



**JIM FRYE MEMORIAL**  
**May 4-5, 2024**  
**SANCTION NO. VS-24-89**

Hosted by



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-24-89</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Battlefield Area Star Swimmers, 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, BASS, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Collegiate School Aquatics Center.</li> </ul>
<b>LOCATION:</b>	<p>SwimRVA - Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234.</p> <ul style="list-style-type: none"> <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 the 50-meter course.</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>• In participation in this meet, I and my minor athlete, hereby acknowledge and agree that participation in BASS programs or activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with BASS 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 BASS 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 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.</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> </ul>
<b>MEET DIRECTOR:</b>	<p>Name: Patrick Kibler          Email: <a href="mailto:pdk8d@virginia.edu">pdk8d@virginia.edu</a>          Phone: 434-960-1114</p>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all USA Swimming athletes registered before the first day of the meet.</li> <li>• No on deck Virginia Swimming athlete registration will be permitted.</li> <li>• 2021-2024 NAG time standards are in effect.</li> <li>• Age on May 4, 2024 (first day of the meet) 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.</li> </ul>
<b>ATHLETES WITH A SERIOUS</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</li> </ul>

<b>MEDICAL CONDITION:</b>	<p>any requested accommodation. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.</p> <ul style="list-style-type: none"> <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 13 &amp; Over swimmers will swim in the morning session - Saturday and Sunday.</li> <li>• All 12 &amp; Under swimmers will swim in the afternoon session - Saturday and Sunday.</li> <li>• 13 &amp; over 400 Free will swim in a Saturday midday session. MIXED gender events (800m &amp; 1500m free) will swim in a Sunday midday session. Girls and boys will be mixed together and seeded by time in these events.</li> <li>• All events will be timed finals.</li> <li>• Chase starts may be utilized at the discretion of the meet referee. Teams will be notified by April 30<sup>th</sup>.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9PM FRIDAY, APRIL 19, 2024.</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in long course meters times using Commlink-2 software.</li> <li>• Teams submit entries via email.</li> <li>• A printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries.</li> <li>• Coach Times (CT) may be used for events in which a swimmer does not have a time of record except for events #17, 18 (13 &amp; O 400 free); #71,72 (9-12 400 free); and events #53, 54 (13 &amp; over 800 and 1500 freestyles). <b>CT must be slower than an “A” time.</b> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Events #53-54 (13 &amp; O 800 &amp; 1500 Free) and #71-72 (9-12 400 Free) <b>MAY</b> be limited to 3 heats each. Teams will be notified when these events are full but no later than Monday, April 24<sup>th</sup>.</li> <li>• 12 &amp; Under swimmers may enter a maximum of 4 <b>individual event(s) per day</b>. 13 &amp; Over swimmers may enter a maximum of <b>4 events plus 1 distance event per day</b>.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit for the 12 and under session.</li> <li>• Email entries to: Tavia Hines at <a href="mailto:thines1020@gmail.com">thines1020@gmail.com</a>.</li> <li>• Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official on the provided forms.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$9.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: Battlefield Area Star Swimmers</li> <li>• Mail payment to: Tavia Hines, 25526 Lafayette Drive, Rhoadesville, VA 22543-8510</li> <li>• Payment must be received by May 1, 2024 (three days prior to meet start suggested) for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except the 400 free, 800 free and 1500 free will be pre-seeded.</li> <li>• Positive check-in is required for the 400 free, 800 free and 1500 free and will close 30 minutes prior to the start of the session of the corresponding event.</li> <li>• Events 17 &amp; 18 (13 &amp; over 400 Free), 71 &amp; 72 (9-12 400 Free), 53 and 54 (800 Free and 1500 Free) will swim fastest to slowest.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Morning sessions: Warm-ups not before 7:00am; competition starts no earlier than 8am.</li> <li>• Afternoon sessions: Warm-ups not before 11:30am; competition starts no earlier than 12:30pm.</li> <li>• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the morning session(s), with the distance session competition starting 10 minutes thereafter.</li> </ul>

	<ul style="list-style-type: none"> <li>The approximate start time for the distance sessions will be posted on the BASS website no later than Tuesday, April 30<sup>th</sup>, 2024 and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the BASS website no later than Tuesday, April 30<sup>th</sup>, 2024 and will also be emailed to the contact person of the participating clubs.</li> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>There will be four hot heats awarded during each session (12 and under and 13 and over).</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection 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 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>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 Virginia Swimming Best Practices, all athletes should shower before entering the pool.</li> <li>In accordance with Virginia Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<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>Athlete competed in the incorrect age group.</li> <li>Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>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.</li> <li>Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Bryan Wallin</b>  <b>Email: <a href="mailto:thewallin5@comcast.net">thewallin5@comcast.net</a></b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Bryan Wallin, <a href="mailto:thewallin5@comcast.net">thewallin5@comcast.net</a>, (email) no later than April 28<sup>th</sup>, 2024.</li> <li>A short officials meeting will take place during the warm-up time of each session.</li> </ul>
<b>SAFETY:</b>	<p><b>MEET SAFETY OFFICER: Alicia Shifflett</b>  <b>Email: <a href="mailto:jmurn00@gmail.com">jmurn00@gmail.com</a></b>  <b>Phone: 434-882-2314</b></p>

	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>The number of timers required per club and their lane assignments will be posted on the BASS website no later than Tuesday, April 30<sup>th</sup>, 2024, and will also be emailed to the contact person of each of the individual clubs.</li> <li>The head timer will assign specific lanes prior to each session.</li> <li><b>Swimmers competing in the 400m Free are responsible for providing their own lap counters and timers.</b></li> <li><b>Swimmers competing in the MIXED 800m Free and 1500m Free are responsible for providing their own lap counters and timers.</b></li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Heat Sheets: A listing of seeded heats will be available on the Meet Mobile app. PDF files daily heat sheets by session will be sent to participating teams by email.</li> <li>Concessions will be available during the meet. Concessions will open for warm-ups and during competition each day. It will close approx. 1 hour prior to the estimated end time of the meet each day.</li> <li>Hospitality room will be open to coaches and certified officials.</li> <li>A swim shop will be open for swimming accessories and shopping.</li> <li>If necessary, overflow parking will be available at the parking lot behind the Aquatic Center. Overflow parking also is available in designated spots on Ridgedale Parkway in front of the facility.</li> </ul>
<b>VIDEO SERVICE:</b>	<ul style="list-style-type: none"> <li>SwimRVA will be using their 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 their streaming site <a href="https://swimrva.vhx.tv/">https://swimrva.vhx.tv/</a> for product information.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>No glass containers of any kind are permitted in the facility.</li> <li>Lawn/deck chairs are not permitted in the grandstand.</li> <li>No spectators/parents will be allowed on deck unless working the meet.</li> <li>No smoking is allowed on the campus.</li> <li>Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the facility.</li> </ul>
<b>DIRECTIONS:</b>	<a href="#">Directions to CSAC Aquatic Center</a>
<b>HOTELS:</b>	Go to the following <a href="#">link</a> for Hotel information.

**May 4, 2024**

<b>Morning Session</b> Warm-up: 7:00am; Start: 8:00am			<b>Afternoon Session</b> Warm-up: 11:30am; Start: 12:30pm (times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 200m Medley Relay	2	19	9-10 200m Medley Relay	20
3	13 & Over 100m Free	4	21	11-12 200m Medley Relay	22
5	13 & Over 50m Back	6	23	12 & Under 50m Back	24
7	13 & Over 200m Breast	8	25	12 & Under 100m Fly	26
9	13 & Over 100m Fly	10	27	12 & Under 50m Breast	28
11	13 & Over 50m Breast	12	29	12 & Under 100m Free	30
13	13 & Over 200m Back	14	31	12 & Under 200m Back	32
15	13 & Over 400m IM	16	33	12 & Under 200m Free	34
			35	12 & Under 200m Breast	36
<b>Midday Session</b> Warm up Immediately Following <u>Morning</u> Session; Start: After 10 minute warm up					
17	13 & Over 400m Free	18			

**May 5, 2024**

<b>Morning Session</b> Warm-up: 7:00am; Start: 8:00am			<b>Afternoon Session</b> Warm-up: 11:30am; Start: 12:30pm (times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	13 & Over 200m Free Relay	38	55	9-10 200m Free Relay	56
39	13 & Over 50m Free	40	57	11-12 200m Free Relay	58
41	13 & Over 200m Fly	42	59	12 & Under 50m Free	60
43	13 & Over 100m Back	44	61	12 & Under 100m Back	62
45	13 & Over 100m Breast	46	63	12 & Under 50m Fly	64
47	13 & Over 50m Fly	48	65	12 & Under 100m Breast	66
49	13 & Over 200m Free	50	67	12 & Under 400m IM	68
51	13 & Over 200m IM	52	69	12 & Under 200m Fly	70
			71	12 & Under 400m Free	72
<b>Midday Session</b> Warm up Immediately Following <u>Morning</u> Session; Start: After 10 minute warm up					
53	Mixed 13 & Over 800m Free	N/A			
54	Mixed 13 & Over 1500m Free	N/A			