
	<p style="text-align: center;">East Coast SummerFest July 31-Aug 3, 2025 SANCTION NO. VS-</p>		<p style="text-align: center;">Hosted by</p> 
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS- 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:	<ul style="list-style-type: none"> 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. 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:	<p>Name: Adam Kennedy Email: adam.kennedy@swimrichmond.org Phone: (804) 334-7669</p>		
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. 2025-2028 NAG time standards are in effect. Age on July 31st, 2025 will determine age for the entire meet. 		
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> 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 using the <u>Disability Accommodation Form</u>. 		
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> All 13-14, 13 & Over and 15 & Over events will be swum as prelim/final, except for the 800 & 1500 Freestyle, which will be swum as timed finals. <ul style="list-style-type: none"> 13-14 swimmers will advance to the top 16 to finals, except for the 400 Free and the 400 IM which will advance to the top 8 only. 15 & Over swimmers will advance to the top 24 to finals except for the 400 free and 400 IM which will advance to the top 16 only. Warm-up for the Thursday and Sunday 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. 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. <ul style="list-style-type: none"> All 12 & under events 200M and longer will be swum as timed finals. ALL RELAY EVENTS WILL BE TIMED FINALS. <ul style="list-style-type: none"> The top 2 heats of all 13 & Over relays will swim at finals. All remaining heats will swim during the preliminary. Relays will swim from slowest to fastest in both prelims and 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 28, 2025.
SEEDING:	<ul style="list-style-type: none"> 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. 13 & Over 800 M 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 28. The Meet Director, in consultation with the Meet Referee, may limit the number of entries heats in the 400M Free, 400M Individual Medley, 800M Free or 1500M Free to prevent lengthy timeline. <ul style="list-style-type: none"> Teams will be notified no later than Thursday, July 24 and be given the option to change events for athletes who are affected.
WARM-UP:	<p>Warm-up times and lane assignments (if assigned) will be emailed to teams on Monday July 28, 2025</p> <ul style="list-style-type: none"> Preliminary Sessions <ul style="list-style-type: none"> Warm-up: Not Before 6:30 AM Session Start: Not before 8:00 AM 13 & Over Distance Sessions <ul style="list-style-type: none"> Warm-up: Not Before 1:00 PM Session Start: Not Before 2:00 PM Finals Sessions <ul style="list-style-type: none"> 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:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, July 22, 2025.</p> <ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> 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 Thursday, July 31, 2025. 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:	<ul style="list-style-type: none"> 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"> 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 represents 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:	<p>Meet Referee: Floyd Young</p> <p>Email: floydyoung@gmail.com</p> <ul style="list-style-type: none"> 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 25th or as soon as possible thereafter by clicking the link below: <ul style="list-style-type: none"> EAST COAST SUMMERFEST OFFICIALS SIGNUP A short officials meeting will take place during the warm-up time of each session.
SAFETY:	<p>Meet Safety Officer: Jacob Wallin</p> <p>Email: Jacob.wallin@swimrichmond.org</p> <ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> 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 28, 2025 There will be two (2) timers per lane. Timer shifts will be assigned based on entries. The Timer's 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:	<ul style="list-style-type: none"> • 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 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:	<ul style="list-style-type: none"> • 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 following scratch rule regarding finals will be in effect: Any swimmer initially announced as qualifying for an event in finals who fails to scratch from the event and fails to compete in the event at finals will be barred from competing in any additional events in that session. Additionally, the athlete will be barred from competing in his/her next individual event in a subsequent session. Alternates will be announced along with final qualifiers but shall not be penalized if unavailable to compete in the finals. Rule 207.11.6.E 1-3, Exceptions for Failure to Compete, will be followed. • 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, 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:	<ul style="list-style-type: none"> • 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:	<ul style="list-style-type: none"> • 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 on pool side.

East Coast SummerFest | July 31-Aug 3, 2025

ORDER OF EVENTS

Thursday, July 31st, 2025

Session 1: Preliminary Session Warm-up: Not Before 6:30 AM Start: Not Before 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 200 Mixed Free Relay	1
2	11-12 200 Mixed Free Relay	2
3	13 & Over 200 Medley Relay	4
10-minute break		
5	13-14 200 IM	6
7	15 & Over 200 IM	8
9	10 & Under 100 Butterfly	10
11	11-12 100 Butterfly	12
13	13-14 50 Butterfly	14
15	15 & Over 50 Butterfly	16
17	10 & Under 50 Breaststroke	18
19	11-12 50 Breaststroke	20
21	13-14 100 Freestyle	22
23	15 & Over 100 Freestyle	24
25	12 & Under 400 IM	26
27	13-14 100 Breaststroke	28
29	15 & Over 100 Breaststroke	30
10-minute break		
31	13 & Over 200 Free Relay	32
33	11-12 1500 Freestyle	34

Session 2: 13 & Over Distance Warm-up: Not Before 1:30 PM Start: Not Before 2:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	13 & Over 1500 Freestyle	36

Session 3: Finals Warm-up: Not before 4:00 PM Start: Not before 5:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
3	13 & Over 200 Medley Relay	4
10-minute break		
5	13-14 200 IM	6
7	15 & Over 200 IM	8
9	10 & Under 100 Butterfly	10
11	11-12 100 Butterfly	12
13	13-14 50 Butterfly	14
15	15 & Over 50 Butterfly	16
17	10 & Under 50 Breaststroke	18
19	11-12 50 Breaststroke	20
21	13-14 100 Freestyle	22
23	15 & Over 100 Freestyle	24
27	13-14 100 Breaststroke	28
29	15 & Over 100 Breaststroke	30
10-minute break		
31	13 & Over 200 Free Relay	32

Friday, August 1st, 2025

Session 4: Preliminary Session Warm-up: Not Before 7:30 AM Start: Not Before 8:45 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	10 & Under 200 Medley Relay	38
39	11-12 200 Medley Relay	40
41	13 & Over 200 Mixed Medley Relay	41
10-minute break		
43	13-14 50 Backstroke	44
45	15 & Over 50 Backstroke	46
47	10 & Under 200 Freestyle	48
49	11-12 200 Freestyle	50
51	13-14 200 Freestyle	52
53	15 & Over 200 Freestyle	54
55	10 & Under 100 Backstroke	56
57	11-12 100 Backstroke	58
59	13-14 100 Butterfly	60
61	15 & Over 100 Butterfly	62
63	12 & Under 200 Breaststroke	64
65	13 & Over 400 IM	66
67	10 & Under 50 Freestyle	68
69	11-12 50 Freestyle	70
10-minute break		
42	13 & Over 200 Mixed Free Relay	42

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	13 & Over 200 Mixed Medley Relay	41
10-minute break		
43	13-14 50 Backstroke	44
45	15 & Over 50 Backstroke	46
51	13-14 200 Freestyle	52
53	15 & Over 200 Freestyle	54
55	10 & Under 100 Backstroke	56
57	11-12 100 Backstroke	58
59	13-14 100 Butterfly	60
61	15 & Over 100 Butterfly	62
65	13 & Over 400 IM	66
67	10 & Under 50 Freestyle	68
69	11-12 50 Freestyle	70
10-minute break		
42	13 & Over 200 Mixed Free Relay	42

Saturday, August 2nd, 2025

Session 6: Preliminary Session Warm-up: Not Before 7:30 AM Start: Not Before 8:45 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
71	10 & Under 200 Freestyle Relay	72
73	11-12 200 Freestyle Relay	74
75	13 & Over 400 Free Relay	76
10-minute break		
77	13-14 50 Breaststroke	78
79	15 & Over 50 Breaststroke	80
81	12 & Under 200 Butterfly	82
83	13-14 200 Butterfly	84
85	15 & Over 200 Butterfly	86
87	10 & Under 100 Freestyle	88
89	11-12 100 Freestyle	90
91	13-14 100 Backstroke	92
93	15 & Over 100 Backstroke	94
95	10 & Under 50 Backstroke	96
97	11-12 50 Backstroke	98
99	13 & Over 400 Freestyle	100
101	12 & Under 400 Free	102

Session 7: Finals Warm-up: Not before 4:00 PM Start: Not before 5:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
75	13 & Over 400 Free Relay	76
10-minute break		
77	13-14 50 Breaststroke	78
79	15 & Over 50 Breaststroke	80
83	13-14 200 Butterfly	84
85	15 & Over 200 Butterfly	86
87	10 & Under 100 Freestyle	88
89	11-12 100 Freestyle	90
91	13-14 100 Backstroke	92
93	15 & Over 100 Backstroke	94
95	10 & Under 50 Backstroke	96
97	11-12 50 Backstroke	98
99	13 & Over 400 Freestyle	100

Sunday, August 3rd, 2025

Session 8: 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	10 & Under 200 Mixed Medley Relay	103
104	11-12 200 Mixed Medley Relay	104
105	13 & Over 400 Medley Relay	106
10-minute break		
107	12 & Under 200 Backstroke	108
109	13-14 200 Backstroke	110
111	15 & Over 200 Backstroke	112
113	10 & Under 50 Butterfly	114
115	11-12 50 Butterfly	116
117	13-14 50 Freestyle	118
119	15 & Over 50 Freestyle	120
121	10 & Under 100 Breaststroke	122
123	11-12 100 Breaststroke	124
125	13-14 200 Breaststroke	126
127	15 & Over 200 Breaststroke	128
129	12 & Under 200 Individual Medley	130
10-minute break		
131	11-12 800 Freestyle	132

Session 9: 13 & 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>
133	13 & Over 800 Freestyle	134

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
105	13 & Over 400 Medley Relay	106
10-minute break		
109	13-14 200 Backstroke	110
111	15 & Over 200 Backstroke	112
113	10 & Under 50 Butterfly	114
115	11-12 50 Butterfly	116
117	13-14 50 Freestyle	118
119	15 & Over 50 Freestyle	120
121	10 & Under 100 Breaststroke	122
123	11-12 100 Breaststroke	124
125	13-14 200 Breaststroke	126
127	15 & Over 200 Breaststroke	128