
	<p align="center">2025 VSI LC DISTRICT CHAMPS July 10-13, 2025 SANCTION NO. VS-25-107</p>	<p 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-25-107. • USA Swimming, Inc., Virginia Swimming, Inc., the Greater Richmond Aquatics Partnership 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 Chesterfield County. 	
LOCATION:	<ul style="list-style-type: none"> • SwimRVA-CSAC • 5050 Ridgedale Parkway, Richmond, VA 23234 • Phone: (804) 271-8271 	
FACILITY:	<ul style="list-style-type: none"> • SwimRVA-CSAC Provides 2 indoor pools and supporting amenities including hospitality, a swim shop, and concession stand. • 50-meter competition pool with a depth of 7' 7" to 8' 1" end to center of pool. Competition lanes are 8' 3" wide. • All sessions will be run in the 50 Meter competition pool set up for 8 lanes. • Myrtha track start blocks and Myrtha backstroke wedges. • Colorado System 7 timing, Dolphin watches and Colorado 31' video board. • Indoor 6-lane 25-yard pool for continuous warm-up, cool-down. • The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. • In order to provide parents/guardians who are outside of the facility with 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. • American Red Cross certified lifeguards will be on duty for the duration of the contest. The facility is equipped with first aid supplies, two AEDs, and emergency oxygen. 	
MEET DIRECTORS:	<p>Jacob Wallin Email: jacob.wallin@swimrichmond.org Phone: (804)647-157</p>	
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming athletes registered prior to the first day of the meet from the following teams: DC, HNVR, NOVA, PSDN, QSTS, RCR, and SRVA • The qualifying period for this meet is November 1, 2023 through July 9, 2025. • No on deck Virginia Swimming athlete registration will be permitted. • 8 and younger swimmers may compete in any 10 & U event regardless of their time except the 400 Freestyle where they must have a 10 & U B time. • 14 and younger swimmers may compete in any event or relay leg in which they have a time that is slower than the Age Group Championship qualifying time except for the 400 IM, 400 Freestyle, or 800 Freestyle must have at least a B time in their respective age group. • 15 and older swimmers may compete in any event or relay leg in which they have a time that is slower than the Senior Championship qualifying time except for the 400 IM, 400 Freestyle, or 800 Freestyle must have at least a B time in their respective age group. • Age on July 10, 2025 will determine age for the entire meet. • 10 & 12 year-old swimmers aging up from July 10 to July 24, 2025 and 14 year-old swimmers aging up from July 10 to July 17, 2025 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> ○ Any 10 or 12 year-old swimmer who does not qualify in his/her new age group at Age Group Champs may enter the event. 	

	<ul style="list-style-type: none"> ○ Any 14 year-old swimmer who does not qualify for Senior Champs may enter the event. ○ The swimmers will be seeded correctly by time but will swim exhibition only and will not be eligible to receive an award or compete in the Finals session.
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 Disability Accommodation Form.
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 accommodations. 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 10 & under athletes will swim: <ul style="list-style-type: none"> ○ timed final events. ○ 400 freestyle on Thursday afternoon. • 11–12-year-old athletes will swim: <ul style="list-style-type: none"> ○ 400 freestyle on Thursday afternoon. ○ Prelim/finals in all 50 and 100 m individual events with top 8 from prelims swimming in finals. ○ All 200 m individual events and the 400 m IM as timed finals with the top 8 swimming in finals. • 13 & over athletes will swim: <ul style="list-style-type: none"> ○ 800 freestyle on Thursday afternoon. ○ All 400 m individual events as timed finals with the top heat of 13/14 and top heat of 15 & over swimming in finals. ○ Prelims/finals in all 50, 100, and 200 m individual events with top 16 13/14 athletes and top 16 15 & over athletes from prelims swimming in finals. • Chase starts may be utilized at the discretion of the meet referee. Teams will be notified NLT Monday, July 7, 2025, if chase starts will be used. • “A” Final swimmers will be presented with music and their names will be announced prior to the start of the race. A Ready Room will be used at this Championship prior to each “A” final heat. Each Swimmer in the “A” Final (Final heat) should report to the Ready Room one event prior to their scheduled event and participate in the “A” Final parade. • “B” Final heats will report directly to their assigned lane.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, July 1, 2025</p> <ul style="list-style-type: none"> • Conforming and non-conforming times will be used for entry – LCM, SCM, then SCY. • Teams submit entries via e-mail using CommLink-2 software. • Athletes may enter a maximum of 8 individual events for the meet, no more than 3 individual events per day and the relay events offered each day • “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record with the following exceptions: any athlete entered in the 400 IM, the 400 Freestyle, or the 800 Freestyle must have at least a B time in their respective age group. • Coach Times (CT) are not allowed. • All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay with a NT • Each club may enter 2 relay teams per relay event. • Relay teams must be designated A or B if more than one per club is entered per event. Relay entry times must be slower than the combined “AG Championship” or Senior Champs times for the corresponding relay. • Email entries to: entries@swimrichmond.org

	<ul style="list-style-type: none"> • Late entries will be accepted. All late entries must submit proof of time. If received prior to the publishing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added. • The Meet Referee reserves the right to combine heats and events, which may require reseeding.
FEES:	<p>Individual events: \$14 Relay events: \$25 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> • Checks should be made payable to: SwimRVA • Mail payment to: Adam Kennedy; 5050 Ridgedale Pkwy., N. Chesterfield, VA 23234 • Payment must be received by July 10, 2025 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. <p>IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</p>
SEEDING:	<ul style="list-style-type: none"> • All events, except those requiring a positive check-in (400 and 800 freestyles, and the 400 IM) will be pre-seeded. • Positive check-in deadlines: The events listed below will require a positive check-in. <ul style="list-style-type: none"> ○ 2:00pm Thursday: Events #1 – 6 ○ 8:30am Friday: Events #31 & 32 (13-14 400 IM) ○ 1:00pm Friday: Events #33 & 34 (11-12 400 IM) ○ 8:30am Sunday: Events #89 & 90 (13 & O 400 Free) • A swimmer who positively checks-in to swim for distance event and does not show up to compete, will not be able to swim his/her next event. • Events #5 & 6 (800 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys. All other events will be swum slowest to fastest. • All relays will swim in prelims/timed final sessions.
WARM-UP:	<ul style="list-style-type: none"> • Thursday distance session: Warm-ups not before 2:30pm <ul style="list-style-type: none"> ○ 800 Free: <ul style="list-style-type: none"> ▪ The pool will be open for 15 min. of open warm-ups immediately following the finish of the 11/12 400m Freestyle with competition starting 5 min. thereafter. ▪ The approximate start for individual clubs will be posted on the SwimRVA website, no later than Sunday, July 7, 2025 and will also be emailed to the contact person of the participating clubs. • Morning sessions: Warm-ups not before 7:00am; Friday competition starts not before 8:20am. Saturday and Sunday – not before 8:10am. • Afternoon sessions: Warm-ups not before 11:00am; competition starts not before 12:20pm. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
AWARDS:	<ul style="list-style-type: none"> • Individual events: <ul style="list-style-type: none"> ○ 12 & U: will be awarded medals 1st through 3rd place and ribbons 4th through 16th place. ○ 13 & O: will be awarded medals 1st through 3rd place and ribbons 4th through 8th place. • 10 & under events will be awarded as 9-10 and 8 & under. • 13 & over events will be awarded as 13-14 and 15 & over. • All Relay events will be awarded medals 1st through 3rd place and ribbons 4th through 8th place. • Scoring will be as follows: <ul style="list-style-type: none"> ○ All events will be scored to 16 places. ○ Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1 ○ Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

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. Athlete competed in the incorrect age group. Athlete is not registered with USA Swimming prior to the first day of the meet. If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. Any event in which an athlete participated illegally will be rescored and re-awarded.
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 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. 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. Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge.. 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. 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, swimmers should shower before entering the pool. 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. 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.
OFFICIALS:	<p>Meet Referee: Matt Banks Email: mbanks03@gmail.com Phone:</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to: mbanks03@gmail.com no later than Tuesday, July 3, 2025. Officials should follow this link to apply to officiate no later than Saturday, July 5th, 2025 https://forms.gle/RSgerzcQ9VnEPFBE9 There will be an officials' meeting approximately 1 hour prior to the start of each session. There may be a coaches' meeting at 7:30am on Friday, July 11th in hospitality prior to the start of the session. Coaches will be notified NLT Wednesday, July 9th if the meeting will be held.
SAFETY:	<p>Meet Safety Officer: Jacob Wallin Email: jacob.wallin@swimrichmond.org</p>

	<p>Phone: 804-647-1567</p> <p>VSI Safety and Warm-up procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. The number of timers required per club and their lane assignments will be posted on the SwimRVA website, no later than Sunday, July 7, 2025 and will also be emailed to the contact person of each of the individual clubs. Athletes competing in Thursday's events must provide their own timers. Athletes in the 800 Freestyle must provide their own counters.
GENERAL:	<ul style="list-style-type: none"> Meet Program: Heat Sheets will be emailed prior to each session, printed for coaches and available via meet mobile. Results: Meet 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. Photography: In accordance with J.3 of VSI Policies and Procedures, photography will not be permitted without the express permission of the Meet Director. Swim Supplies: Swim and Tri swim shop will be operating in the lobby of the facility. Hospitality: A light breakfast and 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. Concession: Light concessions will be offered at this meet.
FACILITY 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. 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 not permitted. 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 Virginia Swimming Best Practices, all athletes 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 the Virginia Swimming 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.
DIRECTIONS:	<ul style="list-style-type: none"> Directions to the facility can be found on Google Maps using the following link
PARKING:	<ul style="list-style-type: none"> SwimRVA has parking at the facility, in the surrounding parking lot, with overflow parking available at the old Super Market, up the hill behind the building.

2025 LC CENTRAL DISTRICT CHAMPS

ORDER OF EVENTS

Thursday, July 10, 2025

Warm-up not before: 2:30 PM;

Start not before: 3:30 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & U 400m Freestyle	2
3	11/12 400m Freestyle	4
5	13 & O 800m Freestyle	6

Friday, July 11, 2025

13 & O Prelim Warm-up not before: 7:00 AM; Start not before: 8:20 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	13 & O 200m Freestyle	8
9	13 & O 100m Breaststroke	10
11	13 & O 100m Butterfly	12
13	13 & O 400m Individual M	14
10 minute break		
15	400 Free Relay	16

12 & U Prelims Warm-up not before: 11:00 AM; Start not before: 12:20 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	11-12 200m Freestyle	18
19	10 & U 200m Freestyle	20
21	11-12 50m Breaststroke	22
23	10 & U 50m Breaststroke	24
25	11-12 200m Backstroke	26
27	10 & U 100m Butterfly	28
29	11-12 100m Butterfly	30
5 minute break		
31	10 & U 400m Free Relay	32
33	11/12 200m Free Relay	34
10 minute break		
35	11/12 400 IM	36

Finals Warm-up not before: 3:30 PM; Start not before: 5:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	11-12 200m Freestyle	18
7	13 & O 200m Freestyle	8
21	11-12 50m Breaststroke	22
9	13 & O 100m Breaststroke	10
25	11-12 200m Backstroke	26
11	13 & O 100m Butterfly	12
29	11-12 100m Butterfly	30
15	13 & O 400m IM	16
35	11-12 400m IM	36

Saturday, July 12, 2025

13 & O Prelim Warm-up not before: 7:00 AM; Start not before: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	13 & O 200m Free Relay	38
10 minute break		
39	13 & O 200m Individual Medley	40
41	13 & O 100m Backstroke	42
43	13 & O 200m Breaststroke	44
45	13 & O 50m Freestyle	46
10 minute break		
47	13 & O 400m Medley Relay	48

12 & U Prelims Warm-up not before: 11:00 AM; Start not before: 12:20 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	11-12 50m Backstroke	50
51	10 & U 50m Backstroke	52
53	11-12 200m Butterfly	54
55	10 & U 100m Breaststroke	56
57	11-12 100m Breaststroke	58
59	10 & U 50m Freestyle	60
61	11-12 50m Freestyle	62
5 minute break		
63	10 & U 200 M Medley Relay	64
65	11-12 200 M Medley Relay	66

Finals Warm-up not before: 3:30 PM; Start not before: 5:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	11-12 50m Backstroke	50
39	13 & O 200m IM	40
53	11-12 200m Butterfly	54
41	13 & O 100 m Backstroke	42
57	11-12 100m Breaststroke	58
43	13 & O 200m Breaststroke	44
61	11-12 50 m Freestyle	62
45	13 & O 50m Freestyle	46

Sunday, July 13, 2025

13 & O Prelims Warm-up not before: 7:00 AM; Start not before: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
67	13 & O 200m Butterfly	68
69	13 & O 100m Freestyle	70
71	13 & O 200m Backstroke	72
73	13 & O 400m Freestyle	74
10 minute break		
75	13 & O 200m Medley Relay	76

12 & U Prelims Warm-up not before: 11:00 AM; Start not before: 12:20 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
77	11-12 50m Butterfly	78
79	10 & U 50m Butterfly	80
81	11-12 100m Freestyle	82
83	10 & U 100m Freestyle	84
85	11-12 200m Breaststroke	86
87	10 & U 100m Backstroke	88
89	11-12 100m Backstroke	90
91	10 & U 200m Individual Medley	92
93	11-12 200m Individual Medley	94
5 minute break		
95	10 & U 200 Free Relay	96
97	11/12 400 Free Relay	98

Finals Warm-up not before: 3:30 PM; Start not before: 5:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
77	11-12 50m Butterfly	78
67	13 & O 200m Butterfly	68
81	11-12 100m Freestyle	82
69	13 & O 100m Freestyle	70
85	11-12 200m Breaststroke	86
71	13 & O 200m Backstroke	72
89	11-12 100 Backstroke	90
73	13 & O 400m Freestyle	74
93	11-12 200m Individual Medley	94