



speedo
SECTIONALS



Welcome to Richmond!



Leadership Team

- Meet Referee: Tom Allison
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- Meet Director: Adam Kennedy
- Admin Referee: Kelly Rowell
 - kmcr.pvs@gmail.com
- Head Starter: Louis Hu
- Team Lead Chief Judge: Jessica Moore
- Meet Jury (TBD)



Competition Format

- Long Course Meters
- USA Swimming Rules & Regulations
- Minor Athlete Abuse Prevention Policy (MAAPP)
- Prelims: warmups 6:30 – 8:30 a.m., start 8:45 a.m.
- Finals: warmups 4:30 – 5:20 p.m., start 5:30 p.m.
- Prelims pre-scratch timelines posted on meet website
- Sprint/Pace lanes open 30 mins before warmups end
- Time trials will be offered each day



Competition

- Backstroke Ledges
 - Placed by the swimmers, removed by staff
- Colorado starting units
- All heats of the 50 freestyle will start from the East (far) end
- Fly-over starts will be used for all prelims heats



Competition

- Finals
 - Pool will be cleared prior to the start of all finals heats
 - Order: D Final (18&U), C final, B Final, A Final
 - D/C/B finals – report behind blocks, name read in water
 - A Final will parade from the Ready Area in the warmup pool, names announced behind blocks
- Awards
 - No awards presentation at this meet



Competition – Distance Events

- Thursday (W 800/M1500) - swims fast to slow
- Sunday (W 1500/M 800) - swims slow to fast
- Alternate women and men
- Fastest heats of each swim at Finals
- Swimmers provide their own timer and lap counter for all distance events
- Early distance option: if a swimmer wants to swim at prelims, this preference must be made at the Resolution Table by the scratch deadline



Competition – 400M IM/Freestyle

- The 400 IM and 400 freestyle will be flighted
 - The A flight will consist of the fastest 6 heats of women followed by the fastest 6 heats of men swimming slow to fast
 - The B flight will consist of the remaining heats of women and men, alternating, swimming fast to slow



Competition - Relays

- Relays are timed-final events.
- The fastest two heats will swim with finals during the evening session. Remaining heats with morning prelims.
- Relays follow the individual event scratch procedures.
- Relay cards are due to the Resolution Desk by 10:30 a.m. for morning session and 5:00 p.m. in the final session in which the relay will be swum. Names/order may be changed up to the time of the swim.
- Relay participants may only compete on one relay team per relay event, either the 'A' relay or the 'B' relay but not both.



Time Trials

- Maximum of 3 Time Trials swims during the meet.
- 3 event/day limit includes Time Trials swims.
- On-site sign up closes at 10 a.m. each day.
- Entry fees: \$25/individual, \$35/relays.
- Will start no earlier than 15 minutes after the completion of the session.
- Duration will be limited to 1 hour.
- Distance Time Trials offered only on Thursday.



Entry Limits

- Swimmers may compete in a maximum of 3 individual events/day including Time Trials.
- Swimmers may compete in a maximum of 7 individual events in the meet, NOT including Time Trials.
- DFS and NS are DQs and are counted towards individual events, so a swimmer may not DFS in order to reduce daily swim for Time Trials.
- It is the coaches responsibility to scratch swimmers from events as necessary to meet the requirements above. This must be done by the scratch deadline for each day.



Scratch Procedures- Prelims

- Scratches from prelims and relays must be entered by 6:00 pm on the evening prior to prelims.
- Scratches may be submitted early. May be emailed to kmcr.pvs@gmail.com before Resolution Table opens.
- Swimmers may indicate their preference for swimming during prelims at the Resolution Desk by the scratch deadline for distance and Sunday relays.
- National Scratch Rule 207.11.6 applies, except for 207.11.6B (first-day scratch deadline) and 207.11.6E(4) (re-entry fee).



Scratch Procedures - Finals

- Scratching from finals only with the Administrative Referee at the Resolution table.
- Do not drop a scratch card in the scratch box! Do not email scratches from finals!
- After results are announced, athletes will have 30 minutes to scratch or declare an “intent to scratch” from Finals for that event.



Scratch Procedures - Finals

- If your swimmers' results from prelims are not in the top 32 finishers for preliminaries, scratches may cause them to be seeded in finals.
- Regardless of placement, if your swimmer is not going to swim in finals even if “scratched in,” please scratch so that the opportunity may be granted to the next swimmer to prepare for finals.



Swim-Offs

- Check results at Admin table prior to leaving venue.
- Swim-offs will be scheduled for ties for places 8/9, 16/17, 24/25, 32/33/34 during prelims. Check with the Deck Referee if you have a tie. The swim-off may be scheduled at any time agreed to with the Deck Referee, but not more than 45 minutes after the last heat of any event in which any one of the swimmers is competing in that session.
- Note that scratches from finals may create unexpected swim-offs for up to 30 minutes after results are announced.
- All swim-offs must be resolved during the prelims session.



No Shows

- Prelims – failure to compete in an individual prelims heat in which a swimmer is entered and has not been scratched will result in
 - Barred from all further individual and relay events and Time Trials on that day.
 - Must positively check back into the meet at Admin table by scratch deadline (please do this immediately) to get swimmer seeded into next prelims.
- Finals - no Show in Finals, **OUT** of the meet.



Declared False Starts

- Use during prelims if your athlete is seeded and cannot swim. See the Admin Referee at resolution table prior to the start of the session. After the session begins, inform start area Deck Ref/Chief Judge or Admin Referee.
- Please scratch night before rather than DFS if you know swimmer will not swim to reduce number of empty lanes.
- A DFS will count against the total number of events that an athlete swims per day – may not DFS to make room for TT.



Declared False Starts

- You may NOT use DFS in finals – relief at finals must be medical issue or similar reason for failure to compete and must be approved by the Meet Referee.
- Swimmer may report to blocks and swim, even if DFS has been declared.



Entry/Registration

- APT
 - Teams have been contacted with names of athletes who are not in compliance.
 - Athletes will not be allowed to swim unless APT has been completed prior to session.
- Proof of Times



Host Info - Facility

- Venue Hours
- Warm up
- Internet Access
- Medical Services
- Parking & Traffic Patterns
- Emergencies
- Hospitality
- Results Posting
- Coach Deck Flow
- Facility Maps



Host Info - Administration

- Registration:
 - Please collect waivers from your team and turn in at check-in.
- Additional Deck Passes
 - Additional permissible passes can be purchased at Registration for \$35
 - Coaches purchasing new deck passes at registration will be asked to provide evidence of certifications (Deck Pass)



Host Info – Venue Hours

Wednesday, May 15

- 1:00 – 8:30 p.m.
- Pools open for the duration

Thursday, May 16 through Sunday, May 19

- Pools open at 6:30 a.m.
- Facility closes 30 minutes after the last event



Host Info – Warm Up Procedures

- No gear of any kind allowed during warm up in the competition pool.
 - No fins, kickboards, snorkels, etc.
- Minimize time on the wall. Marshals will be policing the warm up sessions and warm up pool during the contest. Athletes not actively swimming will be asked to leave the pool.



Host Info- Warm Up Lanes

- Prelims – beginning at 6:30 a.m.
 - Lanes 2 and 7 = One way starts from the near (West) end of the competition pool
 - Lanes 1 and 8 = Push pace
 - Backstroke days (Thursday and Saturday)
 - Backstroke wedge – One way starts Lane 3
- Finals – beginning at 5:30 p.m.
 - Lanes follow prelims schedule



Host Info – Internet Access

- Guest network available throughout the facility for swimmers and coaches.
- Coaches have a dedicated wifi that has priority of service. The “SwimRVA – Coaches” is password protected:
 - Sw1m@m3!



Host Info – Medical Services

- SwimRVA lifeguards will serve as primary responders for any incident in the aquatics center.
- Chesterfield County Fire and EMS are located 1 mile away with a 5 minute response time.
- Closest hospital is 10 minutes away:
Chippenham Hospital
7101 Janke Road
Richmond, VA 23225



Host Info - Parking

Parking at the facility is free. Overflow parking will be utilized for this event. There is additional parking behind the facility in the old grocery store parking lot.





Host Info - Hospitality

- Located in the front community room.
- Menu in recent email.
- Credentials will be required to enter.
- Please let us know if you need anything!



Host Info – Heat Sheets/Results

- Results will be available via Meet Mobile.
- All heat sheets will be available on the event landing page, emailed to coaches prior to the session and available to coaches at the Resolution Desk.



Host Info

- Facility orientation
 - The scoreboard is NORTH in the facility.
 - The near end is WEST in the facility.
 - The far end is EAST in the facility.
 - Starting side for 50 Free
- Please consider pop-up tents on the grounds to the west of registration
 - Outdoor scoreboard
 - Outdoor PA



Pool Map

USA-S EZ LC Speedo Super Sectionals- May 16-19, 2024

