

|                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                         |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
|  | <h1 style="text-align: center;">SwimRVA BLASTOFF</h1> <h2 style="text-align: center;">September 26-28, 2025</h2> <h3 style="text-align: center;">SANCTION NO. VS-26-006</h3>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p style="text-align: center;"><b>Hosted by</b></p>  |
| <b>SANCTION:</b>                                                                  | <ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-26-005</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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                         |
| <b>LOCATION:</b>                                                                  | <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                         |
| <b>FACILITY:</b>                                                                  | <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, my minor athlete and I 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> |                                                                                                                                         |
| <b>MEET DIRECTOR</b>                                                              | <p><b>Name:</b> <a href="#">Jacob Wallin</a><br/> <b>Email:</b> <a href="mailto:jacob.wallin@swimrichmond.org">jacob.wallin@swimrichmond.org</a><br/> <b>Phone:</b> (804) 647-1567</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                         |
| <b>ELIGIBILITY:</b>                                                               | <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 (including APT) will be permitted.</li> <li>• 2024-2028 NAG time standards are in effect.</li> <li>• Age on September 26, 2025, 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 using the <a href="#">Disability Accommodation Form</a>.</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 by Monday, September 22, 2025 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 23, 2025.</p> <table border="0"> <tr> <td style="vertical-align: top;"> <p><b>Session 1   Friday Afternoon</b><br/> Warm-up: 4:00 PM<br/> Start: 5:00 PM</p> <p><b>Sessions 3   Saturday PM   12 &amp; Under</b><br/> Warm-up: Not before 11:00 AM<br/> Start: Not before 12:00 PM</p> <p><b>Sessions 5   Sunday AM</b><br/> Warm-up: 7:00 AM<br/> Start: 8:00 AM</p> </td><td style="vertical-align: top;"> <p><b>Session 2   Saturday AM   13 &amp; Over</b><br/> Warm-up: Not Before 7:00 AM<br/> Start: Not Before 8:00 AM</p> <p><b>Sessions 4   Saturday PM   13 &amp; Over</b><br/> Warm-up: Not before 3:30 PM<br/> Start: Not before 4:00 PM</p> <p><b>If morning sessions run late, warm-ups for afternoon sessions will begin immediately after the session ends.</b></p> </td></tr> </table>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <p><b>Session 1   Friday Afternoon</b><br/> Warm-up: 4:00 PM<br/> Start: 5:00 PM</p> <p><b>Sessions 3   Saturday PM   12 &amp; Under</b><br/> Warm-up: Not before 11:00 AM<br/> Start: Not before 12:00 PM</p> <p><b>Sessions 5   Sunday AM</b><br/> Warm-up: 7:00 AM<br/> Start: 8:00 AM</p> | <p><b>Session 2   Saturday AM   13 &amp; Over</b><br/> Warm-up: Not Before 7:00 AM<br/> Start: Not Before 8:00 AM</p> <p><b>Sessions 4   Saturday PM   13 &amp; Over</b><br/> Warm-up: Not before 3:30 PM<br/> Start: Not before 4:00 PM</p> <p><b>If morning sessions run late, warm-ups for afternoon sessions will begin immediately after the session ends.</b></p> |
| <p><b>Session 1   Friday Afternoon</b><br/> Warm-up: 4:00 PM<br/> Start: 5:00 PM</p> <p><b>Sessions 3   Saturday PM   12 &amp; Under</b><br/> Warm-up: Not before 11:00 AM<br/> Start: Not before 12:00 PM</p> <p><b>Sessions 5   Sunday AM</b><br/> Warm-up: 7:00 AM<br/> Start: 8:00 AM</p> | <p><b>Session 2   Saturday AM   13 &amp; Over</b><br/> Warm-up: Not Before 7:00 AM<br/> Start: Not Before 8:00 AM</p> <p><b>Sessions 4   Saturday PM   13 &amp; Over</b><br/> Warm-up: Not before 3:30 PM<br/> Start: Not before 4:00 PM</p> <p><b>If morning sessions run late, warm-ups for afternoon sessions will begin immediately after the session ends.</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                         |
| <b>ENTRIES:</b>                                                                                                                                                                                                                                                                               | <ul style="list-style-type: none"> <li><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, SEPTEMBER 16, 2025.</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's 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: \$ 11.00</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: <b>SwimRVA</b><br/><b>5050 Ridgedale Parkway</b><br/><b>Richmond, VA 23234</b></li> </ul> <p>• Payment must be received by <b>Friday, September 26, 2025</b>. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                    |                                                              |                                                                                     |                                                                                                                                                         |                                                                                     |                                                                                                     |
| <b>SEEDING:</b>                                                                     | <ul style="list-style-type: none"> <li>• All events will be pre-seeded except events 1, 2, 19 &amp; 20.</li> <li>• Events 1 &amp; 2 (12 &amp; Under 400 IM) &amp; Events 19 &amp; 20 (11 &amp; Over 1000 Y Free) will require positive check-in. Positive check-in will close 40 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 24, 2025.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                    |                                                              |                                                                                     |                                                                                                                                                         |                                                                                     |                                                                                                     |
| <b>SCORING<br/>+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="300 940 1502 1377"> <tr> <td data-bbox="300 940 479 1087">  </td><td data-bbox="479 940 1502 1087"> Teams will compete for the giant 32" SwimRVA Blastoff Trophy </td></tr> <tr> <td data-bbox="300 1087 479 1283">  </td><td data-bbox="479 1087 1502 1283"> 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="300 1283 479 1377">  </td><td data-bbox="479 1283 1502 1377"> Blastoff heat winner awards will be given for all 12 &amp; Under events, and the entire Sunday session. </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 all 12 & Under events, and the entire Sunday session. |
|   | 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 all 12 & Under events, and the entire Sunday session.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                    |                                                              |                                                                                     |                                                                                                                                                         |                                                                                     |                                                                                                     |
| <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 represents 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 Prevention 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>      <b>Floyd Young</b><br/> <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 19, 2025 by clicking the following link: <a href="#">2025 SwimRVA Blast-Off: Application to Officiate</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>      <b>Jacob Wallin</b><br/> <b>Email:</b>                <a href="mailto:jacob.wallin@swimrichmond.org">jacob.wallin@swimrichmond.org</a><br/> <b>Phone:</b>                <b>(804) 647-1567</b></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 22, 2025.</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 26-28, 2025  
ORDER OF EVENTS

| Session 1: Friday<br>Warm-up: 4:00-4:50 PM<br>Start: 5:00 PM |                            |             |
|--------------------------------------------------------------|----------------------------|-------------|
| <u>Girls</u>                                                 | <u>Events</u>              | <u>Boys</u> |
| 1                                                            | 12 & Under 400 IM          | 2           |
| 3                                                            | 13 & Over 200 IM           | 4           |
| 5                                                            | 10 & Under 100 Free        | 6           |
| 7                                                            | 11-12 100 Free             | 8           |
| 9                                                            | 12 & Under 200 Butterfly   | 10          |
| 11                                                           | 13 & Over 200 Butterfly    | 12          |
| 13                                                           | 12 & Under 25 Breaststroke | 14          |
| 15                                                           | 12 & Under 200 Backstroke  | 16          |
| 17                                                           | 13 & Over 50 Breaststroke  | 18          |
| 5 Minute Break – Timer Change                                |                            |             |
| 19                                                           | 11 & Older 1000 Freestyle  | 20          |

**Session 2: Saturday 13 & Over AM**  
**Warm-up: NOT BEFORE 7:00-7:50 AM**  
**Start: NOT BEFORE 8:00 AM**

| <b><u>Girls</u></b>                 | <b><u>Events</u></b>                 | <b><u>Boys</u></b> |
|-------------------------------------|--------------------------------------|--------------------|
| 21                                  | 13-14 Mixed 100 Breaststroke Relay   | 21                 |
| 22                                  | 15&Over Mixed 100 Breaststroke Relay | 22                 |
| 23                                  | 13 & Over 400 IM                     | 24                 |
| 25                                  | 13 & Over 50 Butterfly               | 26                 |
| 27                                  | 13 & Over 200 Backstroke             | 28                 |
| 29                                  | 13 & Over 200 Freestyle              | 30                 |
| 31                                  | 13 & Over 100 Breaststroke           | 32                 |
| <b>3 Minute Break – Relay Setup</b> |                                      |                    |
| 33                                  | 13-14 Mixed 100 Butterfly Relay      | 33                 |
| 34                                  | 15 & Over Mixed 100 Butterfly Relay  | 34                 |

**Session 3: Saturday 12 & Under**  
**Warm-up: NOT BEFORE 11:00-11:50 AM**  
**Start: NOT BEFORE 12:00 PM**

| <b><u>Girls</u></b>                 | <b><u>Events</u></b>              | <b><u>Boys</u></b> |
|-------------------------------------|-----------------------------------|--------------------|
| 35                                  | 10 & Under Mixed 100 Medley Relay | 35                 |
| 36                                  | 11-12 Mixed 100 Medley Relay      | 36                 |
| <b>5 Minute Break</b>               |                                   |                    |
| 37                                  | 12 & Under 500 Free               | 38                 |
| 39                                  | 12 & Under 25 Backstroke          | 40                 |
| 41                                  | 12 & Under 200 Breaststroke       | 42                 |
| 43                                  | 10 & Under 100 Butterfly          | 44                 |
| 45                                  | 11-12 100 Butterfly               | 46                 |
| 47                                  | 10 & Under 200 Free               | 48                 |
| 49                                  | 11-12 200 Free                    | 50                 |
| 51                                  | 10 & Under 50 Breaststroke        | 52                 |
| 53                                  | 11-12 50 Breaststroke             | 54                 |
| 55                                  | 12 & Under 25 Butterfly           | 56                 |
| 57                                  | 10 & Under 100 Backstroke         | 58                 |
| 59                                  | 11-12 100 Backstroke              | 60                 |
| 61                                  | 10 & Under 200 IM                 | 62                 |
| 63                                  | 11-12 200 IM                      | 64                 |
| 65                                  | 10 & Under 50 Freestyle           | 66                 |
| 67                                  | 11-12 50 Freestyle                | 68                 |
| <b>3 Minute Break – Relay Setup</b> |                                   |                    |
| 69                                  | 10 & Under Mixed 100 Free Relay   | 69                 |
| 70                                  | 11-12 Mixed 100 Free Relay        | 70                 |

**SwimRVA BLASTOFF | September 26-28, 2025**  
**ORDER OF EVENTS**

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

| <b><u>Girls</u></b>                 | <b><u>Events</u></b>                | <b><u>Boys</u></b> |
|-------------------------------------|-------------------------------------|--------------------|
| 71                                  | 13-14 Mixed 100 Freestyle Relay     | 71                 |
| 72                                  | 15 & Over Mixed 100 Freestyle Relay | 72                 |
| 73                                  | 13 & Over 500 Free                  | 74                 |
| 75                                  | 13 & Over 100 Backstroke            | 76                 |
| 77                                  | 13 & Over 50 Free                   | 78                 |
| 79                                  | 13 & Over 200 Breaststroke          | 80                 |
| <b>3 Minute Break – Relay Setup</b> |                                     |                    |
| 81                                  | 13-14 Mixed 100 Medley Relay        | 81                 |
| 82                                  | 15 & Over Mixed 100 Medley Relay    | 82                 |

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

| <b><u>Girls</u></b>   | <b><u>Events</u></b>              | <b><u>Boys</u></b> |
|-----------------------|-----------------------------------|--------------------|
| 83                    | 10 & Under 200 Mixed Free Relay   | 83                 |
| 84                    | 11-12 200 Mixed Free Relay        | 84                 |
| 85                    | 13-14 200 Mixed Free Relay        | 85                 |
| 86                    | 15 & Over 200 Mixed Free Relay    | 86                 |
| <b>5 Minute Break</b> |                                   |                    |
| 87                    | 12 & Under 25 Freestyle           | 88                 |
| 89                    | 13 & Over 100 Free                | 90                 |
| 91                    | 10 & Under 100 IM                 | 92                 |
| 93                    | 11-12 100 IM                      | 94                 |
| 95                    | 13 & Over 100 IM                  | 96                 |
| 97                    | 10 & Under 50 Butterfly           | 98                 |
| 99                    | 11-12 50 Butterfly                | 100                |
| 101                   | 13 & Over 100 Butterfly           | 102                |
| 103                   | 10 & Under 100 Breaststroke       | 104                |
| 105                   | 11-12 100 Breaststroke            | 106                |
| 107                   | 13 & Over 50 Backstroke           | 108                |
| 109                   | 10 & Under 50 Backstroke          | 110                |
| 111                   | 11-12 50 Backstroke               | 112                |
| <b>5 Minute Break</b> |                                   |                    |
| 113                   | 10 & Under 200 Mixed Medley Relay | 113                |
| 114                   | 11-12 200 Mixed Medley Relay      | 114                |
| 115                   | 13-14 200 Mixed Medley Relay      | 115                |
| 116                   | 15 & Over 200 Mixed Medley Relay  | 116                |