









	<h1 style="text-align: center;">SwimRVA BLASTOFF</h1> <h2 style="text-align: center;">September 27-29, 2024</h2> <h3 style="text-align: center;">SANCTION NO. VS-25-04</h3>	<p style="text-align: center;"><b>Hosted by</b></p> 
<p><b>SANCTION:</b></p>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-25-04</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 SwimRVA.</li> </ul>	
<p><b>LOCATION:</b></p>	<ul style="list-style-type: none"> <li>• SwimRVA - Collegiate School Aquatics Center, 5050 Ridgedale PKWY, Richmond, VA 23234.</li> <li>• Phone: (804) 271-8271 (Pool front desk)</li> </ul>	
<p><b>FACILITY:</b></p>	<ul style="list-style-type: none"> <li>• The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.</li> <li>• 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 swum wall to bulkhead.</li> <li>• This meet will be swum in a 25-yard course within the 50-meter pool.</li> <li>• Omega Starting Blocks, Colorado Timing GEN7 automatic and semi-automatic timing, backup Dolphin wireless stopwatches.</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</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 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.</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>	
<p><b>MEET DIRECTOR</b></p>	<p><b>Name:</b> <a href="#">Adam Kennedy</a>  <b>Email:</b> <a href="mailto:adam.kennedy@swimrichmond.org">adam.kennedy@swimrichmond.org</a>  <b>Phone:</b> <a href="tel:(804)334-7669">(804) 334-7669</a></p>	
<p><b>ELIGIBILITY:</b></p>	<ul style="list-style-type: none"> <li>• Open to all athletes who are registered with USA Swimming before the first day of the meet.</li> <li>• No on-deck USA Swimming athlete registration will be permitted.</li> <li>• 2021-2024 NAG time standards are in effect.</li> <li>• Age on September 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>ATHLETES WITH A SERIOUS MEDICAL CONDITION</b>	<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 accommodations. 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.</li> </ul>						
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All events will be swum as timed finals.</li> <li>Friday 1000-yard freestyle will be swum fastest to slowest alternating girls then boys.</li> <li>Dual courses may be used for any session or event at the discretion of the meet director and referee. Teams will be notified NLT Monday, September 23 if dual courses will be used.</li> </ul>						
<b>WARM-UP:</b>	<p>Warm-up lane assignments will be emailed to all teams on Tuesday, September 24, 2024.</p> <table border="0"> <tr> <td> <b>Session 1   Friday Afternoon</b>  Warm-up: 4:00 PM  Start: 5:00 PM </td> <td> <b>Session 2   Saturday AM   13 &amp; Over</b>  Warm-up: Not Before 7:00 AM  Start: Not Before 8:00 AM </td> </tr> <tr> <td> <b>Sessions 3   Saturday PM   12 &amp; Under</b>  Warm-up: Not before 11:00 AM  Start: Not before 12:00 PM </td> <td> <b>Sessions 4   Saturday PM   13 &amp; Over</b>  Warm-up: Not before 3:30 PM  Start: Not before 4:00 PM </td> </tr> <tr> <td> <b>Sessions 5   Sunday AM</b>  Warm-up: 7:00 AM  Start: 8:00 AM </td> <td> <b>If morning sessions run late, warm-ups for afternoon sessions will begin immediately after the session ends.</b> </td> </tr> </table>	<b>Session 1   Friday Afternoon</b> Warm-up: 4:00 PM Start: 5:00 PM	<b>Session 2   Saturday AM   13 &amp; Over</b> Warm-up: Not Before 7:00 AM Start: Not Before 8:00 AM	<b>Sessions 3   Saturday PM   12 &amp; Under</b> Warm-up: Not before 11:00 AM Start: Not before 12:00 PM	<b>Sessions 4   Saturday PM   13 &amp; Over</b> Warm-up: Not before 3:30 PM Start: Not before 4:00 PM	<b>Sessions 5   Sunday AM</b> Warm-up: 7:00 AM Start: 8:00 AM	<b>If morning sessions run late, warm-ups for afternoon sessions will begin immediately after the session ends.</b>
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<b>ENTRIES:</b>	<ul style="list-style-type: none"> <li><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, SEPTEMBER 17, 2024.</b></li> <li>Entries must be submitted in short course yards using Commlink-2 software.</li> <li>Teams must submit entries via e-mail to: <a href="mailto:entries@swimrichmond.org">entries@swimrichmond.org</a>. Please include the meet name and your team name in the subject.</li> <li>Swimmers may enter a maximum of 6 individual event(s) per day, but are limited to 4 individual event(s) per session</li> <li>"No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record.</li> <li>Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" time.</li> <li>All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</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.</li> <li>The Meet Referee reserves the right to combine heats and events, which may require reseeding.</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 heats will be added.</b></li> </ul>						

<b>FEES:</b>	<ul style="list-style-type: none"> <li>• Individual events: \$ 10.00</li> <li>• Relay events: \$15.00</li> <li>• Swimmer surcharge: \$ 2.50 per swimmer</li> <li>• Checks should be made payable to SwimRVA</li> <li>• Mail payment to:   <div style="text-align: center;"> <b>SwimRVA</b>  <b>5050 Ridgedale Parkway</b>  <b>Richmond, VA 23234</b> </div> </li> <li>• Payment must be received by <b>Friday, September 27, 2024</b>. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>						
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded except events 1 &amp; 2.</li> <li>• Events 13 &amp; 14 (11 &amp; Over 1000 Y Free) will require positive check-in. Check-in will close 30 minutes prior to the start of the session. These events will be swum fastest to slowest alternating heats of girls then boys.</li> <li>• Coaches should send all scratches for pre-seeded events to <a href="mailto:entries@swimrichmond.org">entries@swimrichmond.org</a> by noon on Wednesday, September 25.</li> </ul>						
<b>SCORING +AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events will be scored by age group: 8 &amp; Under, 9-10, 11-12, 13-14 and 15 &amp; Over.</li> <li>• Mixed relay events will be scored by the event age group and contribute to the team points.</li> <li>• This will be a Combined Team Scored Event.</li> </ul> <table border="1" data-bbox="298 921 1503 1356"> <tr> <td data-bbox="298 921 477 1068">  </td><td data-bbox="477 921 1503 1068"> Teams will compete for the giant 32" SwimRVA Blastoff Trophy </td></tr> <tr> <td data-bbox="298 1068 477 1262">  </td><td data-bbox="477 1068 1503 1262"> High Point Blastoff GOAT awards will be given to the top scoring boy and girl in the following age groups: 8 &amp; Under, 9-10, 11-12, 13-14 and 15 &amp; Over. </td></tr> <tr> <td data-bbox="298 1262 477 1356">  </td><td data-bbox="477 1262 1503 1356"> Blastoff heat winner awards will be given for 12 and under and Sunday sessions </td></tr> </table>		Teams will compete for the giant 32" SwimRVA Blastoff Trophy		High Point Blastoff GOAT awards will be given to the top scoring boy and girl in the following age groups: 8 & Under, 9-10, 11-12, 13-14 and 15 & Over.		Blastoff heat winner awards will be given for 12 and under and Sunday sessions
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<b>PENALTIES:</b>	<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>○ Athletes competed in the incorrect age group.</li> <li>○ Athletes 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 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>						

<b>RULES:</b>	<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>.</li> <li>• Changing, in whole or in part, into or out of a 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, all swimmers should shower before entering the pool.</li> <li>• 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.</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>
<b>OFFICIALS:</b>	<p><b>Meet Referee:</b> <a href="#">Floyd Young</a>  <b>Email:</b> <a href="mailto:floydyoung@gmail.com">floydyoung@gmail.com</a></p> <ul style="list-style-type: none"> <li>• Certified officials wishing to work this meet can submit an application by Friday, September 21, 2024 by clicking the following link:  <a href="https://docs.google.com/forms/d/1uulf9RAnV0TKT_qMJw9Dqehkr6DaoLXOpOmp-X50k8/edit">https://docs.google.com/forms/d/1uulf9RAnV0TKT_qMJw9Dqehkr6DaoLXOpOmp-X50k8/edit</a></li> <li>• A short officials meeting will take place during the warm-up time of each session.</li> </ul>
<b>SAFETY:</b>	<p><b>Safety Officer:</b> <a href="#">Jacob Wallin</a>  <b>Email:</b> <a href="mailto:Jacob.wallin@swimrichmond.org">Jacob.wallin@swimrichmond.org</a>  <b>Phone:</b> <a href="tel:(804)647-1567">(804) 647-1567</a></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 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.</li> </ul>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• There will be two (2) timers per lane. Teams will be required to provide timers based on the number of athletes entered in the meet. The timer briefing will take place 20 minutes prior to the start of each session. Timer assignments will be sent to teams NLT Monday, September 23, 2024.</li> <li>• Timers should enter the building through the front door.</li> <li>• Lap counting devices will be provided for the 1000 and 500 Free. Swimmers are responsible for providing someone to use the counter.</li> <li>• Athletes are responsible for providing their own timers for the 1000 freestyle.</li> </ul>

<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Heat Sheets:</b> Heat sheets will be free and available on the Meet Mobile app.</li> <li>• <b>Results:</b> The meet results will be available on the Meet Mobile app. The results will also be posted to the Virginia Swimming website after the conclusion of the meet.</li> <li>• <b>Swim Supplies:</b> Swim and Tri swim shop will be operating in the lobby of the facility.</li> <li>• <b>Hospitality:</b> A light breakfast, lunch, and/ or dinner will be provided. Drinks will be available all day.</li> <li>• <b>Concession:</b> Full Rapids Café menu available in the community room</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 at 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 be propped open at any time. (HVAC requirement).</li> <li>• No tape of any kind is to be used inside to hang signs, banners or decorations.</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>VIDEO STREAMING:</b>	<ul style="list-style-type: none"> <li>• 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 <a href="https://swimrva.vhx.tv/">https://swimrva.vhx.tv/</a> for product information.</li> </ul>
<b>PHOTOGRAPHY:</b>	<ul style="list-style-type: none"> <li>• From time to time, SwimRVA Communications staff takes action photos of the contests for marketing purposes. If you would like to refuse consent of any action photos of your athlete, please email SwimRVA your non-consent to <a href="mailto:entries@swimrichmond.org">entries@swimrichmond.org</a>.</li> </ul>

**SwimRVA BLASTOFF | September 27-29, 2024**  
**ORDER OF EVENTS**

<b>Session 1: Friday</b> <b>Warm-up: 4:00-4:50 PM</b> <b>Start: 5:00 PM</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
1	13 & Over 200 IM	2
3	12 & Under 200 Butterfly	4
5	13 & Over 50 Breaststroke	6
7	12 & Under 400 IM	8
9	13 & Over 200 Butterfly	10
11	12 & Under 50 Butterfly	12
<b>5 Minute Break – Timer Change</b>		
13	11 & Older 1000 Freestyle	14

<b>Session 2: Saturday 13 &amp; Over AM</b> <b>Warm-up: NOT BEFORE 7:00-7:50 AM</b> <b>Start: NOT BEFORE 8:00 AM</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
15	13-14 Mixed 100 Breaststroke Relay	15
16	15&Over Mixed 100 Breaststroke Relay	16
17	13 & Over 400 IM	18
19	13 & Over 50 Butterfly	20
21	13 & Over 200 Back	22
23	13 & Over 200 Free	24
25	13 & Over 100 Breaststroke	26
<b>3 Minute Break – Relay Setup</b>		
27	13-14 Mixed 100 Butterfly Relay	27
28	15 & Over Mixed 100 Butterfly Relay	28

<b>Session 3: Saturday 12 &amp; Under</b> <b>Warm-up: NOT BEFORE 11:00-11:50 AM</b> <b>Start: NOT BEFORE 12:00 PM</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
29	10 & Under Mixed 100 Medley Relay	29
30	11-12 Mixed 100 Medley Relay	30
<b>5 Minute Break</b>		
31	12 & Under 500 Free	32
33	12 & Under 25 Backstroke	34
35	12 & Under 200 Breaststroke	36
37	10 & Under 100 Butterfly	38
39	11-12 100 Butterfly	40
41	10 & Under 200 Free	42
43	11-12 200 Free	44
45	10 & Under 50 Breaststroke	46
47	11-12 50 Breaststroke	48
49	12 & Under 25 Butterfly	50
51	10 & Under 100 Backstroke	52
53	11-12 100 Backstroke	54
55	10 & Under 100 IM	56
57	11-12 100 IM	58
59	10 & Under 50 Freestyle	60
61	11-12 50 Freestyle	62
<b>3 Minute Break – Relay Setup</b>		
63	10 & Under Mixed 100 Free Relay	63
64	11-12 Mixed 100 Free Relay	64

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**Session 4: Saturday 13 & Over PM**  
**Warm-up: NOT BEFORE 3:30 PM**  
**Start: NOT BEFORE 4:00 PM**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
65	13-14 Mixed 100 Freestyle Relay	65
66	15 & Over Mixed 100 Freestyle Relay	66
67	13 & Over 500 Free	68
69	13 & Over 100 Backstroke	70
71	13 & Over 50 Free	72
73	13 & Over 200 Breaststroke	74
<b>3 Minute Break – Relay Setup</b>		
75	13-14 Mixed 100 Medley Relay	75
76	15 & Over Mixed 100 Medley Relay	76

**Session 5: SUNDAY**  
**Warm-up: NOT BEFORE 7:00 AM**  
**Start: NOT BEFORE 8:00 AM**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
77	10 & Under 200 Mixed Free Relay	77
78	11-12 200 Mixed Free Relay	78
79	13-14 200 Mixed Free Relay	79
80	15 & Over 200 Mixed Free Relay	80
<b>5 Minute Break</b>		
81	12 & Under 25 Freestyle	82
83	13 & Over 100 IM	84
85	10 & Under 200 IM	86
87	11-12 200 IM	88
89	12 & Under 25 Breaststroke	90
91	12 & Under 200 Backstroke	92
93	13 & Over 100 Butterfly	94
95	10 & Under 100 Breaststroke	96
97	11-12 100 Breaststroke	98
99	10 & under 100 Free	100
101	11-12 100 Free	102
103	13 & Over 100 Free	104
105	10 & Under 50 Backstroke	106
107	11-12 50 Backstroke	108
109	13 & Over 50 Backstroke	110
<b>5 Minute Break</b>		
111	10 & Under 200 Mixed Free Relay	111
112	11-12 200 Mixed Free Relay	112
113	13-14 200 Mixed Free Relay	113
114	15 & Over 200 Mixed Free Relay	114