail.com</a></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Certified and Apprentice Officials interested in serving should fill out the <a href="#">SwimRVA Heavyweight Battle Officials Signup Sheet</a> <b>AND</b> email the Meet Referee (<a href="mailto:ralphVASwim@gmail.com">ralphVASwim@gmail.com</a>) with name, email address, certifications, and session availability <b>by Sunday January 14<sup>th</sup> or as soon as possible thereafter.</b></li> </ul>
<p><b>SAFETY:</b></p>	<p><b>MEET SAFETY OFFICER:</b> <a href="#">Rebecca Quicke</a>  <b>Email:</b> <a href="mailto:Rebecca.quicke@swimrichmond.org">Rebecca.quicke@swimrichmond.org</a>  <b>Phone:</b> (804)-519-1970</p> <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 <b>NO DIVING OR RACING STARTS</b> 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>
<p><b>TIMERS:</b></p>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers for all sessions in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be sent to teams no later than <b>Monday, January 22, 2024</b></li> <li>• Lap counting devices will be provided for the 500 Free and 1650 Free Events. Swimmers in the 500 Freestyle are responsible for providing their Lap-Counters <b>ONLY</b>. Swimmers in the 1650 Freestyle must provide both Timers <b>AND</b> Lap-Counters for their events</li> </ul>

<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Heat Sheets:</b> 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. Updated Heat Sheets will also be available on the SwimRVA TeamUnify website.</li> <li>• <b>Results:</b> The meet results will be available on the Meet Mobile app. The results will also be posted to the <b>Virginia Swimming</b> website after the conclusion of the meet.</li> <li>• <b>Swim Supplies: Swim &amp; Tri</b> swim shop will be operating in the lobby of the facility.</li> <li>• <b>Hospitality:</b> A light breakfast and box lunch will be provided for coaches and officials. Coaches and officials who have special dietary concerns or needs should bring their own food and beverages.</li> <li>• <b>Concession:</b> SwimRVA Café will be open for the duration of the meet.</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 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> <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 must 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>VIDEO SERVICE:</b>	<ul style="list-style-type: none"> <li>• 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 <a href="https://swimrva.vhx.tv/">https://swimrva.vhx.tv/</a> for product information.</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>



# SwimRVA Heavyweight Battle

## January 27-28, 2024



### ORDER OF EVENTS

SESSION 1 SATURDAY MORNING – 13-14		
<i>Girls</i>	<i>Events</i>	<i>Boys</i>
1	Mixed 200 Medley Relay	1
2	400 Individual Medley	3
4	200 Freestyle	5
6	100 Backstroke	7
8	100 Breaststroke	9
10	200 Butterfly	11
12	50 Freestyle	13
14	1650 Freestyle	15

SESSION 2 SATURDAY AFTERNOON – 15 & OVER		
<i>Girls</i>	<i>Events</i>	<i>Boys</i>
16	Mixed 200 Medley Relay	16
17	400 Individual Medley	18
19	200 Freestyle	20
21	100 Backstroke	22
23	100 Breaststroke	24
25	200 Butterfly	26
27	50 Freestyle	28
29	1650 Freestyle	30

SESSION 3 SUNDAY MORNING – 13-14		
<i>Girls</i>	<i>Events</i>	<i>Boys</i>
31	Mixed 200 Freestyle Relay	31
32	200 Backstroke	33
34	100 Freestyle	35
36	200 Breaststroke	37
38	500 Freestyle	39
40	100 Butterfly	41
42	200 Individual Medley	43

SESSION 4 SUNDAY AFTERNOON – 15 & OVER		
<i>Girls</i>	<i>Events</i>	<i>Boys</i>
44	Mixed 200 Freestyle Relay	44
45	200 Backstroke	46
47	100 Freestyle	48
49	200 Breaststroke	50
51	500 Freestyle	52
53	100 Butterfly	54
55	200 Individual Medley	56