

	Quest Swimming “Kick-Off Intrasquad” September 19th – 20th, 2025 SANCTION NO. VS-26-032	Hosted by: 
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-032 - USA Swimming, Inc., Virginia Swimming, Inc., and Quest Swimming/SwimQuest Aquatic Center 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.	
LOCATION:	SwimQuest Aquatic Center, 6800 Deer Run Drive, Midlothian, VA 23112	
FACILITY:	6 lane, 25 yard pool, with depths ranging from 4 feet to 6 feet, with non-turbulent lane lines, We will not use a timing system – 3 stopwatches will be used for each lane. This is a bubbled indoor facility. - The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations - One lifeguard will be on duty throughout the duration of the meet (including warm-ups). The facility is equipped with an AED.	
MEET DIRECTOR:	Chad Onken CoachChad@QuestSwimming.com (804) 731-4522 office	
ELIGIBILITY:	- Open to all athletes on Quest Swimming who are registered with USA Swimming before the first day of the meet. - No on deck USA Swimming athlete registration will be permitted - All 18 & over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18th birthday occurs during competition must complete the APT prior to that date. - There are no qualifying times for this meet. All events will be mixed gender. Athletes must compete in the correct meet session based on their Quest Swimming training group. 2025-2028 NAG time standards are in effect. - Age on September 19th, 2025 will determine age for the entire meet.	
DISABILITY SWIMMERS:	- 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:	- 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:	- All Novice Orange, Novice Green, and 10 & Under Homeschool athletes will swim in Session #1 (Friday PM). - All Senior athletes will compete in Session #2 (Saturday AM). - All Age Group, Novice Blue, and 11 & Over Homeschool athletes will swim in Session #3 (Saturday late AM). - All events will be timed finals.	
ENTRIES:	The deadline for the receipt of entries is Tuesday, September 9th. - Swimmers may enter a maximum of THREE (3) individual events per session. - Entries will be processed in the order received and accepted to the greatest extent possible	

	without exceeding the 4-hour/session timeline limit. • No deck entries will be accepted.
FEES:	Individual events: A blanket charge of \$30 for all entries will be charged per athlete. Relay events: There are no relays in this meet Swimmer surcharge: There is no swimmer surcharge for this meet.
SEEDING:	• There is no clerk of course at this meet. Athletes will report behind the blocks based on their heat/lane in the heat sheet. • All events will be pre-seeded. • Coaches will be asked to submit scratches for distance events. At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received.
WARM-UP:	• Session #1: Friday - Warm-ups at 5:45 pm, competition starts at 6:30 pm. • Session #2: Saturday – Warm-ups at 7:15 am, competition starts at 8:00 am. • Session #3: Saturday – Warm-ups not before 9:30 am, competition starts not before 10:15 am. • If Session #2 runs late, Session #3 warm-ups will begin immediately after the previous session ends.
AWARDS:	• Ribbons and/or medals will not be awarded at this meet. All heat winners will receive an award.
PENALTIES:	• A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as ○ 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:	• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy will govern this meet. • All applicable 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 the MAAPP policy 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, officials 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 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 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.
OFFICIALS:	Meet Referee: Daniel Brown Email: danielpbrown02@gmail.com Phone: 804-837-8024

	• Officials will be needed for all positions and all sessions for this meet. • There will be an officials meeting one hour before the start of each session behind the starting blocks at the southwest corner of the facility. • There will be a timers meeting 30 minutes before the start of each session behind the starting blocks at the southwest corner of the facility.
SAFETY:	All Virginia Swimming Meet Safety Procedures will be in effect. VSI Meet Safety Officer Name: Chad Onken Email: CoachChad@QuestSwimming.com
TIMERS:	We will be using 3 stopwatches per lane for this swim meet.
GENERAL:	There will not be a concession stand at this meet. Families are encouraged to bring their own snacks, drinks, and chairs. All athletes MUST remain inside the bubble throughout the meet. Parents will be asked to come into the bubble when their athlete swims and then leave the bubble until their athletes' next event. The Midlothian Swim Shop will be open throughout this meet.
FACILITY RULES:	All SwimQuest Aquatic Center facility rules will be in place.

**Quest Swimming “Kick-off Intrasquad”
ORDER OF EVENTS**

Friday, September 19th, 2025	
Session #1 (Novice Orange/Novice Green/Homeschool 10 & Under) Warm-up: 5:45 pm Meet Start: 6:15 pm (Times are approximate)	
<u>Events</u>	<u>Event #</u>
8 & Under 25 Free	1
9 & Over 50 Free	2
8 & Under 25 Back	3
9 & Over 50 Back	4
8 & Under 25 Breast	5
9 & Over 50 Breast	6
8 & Under 25 Fly	7
9 & Over 50 Fly	8
12 & Under 100 IM	9

Saturday, September 20th, 2025	
Session #2 (Senior Athletes) Warm-up: 7:15 am Meet Start: 8:00 am (Times are approximate)	
<u>Events</u>	<u>Event #</u>
13 & Over 50 Free	10
13 & Over 100 Free	11
13 & Over 50 Back	12
13 & Over 100 Back	13
13 & Over 50 Breast	14
13 & Over 100 Breast	15
13 & Over 50 Fly	16
13 & Over 100 Fly	17
13 & Over 100 IM	18

Saturday, September 20th, 2025	
Session #3 (Age Group/Novice Blue/Homeschool 11 & Over) Warm-up: not before 9:30 am Meet Start: not before 10:15 am (Times are approximate)	
<u>Events</u>	<u>Event #</u>
9 & Over 50 Free	19
9 & Over 100 Free	20
9 & Over 50 Back	21
9 & Over 100 Back	22
9 & Over 50 Breast	23
9 & Over 100 Breast	24
9 & Over 50 Fly	25
9 & Over 100 Fly	26
9 & Over 100 IM	27