

	<p align="center">2025 March Intrasquad Meet</p> <p align="center">Mar 22, 2025</p> <p align="center">SANCTION NO.VS-25-89</p>	<p align="center">Hosted by Quest Swimming</p>
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SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-89
	<ul style="list-style-type: none"> • USA Swimming, Inc., Virginia Swimming, Inc., and Quest Swimming 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, Quest Swimming agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Chesterfield County.
LOCATION:	Quest Swimming, 6800 Deer Run Rd. Midlothian, Virginia 23112 - (804) 731-4522
FACILITY:	<ul style="list-style-type: none"> • Deer Run Aquatic Center is an outdoor 25 Yard, 6 lane pool. Depth ranges from 3 to 5.5 Feet. All Events will begin in the 5.5 foot end of the pool.
	<ul style="list-style-type: none"> • Dolphin Timing Watches will be used. • The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. • There will be lifeguards watching the pool during warm-ups and competition. An AED is on site and will be accessible throughout the event. • 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	Name Chris Bushelman
DIRECTOR:	Email CoachChris@QuestSwimming.com
	phone 937-239-2361
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming athletes registered before the first day of the meet from the following teams: QSTS. Unattached swimmers registered in Virginia Swimming are also invited from Quest Swimming.
	<ul style="list-style-type: none"> • No on deck Virginia Swimming athlete registration will be permitted. • Age on 3/22//2024 will determine age for the entire meet.
DISABILITY	<ul style="list-style-type: none"> • Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.
SWIMMERS:	<ul style="list-style-type: none"> • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition using the Disability Accommodation Form.
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> • The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g, concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. • This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion. • The swimmer/coach shall provide a Personal Assistant(s) as needed.
FORMAT:	<ul style="list-style-type: none"> • All athletes will swim in one session • All events will be timed finals.

ENTRIES: DEADLINE FOR THE RECEIPT OF ENTRIES IS 3/19/25

Entries must be submitted in Short Course Yards (SCY) times using Commlink-2 software.

- Teams submit entries via email.
- 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.
- "No Time" (NT) entries will be accepted.
- Coach Times (CT) will be accepted
- Swimmers may enter a maximum of **5 individual event(s)**.
- Entries will be processed in the order received and **accepted to** the greatest extent possible without exceeding the 4-hour/session timeline limit.
- Email entries to: CoachChris@Questswimming.com
- **Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.**

FEES:

- Meet Entry Fee: \$25/Swimmer
- Relay events: Included in entry fee

SEEDING:

- A Clerk of Course will be provided for 8 & Younger swimmers.
- Swimmers will be called to the blocks via a public address system
- Swimmers in the Saturday Morning Session should report directly to the blocks for their events.
- All events will be pre-seeded.
- Warm-up will run from 7:45-8:50am
- Meet will begin at 9:00am

WARM-UP:

AWARDS:

There will be no awards for this meet

RULES:

- The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy will govern this meet.
- All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.
- Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is **not permitted**.
- Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.
- In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool.
- An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.
- In accordance with 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.

- 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: Daniel Brown**
Email: DanielpBrown02@gmail.com
Phone: (804) 837-8024
- Officials will be needed for all positions and all sessions for this meet.
 - Announce any meetings, place, and time. Officials meetings must be at least one hour prior to the start of each session.
- SAFETY:** **MEET SAFETY OFFICER: Amy Howard**
Email: CoachAmy@Questswimming.com
Phone: (717) 363-6888
- Virginia Swimming Meet Safety Procedures will be in effect.
- TIMERS:**
- Quest Swimming will provide 3 times per lane per session.
- GENERAL:** The Midlothian Swim Shop will be open during the meet for any apparel, gear, or snacking needs
- FACILITY RULES:** All Athletes will be seated in the team area on the pool deck. There will be a watch and go parent area for parents to watch their swimmers. Parents will be seated in a designated area TBD in the facility.
- DIRECTIONS:** N/A
- HOTELS:** N/A

**Quest March Intr Squad
ORDER OF EVENTS**

Warm-ups: 7:45am/Meet Starts: 9:00am

Girls	Event	Boys
1	10 & U 50 Fly	2
3	11-12 50 Fly	4
5	Open 100 Fly	6
7	11-12 100 Fly	8
9	10&U 100 Fly	10
11	10&U 50 Back	12
13	11-12 50 Back	14
15	Open 100 Back	16
17	11-12 100 Back	18
19	10 & U 100 Back	20
21	10 & U 50 Breast	22
23	11-12 50 Breast	24
25	Open 100 Breast	26
27	11-12 100 Breast	28
29	10 & U 100 Breast	30
31	10 & U 50 Free	32
33	11-12 50 Free	34
35	Open 50 Free	36
37	10 & U 100 Free	38
39	11-12 100 Free	40
41	Open 100 Free	42
43	10 & U 100 IM	44
45	11-12 200 IM	46
47	Open 200 IM	48
49	10 & U 200 Free Relay	
50	11-12 200 Free Relay	
51	Open 200 Free Relay	