



**2025 VIRGINIA SWIMMING
LC SENIOR CHAMPIONSHIPS**
July 17-20, 2025
SANCTION NO. VS-25-109 & VS-25-109TT

Coordinated by:



SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc. Sanction No. VS-25-109TT and Time Trial Sanction No. VS-25-109TT. - USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphins, and Hampton Virginia Aquaplex 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, Coast Guard Blue Dolphins, and Hampton Virginia Aquaplex agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and City of Hampton.	
LOCATION:	Hampton Virginia Aquaplex, 1908 Coliseum Dr, Hampton, VA 23666 Phone: (757) 369-2876	
FACILITY:	8-lane, 50-meter indoor pool 6 feet 8 inches deep at one end and 13 feet deep at the diving board end; lanes are 8 feet 2 inches wide; overflow gutters; non-turbulent lane markers; Colorado Timing System. - Warm-up/Warm-down Pool: 8-lane, 25-yard indoor pool three feet six inches at one end and four feet six inches at the other end. No Diving is allowed in this pool. - Lifeguards stations on deck. AED devices available. Hampton Fire and Rescue 1.2 miles to Hampton Aquaplex. - The pool will be configured for long course. 1500 second level seats are available for spectators. Only swimmers, coach's officials and meet staff/volunteers will be allowed on the pool deck. - 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 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.	
MEET DIRECTOR:	VSI Senior Chair: Jonathan Kaplan Email: seniorchair@virginiasswimming.org Phone: (864) 508-2961	Host Team Coordinator: Ray Jock Email: meetdirector@cgbdswwim.org Phone: (803) 468-0458
ELIGIBILITY:	- Open to all Virginia Swimming athletes registered before the first day of the competition who meet the qualifying time in each event entered. - Swimmers who have a minimum qualifying time in the 800 m/1000 yd Freestyle or the 1500 m/1650 yd Freestyle may swim both events. - Athletes who have the minimum qualifying time in the 100 distance of the Backstroke, Breaststroke, or Butterfly may enter the 50 of the respective event. - No on deck Virginia Swimming athlete registration will be permitted. - Athletes listed as UNAT must check in with the meet director and be assigned a supervising coach in order to warm-up and to compete. - The qualifying period for this meet is November 1, 2023, through July 16, 2025. - Age on July 17, 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 Disability Accommodation Form.	
ATHLETES WITH A SERIOUS	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	

MEDICAL CONDITION	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:	Preliminary Sessions: • Individual events EXCEPT the 1500 m Freestyle and the 800 m Freestyle will be swum as prelims and finals. • Thursday, the women's 800 m Freestyle and the men's 1500 m Freestyle will be swum slowest to fastest as a timed final event, alternating women and men. ○ The starting time for the first heat will be scheduled so that the second fastest heat of the men's event is concluded at the start of the finals warm-up session. ○ The fastest women's 800 m Freestyle and men's 1500 m Freestyle heat will swim in the finals session on Thursday • Sunday, the women's 1500 m Freestyle and the men's 800 m Freestyle will be swum slowest to fastest as a timed final event, alternating women and men. ○ The starting time for the first heat will be scheduled so that the second fastest heat of the men's event is concluded at the start of the finals warm-up session. ○ The fastest women's 1500 m Freestyle and men's 800 m Freestyle heat will swim in the finals session on Sunday. • The 400 m Individual Medley and the 400 m Freestyle will be swum follows: ○ The fastest four heats of women followed by the fastest four heats of men, each swum slowest to fastest. ○ The remaining heats will be swum fastest to slowest, alternating women then men. • At the discretion of the meet referee, breaks may be added once entries have been received. Additional information about breaks will be provided at the General Meeting. Finals Sessions: • The top 32 qualifiers in the prelims of each event will compete in each day's final session in the following order D, C, B, then A • The D final will be reserved for 18 & U athletes. • All D - C - B Final swimmers will report directly to their assigned starting block. • A - Final swimmers will be paraded and presented with music, their names and team affiliation announced prior to the start of the race. • Relay events: All relay events will be timed finals swum slowest to fastest. The fastest 2 heats of all relays will be swum during the finals session with any other heats and events swum during the prelims session.
ENTRIES:	• REGULAR ENTRY DEADLINE: 1 PM, MONDAY, JULY 14th. (After LC District Champs!) • Meet Entry Officer: Mary Turner, myturner525@gmail.com, 434-352-5451 • On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Email entries during the regular entry period will not be accepted. ○ Entry fees will be paid directly to Virginia Swimming by check or credit card through the Payment Center on the website. ○ Continue through all steps in OME, including Purchase. The window will show \$0 for all categories but the number of athletes as well as individual events and relays entered will be shown in the table. ○ REMEMBER: Once entries are submitted, deleting/switching events or athletes is not possible. Events can be added up until the entry deadline. ○ Contact the Meet Entry Officer if assistance with OME is needed. • Conforming and non-conforming times will be used for entry. • ENTRY LIMITS: ○ Individual Events: Athletes may enter all events for which they qualify, however they may only compete in seven (7) individual events for the meet, and no more than three (3) individual events per day.

	○ Relay Events: Two (2) per team per event. All entries for 200 m Medley relays must use 400 m Medley relay times. ● Bonus Events: Swimmers may swim bonus events based on the number of entered events for which they have a qualifying time. Swimmers must have a time of record for each bonus event entered. ○ The following are the bonus event rules: ▪ 1 entered event: 3 bonus ▪ 2 entered events: 2 bonus ▪ 3-5 entered events: 1 bonus ▪ 6-7 entered events: 0 bonus ○ Bonus swims for the 400 m Individual Medley, 400 m Freestyle, 800 m Freestyle, and the 1500 m Freestyle are not available, with the exception that swimmers who have the qualifying time in the 800 m Freestyle or the 1500 m Freestyle may swim both events. ○ Qualifying for either the 1500 Freestyle or the 800 Freestyle but entering both events counts as 2 entered events when determining the number of bonus swims allowed. ○ There are no qualifying times for bonus events. ● Proof of override (marked with *) times must be provided to the Administrative Referee prior the scratch deadline for that event in order to be seeded. ● Updates to entry times can be submitted through OME prior to the July 14th entry deadline. ● LATE ENTRIES: ○ Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input. ○ 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. An extra heat will be added if needed. ○ Late entries at the meet must be submitted to the Administrative Referee. ● The Meet Referee reserves the right to combine heats and events, which may require reseeding.
FEES:	Individual events: \$16.00 Relay events: \$26.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Late Entry 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. ● Payment for all entry fees may be made: ○ by check and brought to the meet. ○ or by credit card through the Payment Center on the Virginia Swimming website. ● The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, July 17, 2025). Payment for events entered at the meet must be made to Admin Referee at the time of the request. ● Failure to pay entry fees by this deadline could result in teams being barred from the meet.
WARM-UPS:	● All Prelims: 6:30 – 8:20 am; Competition begins at 8:30 am ● Finals: ○ Thursday, Friday, & Saturday: 4:30-5:35 pm; Competition begins at 5:45 pm ○ Sunday: 3:30-4:20 pm; Competition begins at 4:30 pm ● Additional information about lane designations for warm-ups will be provided in the General Meeting via Zoom (7:00 pm, Tuesday, July 15th), emailed to team contacts, and posted on the Virginia Swimming website.
SCRATCHES	● The scratch procedures listed in current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6 A-E(3) will apply with the exception of 207.11.6C as it pertains to timed final events requiring a positive check-in. The following statement will be used instead: A swimmer who fails to scratch from a timed final individual event and does not show up to compete will be barred from his/her next individual event.

	- Scratches from prelims (individual and relay events) must be submitted by 6:15 PM on the evening prior to the day the event is to be contested (ex. scratches for Thursday's events must be submitted by 6:15 pm Wednesday). - Additional information about scratch procedures will be provided at the General Meeting via zoom (7:00 pm, Tuesday, July 15th), emailed to team contacts, and posted on the Virginia swimming website. - Swimmers failing to scratch events which, if swum, would put them in violation of either the 3 events per day or the 7 events in the meet will not be permitted to swim the event or events. The events to be eliminated will be counted in strict numerical sequence as listed in the meet announcement.
SEEDING:	- The order of seeding will be LCM, SCM, SCY. Bonus times will be seeded last. THERE ARE NO POSITIVE CHECK-IN EVENTS AT THIS MEET. All relay teams and athletes swimming distance events who choose not to swim an event must scratch from the event prior to the scratch deadline for that day's events. AM and PM Designations: - Athletes wanting to swim the 800 m or 1500 m Freestyle in the afternoon and not in the fastest heat swimming in finals must designate that desire prior to the scratch deadline for the event. - Relay teams who want to swim in morning and not evening sessions must designate that desire prior to the scratch deadline for the event. - Relays teams will swim in the session desired with up to two full heats participating at finals. - If no preference for AM or PM is indicated, the athlete or team that is next in line will be assigned to the evening finals to ensure all lanes are filled.
AWARDS:	- Scoring - Individual Events: F – 20-17-16-15-14-13-12-11 C – 9-7-6-5-4-3-2-1. - Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2 - Team (Overall): Women, Men, Team Combined High Point. - Team (Specific): Large Team, Medium Team, and Small Team. Both women's high point and men's high point in each category. Team sizes defined by the following: - Small team: 1-124 - Medium team: 125-249 - Individual: First through Eighth Place. Women's High Point, Men's High Point - Relay: First through Third Place.
TIME TRIALS	- Time permitting, time trials will be offered to any swimmer entered in the meet, including relay only athletes, according to the following schedule: - Thursday – 800 m and 1500 m freestyles only - Friday and Saturday – all events except the 800 m and 1500 m freestyles Time trials will not be offered on Sunday. - Cost: \$20.00 per individual event, \$30.00 per relay. - Time Trials will begin no earlier than 15 minutes after the conclusion of the prelims session. - At the discretion of Time Trial Referee, the day's scheduled events may be reordered or combined into a single heat. - A swimmer requesting a time trial must inform the Meet Referee, or his designee, no later than 10:00 am of the day the time trial is desired. Each swimmer participating in these events should provide a timer and/or a counter. - Time Trials are included in the three events per day limit.
RULES:	- The current <i>USA Swimming Rules and Regulations</i>, 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.

	• 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 permission. • Any swimmer entered in the meet must be certified by a USAS 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. • 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 swimmers should shower before entering the pool. • In accordance with 102.22.2 in the USA Swimming Rules and Regulations, the Meet Referee will appoint a Meet Jury. • 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.
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
OFFICIALS:	Meet Referee: Annemarie Juhlin Email: annemarie.a.juhlin@gmail.com Phone: (571)264-6265 • Officials will be needed for all positions and all sessions for this meet. • Officials must have been certified for a year in the positions in which they are planning to work. • Opportunities to officiate may be limited. The Application to Officiate will be available on the VSI website (www.virginiasswimming.org) and should be sent to the Meet Referee no later than Sunday, July 13th. • An application will be submitted for the meet to be an approved Officials Qualifying Meet. See the meet application for further instructions. • Briefings will be held one hour prior to the start of each session.
SAFETY:	Meet Safety Officer: Ray Jock / Meredith Stevens Email: meetdirector@cgbdswwim.org / stevens.meredith83@gmail.com VSI Safety and Warm-up procedures will be in effect. Swimmer Snorkels are permitted.
TIMERS:	• Clubs will be required to provide timers for preliminary sessions 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 Virginia Swimming website no later than Tuesday, July 15th and will also be emailed to the contact person of each of the individual clubs. • Athletes will be required to provide their own timers and counters for the 800 and 1500 freestyle events.
GENERAL:	• The General Meeting will be held at 7:00 pm, Tuesday, July 15th via Zoom. Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

	• Hospitality: A light breakfast, lunch and dinner will be provided for coaches and officials. Coaches and officials who have special dietary concerns or needs should bring their own food and beverages. • Photography: In accordance with VSI Policies and Procedures, photography will not be permitted without the express permission of the Meet Director. • Meet Event Apparel: A vendor will be on site selling VSI Senior Champs T-shirts and sweatshirts. Items will also be available through an online store. • A swim shop vendor will be onsite offering full-service equipment such as goggles and swimsuits.
FACILITY RULES:	• 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. • All air flow intake vents on deck are not to be blocked by chairs, benches, or towels! • Family rest rooms are reserved for coaches and officials use only. Individuals needing access should make arrangements with the meet director. • No glass containers of any kind are allowed in the facility. • No lawn/deck chairs allowed in the grandstand. • Objects are not to be passed over the grandstand railing. • No smoking on the campus. • Shoes are suggested to be worn in all areas outside the pool deck including locker rooms. • Doors are not to be propped open (HVAC). • No tape of any kind is to be used inside to hang signs, banners or decorations.
PARKING:	Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.

2025 VSI LC Senior Championship Order of Events

Thursday, July 17, 2025

<u>W</u>	<u>Events</u>	<u>M</u>
1	200 m Medley Relay	2
	Break (10 min)	
3	100 m Breaststroke	4
5	50 m Backstroke	6
7	200 m Ind. Medley	8
9	100 m Freestyle	10
11	800 m Freestyle Relay [‡]	12
13	800 m Freestyle [#]	
	1500 m Freestyle [#]	14

[‡] May choose AM or PM preference with fastest two heats in finals

[#] May choose AM or PM preference with top 8 swimming in Finals

Order of Finals: 13, 14, **Break (10 min)**, 1, 2, 3, 4, 5, 6, 7, 8, 9/ 10, **Break (10 min)**, 11, 12

Saturday, July 19, 2025

<u>W</u>	<u>Events</u>	<u>M</u>
25	200 m Butterfly	26
27	50 m Freestyle	28
29	100 m Backstroke	30
31	400 m Freestyle	32
33	400 m Medley Relay [‡]	34

[‡] May choose AM or PM preference with fastest two heats in finals

Order of Finals: 25, 26, 27, 28, 29, 30, 31, 32, **Break (10 min)**, 33, 34

Friday, July 18, 2025

<u>W</u>	<u>Events</u>	<u>M</u>
15	200 m Freestyle Relay [†]	16
	Break (10 min)	
17	50 m Breaststroke	18
19	200 m Freestyle	20
21	100 m Butterfly	22
23	400 m Ind. Medley	24

[†] Fastest two heats in Finals

[‡] May choose AM or PM preference with fastest two heats in finals

Order of Finals: 15, 16, **Break (10 min)**, 17, 18, 19, 20, 21, 22, **Break (10 min)**, 23, 24

Sunday, July 20, 2025

<u>W</u>	<u>Events</u>	<u>M</u>
35	200 m Breaststroke	36
37	50 m Butterfly	38
39	200 m Backstroke	40
41	400 m Freestyle Relay [†]	42
43	1500 m Freestyle [#]	
	800 m Freestyle [#]	44

[†] Fastest two heats in Finals

[#] May choose AM or PM Preference with top 8 swimming in Finals

Order of Finals: 43, 44, 35, 36, 37, 38, 39, 40, **Break (10 min)**, 41, 42

2025-2028 VSI Senior Championships Qualifying Times

Women			Events	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.79	27.99	25.29	50 Freestyle	22.79	25.29	26.09
1:02.59	1:00.99	54.79	100 Freestyle	49.49	55.59	57.19
2:15.19	2:11.99	1:58.39	200 Freestyle	1:48.59	2:01.29	2:04.49
4:44.49	4:34.09	5:19.19	400/ 500 Freestyle	4:55.89	4:18.39	4:24.79
10:01.39	9:48.59	11:15.69	800 / 1000 Freestyle	10:27.99	9:11.39	9:25.69
19:37.19	19:13.19	19:08.99	1500 / 1650 Freestyle	17:35.09	17:34.49	17:59.99
1:10.19	1:08.99	1:00.99	100 Backstroke	55.59	1:04.59	1:05.79
2:32.99	2:29.49	2:12.79	200 Backstroke	2:01.19	2:19.59	2:21.99
1:22.59	1:20.59	1:10.49	100 Breaststroke	1:03.39	1:13.29	1:15.29
2:59.99	2:53.99	2:36.29	200 Breaststroke	2:19.49	2:40.59	2:44.59
1:08.29	1:06.89	1:00.19	100 Butterfly	54.39	1:00.19	1:01.59
2:39.49	2:32.99	2:20.99	200 Butterfly	2:02.59	2:18.39	2:21.19
2:35.89	2:32.59	2:15.49	200 IM	2:02.69	2:18.49	2:21.69
5:28.99	5:19.69	4:48.99	400 IM	4:25.99	4:55.19	5:01.59

Approved 10/7/2024

Valid through 2028 VSI LC Senior Championship