



# 2024 Shamrock Showdown

March 21-24, 2024  
VS-24-63

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-24-63</b></li> <li>• USA 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.</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, Commonwealth of Virginia, and Chesterfield County.</li> </ul>	
<b>LOCATION:</b>	<ul style="list-style-type: none"> <li>• SwimRVA-CSAC, 5050 Ridgedale Parkway, Richmond, VA 23234</li> <li>• Phone: (804) 271-8271 (Pool front desk)</li> </ul>	
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• SwimRVA-CSAC Provides 2 indoor pools and supporting amenities including hospitality, a swim shop, and concession stand.</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 run in the 25-yard competition pool set up for 8 lanes.</li> <li>• Myrtha track start blocks and Myrtha 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 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.</li> </ul>	
<b>MEET DIRECTOR:</b>	Adam Kennedy <a href="mailto:adam.kennedy@swimrichmond.org">adam.kennedy@swimrichmond.org</a> Phone: (804) 334-7669	Rebecca Quicke <a href="mailto:Rebecca.quicke@swimrichmond.org">Rebecca.quicke@swimrichmond.org</a> Phone: (804) 519-1979
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all USA Swimming athletes registered before the first day of the competition that meet the qualifying time in each event entered. There are no time standards for 12 &amp; Under athletes.</li> <li>• Qualifying period will be January 1, 2023 through March 20, 2024.</li> <li>• No on deck athlete registration will be permitted.</li> <li>• 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.</li> <li>• Age on March 21, 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>	

FORMAT:

**Thursday Distance Session:**

- The 12 & Under 400 IM will be swum slowest to fastest. Single or dual course format will be at the discretion of the Meet Director and/or Meet Referee. Teams will be notified No Later Than Monday, March 18<sup>th</sup> if dual courses will be used.
- The 1650 and the 1000 freestyle will be swum as timed finals and run in a dual course format by event.
  - The 1650 Free will run in the west course and alternate heats of women, then men, fastest to slowest.
  - The 1000 Free will run in the east course and alternate heats of women, then men, fastest to slowest.

**AM SESSIONS – 13 & OVER PRELIMINARY:**

- 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. In addition, the Meet Director, in consultation with the Meet Referee, may choose to remove Relay events depending on the timeline. Teams will be notified No Later Than **Monday, March 18<sup>th</sup>** if dual courses are used or relays are removed.
- The 400 IM and 500 free will be flighted as follows:
  - The four fastest heats of each gender will be swum first, slowest to fastest.
  - The remaining heats will be swum fastest to slowest, alternating girls, then boys.

**AM SESSIONS - 12 & Under SESSIONS:**

- The top 8 swimmers in the 9-10 and 11-12 50-yard and 100-yard events will return for finals. All other events will be swum as Timed Finals.
- Entries will be limited to ensure no session is longer than four hours.
- The 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. In addition, the Meet Director, in consultation with the Meet Referee, may choose to remove Relay events depending on the timeline. Teams will be notified No Later Than **Monday, March 18<sup>th</sup>** if dual courses are used or relays are removed.
- All 12 & Under events including the Thursday distance events will be swum slowest to fastest.

**Finals Sessions:**

- The number of swimmers qualifying for Finals will be as follows:

Age Group	Qualifiers	
9-10	8	*50s, 100s only
11-12	8	*50s, 100s only
13-14	16	
15-Over	24	

- 13 & Over events will be swum with the fastest two heats of 13-14 qualifiers in B/A format followed by the fastest three heats of 15 & Over qualifiers in C/B/A format during Finals.
- All Finals swimmers will report directly to their assigned starting block except for the 15 & Over A-final which will march out from the ready room and be introduced with music, names and team affiliation prior to the start of the race.
- **Relay events:** All relay events will be timed finals and be swum slowest to fastest in both prelims and finals. The **fastest 2 heats** of the 13 & Over 200 Freestyle Relay and the 13 & Over 200 Medley Relay will be swum during the finals session with all other heats swum during the preliminary session. Teams may **designate AM/PM preference** but must do so prior to the scratch deadline for the corresponding day.

<p><b>ATHLETES WITH A SERIOUS MEDICAL CONDITION</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.</li> <li>• The swimmer/coach shall provide a Personal Assistant(s) as needed. (New Virginia Swimming required wording)</li> <li>• Athletes requiring observation and/or post-race triage will be seeded to swim in the outside lanes (New Virginia Swimming Best Practices Recommendations)</li> </ul>
<p><b>FEES:</b></p>	<p>13 &amp; Over Individual events: <b>\$16.50</b>  12 &amp; Under Individual events: <b>\$11.00</b>  Relay events: <b>\$22.00</b>  Swimmer surcharge: <b>\$2.50</b> per swimmer (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to <b>SwimRVA</b></li> <li>• Mail payment to: <p style="text-align: center;"><b>SwimRVA</b>  Attn: Adam Kennedy  5050 Ridgedale Parkway  Richmond, VA 23234</p> </li> <li>• Payment must be received by Thursday, March 21. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<p><b>ENTRIES:</b></p>	<ul style="list-style-type: none"> <li>• <b>ENTRY DEADLINE: 5:00 PM, TUESDAY March 12<sup>th</sup>.</b></li> <li>• <b>NEW QUALIFIER DEADLINE: 5:00PM, MONDAY March 18<sup>th</sup>.</b> <ul style="list-style-type: none"> <li>○ Entries must be submitted 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>○ The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session.</li> <li>○ The Meet Director reserves the right to eliminate Relays to prevent too lengthy a session.</li> <li>○ The Meet Referee reserves the right to combine heats and events, which may require reseeding.</li> </ul> </li> <li>• <b>ENTRY LIMITS:</b> <ul style="list-style-type: none"> <li>○ <b>Individual Events:</b> Athletes may swim no more than <b>three (3)</b> individual events per day.</li> <li>○ <b>Relays: (4) per team</b>, per event. Each team may score a maximum of <b>two (2)</b> per team, per event.</li> </ul> </li> <li>• <b>Bonus Events:</b> Swimmers may swim bonus events based on the number of events they are qualified to swim. The following are the bonus event qualifications: <ul style="list-style-type: none"> <li>○ 1 Qualifying Time: 4 bonus events</li> <li>○ 2 Qualifying Times: 3 bonus events</li> <li>○ 3 Qualifying Times: 2 bonus events</li> <li>○ 4-6 Qualifying Times: 1 bonus events</li> <li>○ 7 or more Qualifying Times: 0 bonus events</li> </ul> </li> <li>• There are no qualifying times for bonus events or relays. <ul style="list-style-type: none"> <li>○ “No Time” entries for bonus and relay events will be allowed.</li> <li>○ “Coaches Times” for relays are permitted</li> </ul> </li> </ul>

<p><b>SCRATCHES</b></p>	<ul style="list-style-type: none"> <li>● The 13 &amp; Over 100 IM does not have a qualifying time. This event cannot be used to gain entry into the meet and or to add bonus events. This event will count towards the total number of swims allowed per day.</li> <li>● 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: <b>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.</b></li> <li>● Deadline for scratches from Individual Events: <ul style="list-style-type: none"> <li>○ Scratches for Thursday events should be made through positive check-in procedure which will close 40 minutes prior to the start of the session (4:20pm).</li> <li>○ Scratches for Friday's events, including relays, are due 30 minutes after the start of the distance session Thursday</li> <li>○ Scratches for Saturday's events, including relays, are due 30 minutes after the start of the finals' session Friday</li> <li>○ Scratches for Sunday's events, including relays and the 1000 freestyle, are due 30 minutes after the start of the finals' session Saturday</li> </ul> </li> <li>● The scratch rule regarding finals will apply to all evening heats.</li> </ul>
<p><b>SEEDING:</b></p>	<ul style="list-style-type: none"> <li>● Positive check-in deadline for the 1650 Free, the 1000 Free, and the 12 &amp; Under 400 IM will be 40 minutes prior to the start of the session (4:20pm).</li> <li>● AM and PM designations for 13 &amp; Over 200 relays must be submitted by the scratch deadline for the corresponding day.</li> </ul>
<p><b>WARM-UPS:</b></p>	<ul style="list-style-type: none"> <li>● Thursday PM: <ul style="list-style-type: none"> <li>○ Warm up 3:30-4:50 pm, Competition begins 5:00 pm. **Teams that would like warm-up prior to 3:30 pm should email the meet director. Access to the pool to warm-up will be based on space available.</li> </ul> </li> <li>● 13 &amp; over Prelims: <ul style="list-style-type: none"> <li>○ No earlier than 6:30 – 7:50 am; Competition begins no earlier than 8:00 am</li> </ul> </li> <li>● 13 &amp; over Finals: <ul style="list-style-type: none"> <li>○ No earlier than 4:00 – 4:50 pm; Competition begins no earlier than 5:00 pm</li> </ul> </li> <li>● All 12 &amp; Under sessions: <ul style="list-style-type: none"> <li>○ No earlier than 11:00 am; Competition begins no earlier than 12:00 pm</li> </ul> </li> <li>● 13 &amp; Over Preliminary warm-up session will be <b>open warm-up</b>. For the final 20 minutes the meet director and referee will open pace and sprint lanes based on demand.</li> <li>● 12 &amp; Under Session warm-up session will have lane assignments per team. Assigned warm-up lanes will be sent to teams no later than <b>Monday, March 18<sup>th</sup></b> and posted on SwimRVA's website.</li> <li>● Finals sessions will be open for general warm-up for the first 35 minutes. For the final 15 minutes the meet director and referee will open pace and sprint lanes based on demand.</li> </ul>
<p><b>SCORING &amp; AWARDS:</b></p>	<ul style="list-style-type: none"> <li>● Individual Events will be scored top 16 in the following age groups, 8 &amp; Under, 9-10, 11-12, 13-14, 15 &amp; Over. <ul style="list-style-type: none"> <li>○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1</li> </ul> </li> <li>● Relay Events will be scored in their corresponding age group. Teams may score a maximum of two relays per team, per event. <ul style="list-style-type: none"> <li>○ Relays: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2</li> </ul> </li> <li>● 13 &amp; Over Team Trophies: Women, Men, Combined</li> <li>● 12 &amp; Under Team Trophies: Girls, Boys, Combined</li> <li>● Women's High Point, Men's High Point in the following age groups 8 &amp; Under, 9-10, 11-12, 13-14, 15 &amp; Over.</li> <li>● 12 &amp; under heat winner awards and ribbons for places 1-8 will be given.</li> </ul>

<p><b>RULES:</b></p>	<ul style="list-style-type: none"> <li>• The current <i>USA Swimming Rules and Regulations</i>, 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 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.</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 permission.</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, 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> <li>• The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E, paragraphs 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.</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 this competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded</li> </ul>	
<p><b>OFFICIALS:</b></p>	<p><u><b>MEET REFEREE:</b></u>  Name: Ralph Jones  Email: ralphvaswimming@gmail.com</p>	<p><u><b>ADMIN REFEREE:</b></u>  Name: Bob Rustin  Email: brustin55@gmail.com</p>
<p><b>SAFETY:</b></p>	<p><u><b>MEET SAFETY OFFICER:</b></u>  Name: Rebecca Quicke  Email: Rebecca.Quicke@swimrichmond.org</p> <ul style="list-style-type: none"> <li>• VSI Safety and Warm-up procedures will be in effect.</li> </ul>	

	<ul style="list-style-type: none"> <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 at either end of the competition pool.</li> </ul>
<b>TIMERS:</b>	<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, March 18<sup>th</sup></b>.</li> <li>• Swimmers are responsible for providing timers and lap counters for the 500 Free, 1000 Free and 1650 Free Events. Lap counting devices will be provided (distance and preliminary sessions only).</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Spectator Admission:</b> <ul style="list-style-type: none"> <li>○ All-Session Pass - <b>\$30.00</b></li> <li>○ Session Pass - <b>\$8.00</b></li> <li>○ Tickets can be purchased online at: <a href="https://www.eventbee.com/v/2024-swimrva-shamrock-showdown/event?eid=254213625">https://www.eventbee.com/v/2024-swimrva-shamrock-showdown/event?eid=254213625</a></li> </ul> </li> <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 after the scratch deadline. Updated Heat Sheets will also be available on the SwimRVA 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 Shop: Swim &amp; Tri</b> swim shop will be operating in the lobby of the facility.</li> <li>• <b>Hospitality:</b> 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.</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 should not to be propped open (HVAC requirements).</li> <li>• No tape of any kind is to be used inside to hang signs, banners or decorations.</li> </ul>
<b>Event Streaming and Broadcast:</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>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Hotels have been secured through 288 Travel. Please use the following link to set up your hotel rooms. <a href="https://groups.reservetravel.com/group.aspx?id=59732">https://groups.reservetravel.com/group.aspx?id=59732</a></li> </ul>
<b>KINGS DOMINION:</b>	<p>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.</p> <p>Included in this special athlete gift is:</p> <ul style="list-style-type: none"> <li>• Complimentary ticket per each participating USA Swimming registered athlete.</li> </ul>

- Teams will need to submit an excel sheet with each athlete's name and email address to [entries@swimrichmond.org](mailto:entries@swimrichmond.org) by **Tuesday March 12<sup>th</sup>** to ensure tickets arrive in time. Any last-minute additions are not guaranteed to secure a free ticket.

## SwimRVA Shamrock Showdown Qualifying Times 2023-2024

13-14 Girls	15 & Over Girls		13-14 Boys	15 & Over Boys
29.59	26.59	50 Free	27.19	23.89
1:04.09	57.79	100 Free	59.59	52.39
2:18.39	2:05.49	200 Free	2:10.09	1:54.59
6:11.09	5:36.49	500 Free	5:51.79	5:11.29
12:46.09	11:36.49	1000 Free	12:08.99	10:49.29
21:17.09	19:23.49	1650 Free	20:18.29	18:08.09
1:09.69	1:02.69	100 Back	1:04.99	57.19
2:31.79	2:16.79	200 Back	2:51.59	2:04.29
1:19.99	1:12.09	100 Breast	1:13.89	1:04.19
2:53.69	2:36.29	200 Breast	2:40.69	2:21.29
1:09.39	1:02.69	100 Fly	1:04.69	56.69
2:33.69	2:18.79	200 Fly	2:23.89	2:06.99
2:34.39	2:20.09	200 IM	2:25.49	2:07.49
5:30.79	4:58.89	400 IM	5:10.69	4:34.59



# SwimRVA Shamrock Showdown

**March 21-24, 2024**

Session 1 THURSDAY TIMED FINALS		
Girls	Event Name	Boys
1	12 & Under 400 IM	2
3	Open 1650 Freestyle	4
5	Open 1000 Freestyle	6

Session 2 - 13 & Over FRIDAY PRELIMS		
Girls	Event Name	Boys
7	13 & Over 200 Freestyle	8
9	13 & Over 100 Breaststroke	10
11	13 & Over 100 Butterfly	12
13	13 & Over 400 IM	14

Session 3 - 12 & Under FRIDAY PRELIMS/TIMED FINALS		
Girls	Event Name	Boys
15	11-12 100 IM	16
17	8 & Under 25 Backstroke	18
19	10 & Under 100 Backstroke	20
21	11-12 100 Backstroke	22
23	8 & Under 50 Breaststroke	24
25	10 & Under 100 Breaststroke	26
27	11-12 200 Breaststroke	28
29	8 & Under 25 Butterfly	30
31	9-10 50 Butterfly	32
33	11-12 50 Butterfly	34
35	11-12 200 Butterfly	36
37	12 & Under 500 Freestyle	38

Session 5 - 13 & Over SATURDAY PRELIMS		
Girls	Event Name	Boys
39	<b>13-14 200 Freestyle Relay</b> *^	40
41	<b>15 &amp; Over 200 Freestyle Relay</b> *^	42
43	13 & Over 200 Butterfly	44
45	13 & Over 50 Freestyle	46
47	13 & Over 100 Backstroke	48
49	13 & Over 100 IM	50
51	13 & Over 500 Freestyle	52

Session 6 - 12 & Under SATURDAY PRELIMS/TIMED FINALS		
Girls	Event Name	Boys
53	10 & Under 200 Freestyle Relay	54
55	11-12 200 Freestyle Relay	56
57	11-12 100 Breaststroke	58
59	8 & Under 25 Freestyle	60
61	9-10 50 Freestyle	62
63	11-12 50 Freestyle	64
65	8 & Under 50 Butterfly	66
67	10 & Under 100 Butterfly	68
69	11-12 100 Butterfly	70
71	8 & Under 50 Backstroke	72
73	9-10 50 Backstroke	74
75	8 & Under 100 Freestyle	76
77	9-10 200 Freestyle	78
79	11-12 200 Freestyle	80
81	10 & Under 100 IM	82

\*Top 16 200 Free Relays will be swum in Finals.

^Teams may designate swimming relays as AM or PM at least 40 minutes prior to the start of the preliminary session.



<b>Session 8 - 13 &amp; Over SUNDAY PRELIMS</b>		
<b>Girls</b>	<b>Event Name</b>	<b>Boys</b>
83	<b>13-14 200 Medley Relay</b> *^	84
85	<b>15 &amp; Over 200 Medley Relay</b> *^	86
87	13 & Over 200 Backstroke	88
89	13 & Over 100 Freestyle	90
91	13 & Over 200 Breaststroke	92
93	13 & Over 200 IM	94

**\*Top 16 200 Free Relays will be swum in Finals.**

**^Teams may designate swimming relays as AM or PM at least 40 minutes prior to the start of the preliminary session.**

<b>Session 9 - 12 &amp; Under SUNDAY PRELIMS/TIMED FINALS</b>		
<b>Girls</b>	<b>Event Name</b>	<b>Boys</b>
95	10 & Under 200 Medley Relay	96
97	11-12 200 Medley Relay	98
99	11-12 50 Backstroke	100
101	12 & Under 200 IM	102
103	8 & Under 50 Freestyle	104
105	9-10 100 Freestyle	106
107	11-12 100 Freestyle	108
109	11-12 200 Backstroke	110
111	8 & Under 25 Breaststroke	112
113	9-10 50 Breaststroke	114
115	11-12 50 Breaststroke	116

## SwimRVA Shamrock Showdown

### FINALS SESSIONS

Session 4 – FRIDAY FINALS		
Girls	Event Name	Boys
15	11-12 100 IM	16
7	13 & Over 200 Freestyle	8
25	10 & Under 100 Breaststroke	26
9	13 & Over 100 Breaststroke	10
31	9-10 50 Butterfly	32
33	11-12 50 Butterfly	34
11	13 & Over 100 Butterfly	12
21	11-12 100 Backstroke	22
19	10 & Under 100 Backstroke	20
13	13 & Over 400 IM	14

Session 7- SATURDAY FINALS		
Girls	Event Name	Boys
57	11-12 100 Breaststroke	58
43	13 & Over 200 Butterfly	44
61	9-10 50 Freestyle	62
63	11-12 50 Freestyle	64
45	13 & Over 50 Freestyle	46
67	10 & Under 100 Butterfly	68
69	11-12 100 Butterfly	70
73	9-10 50 Backstroke	74
47	13 & Over 100 Backstroke	48
81	10 & Under 100 IM	82
49	13 & Over 100 IM	50
51	13 & Over 500 Freestyle	52
39	13-14 200 Freestyle Relay	40
41	15 & Over 200 Freestyle Relay	42

Session 10 – SUNDAY FINALS		
Girls	Event Name	Boys
99	11-12 50 Backstroke	100
87	13 & Over 200 Backstroke	88
105	9-10 100 Freestyle	106
107	11-12 100 Freestyle	108
89	13 & Over 100 Freestyle	90
113	9-10 50 Breaststroke	114
115	11-12 50 Breaststroke	116
91	13 & Over 200 Breaststroke	92
93	13 & Over 200 IM	94
83	13-14 200 Medley Relay	84
85	15 & Over 200 Medley Relay	86