



East Coast WinterFest

**December 9-11, 2022
VS-23-35R**



We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting Collegiate School Aquatic Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc. Sanction No. VS-23-35R - USA Swimming, Inc., Virginia Swimming, Inc., and Greater Richmond Aquatics Partnership, doing business as 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. - An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. - USA Swimming, Inc., Virginia Swimming, Inc., and SwimRVA cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. - BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.
LOCATION:	- SwimRVA-CSAC, 5050 Ridgedale Parkway, Richmond, VA 23234 - Phone: (804) 271-8271 (Pool front desk)
FACILITY:	- SwimRVA-CSAC Provides 2 indoor pools and supporting amenities including hospitality, a swim shop, and concession stand. 50-meter competition pool with bulkhead offers 2 eight-lane, 25-yard competition pools with a depth of 7' 7" to 8' 1" end to end. Competition lanes are 8' 3" wide. - All sessions will be run in the 25-yard competition pool set up for 8 lanes. - Myrtha track start blocks and backstroke wedges - Colorado System 7 timing, Dolphin watches and Colorado 31' video board. - Indoor 6-lane 25-yard pool for continuous warm-up, cool-down. - The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). A copy of the certification is on file with USA Swimming. - 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:	Adam Kennedy adam.kennedy@swimrichmond.org Phone: (804) 334-7669	Rebecca Quicke Rebecca.quicke@swimrichmond.org Phone: (804) 519-1979
ELIGIBILITY:	- Open to all USA Swimming athletes registered before the first day of the competition that meet the qualifying time in each event entered. - No on deck 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. - Age on December 9, 2022 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.	
FORMAT:	AM Sessions – 13 & Over Preliminary, 12 & under Timed Finals: - Meet director, in consultation with the meet referee, may choose to swim in dual course for any event depending on the timeline and entries received. Teams will be notified NLT Monday, December 5 if dual courses will be used. - All 12 & Under events will be swum as Timed Finals. - Entries will be limited to ensure no session is longer than four hours. - Events 113 and 114, the 13 and Over 1650 Y Freestyle may be swum in TWO courses, slowest to fastest as a timed final event. The meet director may reduce this to ONE course based on number of entries. If one course is used, the 1650 Y Freestyle heats will alternate girls, then boys. - Events 113 and 114, the 13 and Over 1650 Y Freestyle, the fastest women's and men's heat will swim in the finals session. Athletes will have the option to designate to swim the 1650 in the AM session. Deadline for AM/PM designation will be the start of the AM session. Finals Sessions: - All Finals swimmers will report directly to their assigned starting block. 13 and Over events will be swum in finals as 13-14 and 15 and Over. The top 16 13-14 year olds will qualify and the top 24 15 and overs will qualify. The 13-14 year old finals heats will swim first, slowest to fastest. The 15 and Over finals heats will swim second, slowest to fastest. - The fastest 13-14 year old heat and the fastest 15 and over heat will be introduced with music, their names and team affiliation announced prior to the start of the race. Relay events: All relay events will be timed finals and be swum slowest to fastest in both prelims and finals. The fastest 2 heats of the 13 and Over 400 Y Freestyle Relay and the 13 and Over 400 Y Medley Relay will be swum during the finals session with any other heats swum during the preliminary session.	
ENTRIES:	ENTRY DEADLINE: 5:00 PM, TUESDAY NOVEMBER 29th. - Entries must be submitted using Commlink-2 software. - Teams must submit entries via e-mail to: Nick Braum, nick.braum@swimrichmond.org - The Meet Director reserves the right limit entries in any events, if necessary, to prevent too lengthy a session. - The Meet Referee reserves the right to combine heats and events, which may require reseeding ENTRY LIMITS: Individual Events: 13 and Over athletes may swim no more than three (3) individual events per day. 12 and Under athletes may swim no more than four (4) individual events per day. Relays: (4) per team per event. - The Meet Referee reserves the right to combine heats and events, which may require reseeding.	
FEES:	Individual events: \$14.00 Relay events: \$22.00	

	Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Payment must be received by Friday, December 9. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
WARM-UPS:	AM Sessions: - No earlier than 6:30 – 7:50 am; Competition begins no earlier than 8:00 am Finals: - No earlier than 4:00 – 4:50 pm; Competition begins no earlier than 5:00 pm Warm up assignments will be sent to teams no later than Monday, December 5. All Finals sessions will be open for general warm-up for the first 35 minutes. For the final 15 minutes the meet director and referee will open pace and sprint lanes based on demand.
SEEDING:	- All events will be pre-seeded except the 1650Y Free, 500Y Free and 400 Individual Medley. Positive check-in deadline for the 1650, 500 Free and 400 IM will be the start of the AM session of the corresponding day. SUNDAY AM and PM Designations for 13 and over 400 relays and the 13 and over 1650 Y Freestyle must be submitted by the positive check-in deadline (start of the preliminary session of the corresponding day).
AWARDS:	- Individual events will be scored top 16 in the following age groups, 8 and Under, 9-10, 11-12, 13-14, 15 and over. - Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1 - Relay events will be scored top 16 in the following age groups 10 & Under, 11-12 and 13 & Over. - Relays: 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. - Women's High Point, Men's High Point in the following age groups 8 & Under, 9-10, 11-12, 13-14, 15 and over. Awards will be handed out at the end of finals on Sunday except for the 8 & Under awards which will be handed out at the end of the Sunday AM session.
RULES:	- The current <i>USA Swimming Rules and Regulations</i>, including the Minor Athlete Abuse Protection Policy, will govern this meet. - All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. - 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 VSI best practices, swimmers should shower before entering the pool. - 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: Bryan Wallin Email: thewallin5@comcast.net (804) 389-2438 ● Officials will be needed for all positions and all sessions for this meet. ● Officials interested in serving should contact team coordinator Jeannie Kennedy at simplykennedy@gmail.com no later than Friday, December 2nd.
SAFETY:	● VSI Safety and Warm-up procedures will be in effect. ● 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. ● Use of training equipment other than snorkels is not permitted during warm-ups.
TIMERS:	● Clubs will be required to provide timers for all 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 sent to teams no later than Monday, December 5th.
GENERAL:	● 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. ● Meet Program: A Psych Sheet will be sent to all teams prior to the contest. Heat Sheets will be emailed prior to each session, printed for coaches and available via meet mobile. ● Photography: In accordance with J.3 of VSI Policies and Procedures, photography will not be permitted without the express permission of the Meet Director. ● A swim shop vendor will be onsite offering full-service equipment such as goggles and swim suits.
VIDEO SERVICE:	● 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 https://swimrva.vhx.tv/ for product information.
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 other needed volunteer positions. ● All air flow intake vents on deck are not to be blocked by chairs, benches, spectators or towels! ● Family restrooms 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.
HOTELS:	Hotels have been secured through 288 Travel. Please use the following link to set up your hotel rooms. https://groups.reservetravel.com/group.aspx?id=59731
KINGS DOMINION:	Participants in this meet will be sent information about redeeming tickets to Kings Dominion WinterFest. Included in this offer is: 1 complimentary ticket per participating USA Swimming registered athlete 1 complimentary parking pass

Women	FRIDAY, December 9	Men
1	13 & Over 200 FREE	2
3	13 & Over 100 BREAST	4
5	13 & Over 100 FLY	6
7	12 & Under 400 IM	8
9	13 & Over 400 IM	10
11	12 & Under 1650 FREE	12
13	12 & Under 1650 FREE	14

Women	SATURDAY, December 10	Men	Women	SUNDAY, December 11	Men
15	10 & Under 200 FREE RELAY	16	67	10 & Under 200 MEDLEY RELAY	68
17	11-12 200 FREE RELAY	18	69	11-12 200 MEDLEY RELAY	70
19	13 & Over 200 FREE RELAY	20	71	13 & Over 200 MEDLEY RELAY†	72
21	11-12 100 IM	22	73	8&Under 50 BACKSTROKE	74
23	13 & Over 200 BUTTERFLY	24	75	9-10 50 BACKSTROKE	76
25	8 & Under 25 BACKSTROKE	26	77	11-12 50 BACKSTROKE	78
27	10 & Under 100 BACKSTROKE	28	79	13 & Over 200 BACKSTROKE	80
29	11-12 100 BACKSTROKE	30	81	10 & Under 100 IM	82
31	13 & Over 50 FREE	32	83	12 & Under 200 IM	84
33	8 & Under 50 BREASTSTROKE	34	85	8 & Under 50 FREE	86
35	10 & Under 100 BREASTSTROKE	36	87	9-10 100 FREE	88
37	11-12 100 BREASTSTROKE	38	89	11-12 100 FREE	90
39	13 & Over 200 BREASTSTROKE	40	91	11-12 200 BACKSTROKE	92
41	8 & Under 25 FREESTYLE	42	93	13 & Over 100 FREE	94
43	9-10 50 FREESTYLE	44	95	8 & Under 50 BUTTERFLY	96
45	11-12 50 FREESTYLE	46	97	10 & Under 100 BUTTERFLY	98
47	13 & Over 100 BACKSTROKE	48	99	11-12 100 BUTTERFLY	100
49	8 & Under 25 BUTTERFLY	50	101	13 & Over 200 IM	102
51	9-10 50 BUTTERFLY	52	103	8 & Under 25 BREASTSTROKE	104
53	11-12 50 BUTTERFLY	54	105	9-10 50 BREASTSTROKE	106
55	11-12 200 BUTTERFLY	56	107	11-12 50 BREASTSTROKE	108
57	13 & Over 500 FREE	58	109	11-12 200 BREASTSTROKE	110
59	8 & Under 100 FREE	60	111	13 & Over 400 FREE RELAY‡	112
61	9-10 200 FREE	62	113	13 & Over 1650 FREE#	114
63	11-12 200 FREE	64			
65	13 & Over 400 Y MEDLEY RELAY‡	66			
‡ May choose AM or PM preference with fastest two heats in finals. <u>Order of Finals:</u> Events 23, 24, 31, 32, 39, 40, 47, 48, 57, 58 (ten minute break) 65, 66			†Enter using 400 Medley Relay time ‡ May choose AM or PM with two heats in finals. # May designate AM or PM preference; top 8 PM designees will swim at finals. <u>Order of Finals:</u> Events 113,114, 79, 80, 93, 94, 101, 102, (ten minute break)111, 112		