
	<h1>East Coast WinterFest</h1> <p>December 7-10, 2023 VS-24-19</p>	<p>Hosted by:</p> 
<p>SANCTION:</p>	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc. Sanction No. VS-24-19 • 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. • 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 Chesterfield County. 	
<p>LOCATION:</p>	<ul style="list-style-type: none"> • SwimRVA-CSAC, 5050 Ridgedale Parkway, Richmond, VA 23234 • Phone: (804) 271-8271 (Pool front desk) 	
<p>FACILITY:</p>	<ul style="list-style-type: none"> • 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. • 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. • 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. 	
<p>MEET DIRECTOR:</p>	<p>Rebecca Quicke Rebecca.quicke@swimrichmond.org Phone: (804) 519-1979</p>	
<p>ELIGIBILITY:</p>	<ul style="list-style-type: none"> • Open to all USA Swimming athletes registered before the first day of the competition. • 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 7, 2023, will determine age for the entire meet. 	
<p>DISABILITY SWIMMERS:</p>	<ul style="list-style-type: none"> • 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. 	
<p>FORMAT:</p>	<p>Thursday Distance Session:</p> <ul style="list-style-type: none"> • Entries will be limited to ensure no session is longer than four hours. Entries will be taken in order of receipt until session fills. Teams will be notified if entries are not accepted. • The 12 & Under 400 IM and the 11 & Over 1000 Freestyle will be swum in TWO courses, fastest to slowest as a timed final event. The Meet Director may reduce this to ONE course based on the number of entries. If one course is used, both the 400 IM and the 1000 Freestyle heats will alternate girls, then boys. Teams will be notified not later than Monday, December 4 if a single course is used. 	

	<p>AM Sessions – 13 & Over Preliminary:</p> <ul style="list-style-type: none"> • The 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 by Monday, December 4th if dual courses are used. • Individual events <u>EXCEPT</u> the 1650 Freestyle and the 1000 Freestyle will be swum as prelims and finals. • 1650 Freestyle will be run AFTER the 12 & Under session and will have a 30-minute warmup period. • The 1650 Freestyle will be swum in TWO courses, slowest to fastest as a timed final event. The Meet Director may reduce this to ONE course based on the number of entries. If one course is used, the 1650 Freestyle heats will alternate girls, then boys. Teams will be notified not later than Monday, December 4 if a single course is used. • The fastest women’s and men’s heat will swim in the final session. • The 400 Individual Medley and the 500 Freestyle will be swum in ONE course and will alternate women and men. If the events are swum in TWO courses, the pools will be separated by gender. Teams will be notified not later than Monday, December 4 if dual course will be used. • In both scenarios: <ul style="list-style-type: none"> ▪ The four fastest heats of each gender will be swum first, slowest to fastest. ▪ The remaining heats will be swum fastest to slowest. <p>12 and Under Sessions:</p> <ul style="list-style-type: none"> • The Meet Director, in consultation with the Meet Referee, may choose to swim in dual course for any session depending on the timeline and entries received. Teams will be notified by Monday, December 4th if dual courses will be used and for which events. • All 10 & Under events will be swum as timed finals. • All 25-yard events will start from the movable bulkhead at the turn end of the pool. • The 12 & Under 500 Free will be swum as timed finals. • All remaining 11-12 events will be swum as prelims/finals with the top 8 11-year-olds and top 8 12-year-olds qualifying for finals. • All 12 & Under events will be swum slowest to fastest. • Entries will be limited to ensure no session is longer than four hours. Entries will be taken in order of receipt until session fills. Teams will be notified if entries are not accepted. <p>Finals Sessions:</p> <ul style="list-style-type: none"> • All Finals swimmers will report directly to their assigned starting block. • Finals events will be swum in finals as 11, 12, 13-14 and 15 & Over. • The top 8 11-year-olds and top 8 12-year-olds will qualify. • The top 16 13–14-year-olds will qualify. • The top 16 15 & Over will qualify. • The 11-year-old finals will be swum first, then the 12-year-old finals. The 13-14-year-old finals heats will swim, slowest to fastest. The 15 & Over finals heats will swim last, slowest to fastest. • The fastest 11-year-old heat, the fastest 12-year-old heat, the fastest 13–14-year-old heat and the fastest 15 & Over heat will be introduced with music; their names and team affiliation announced prior to the start of the race. <p><u>Relay events:</u></p> <ul style="list-style-type: none"> • 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 & Over 400 Freestyle Relay and the 13 & Over 400 Medley Relay will be swum during the finals session with any other heats swum during the preliminary session. • All the 13 & Over 200 Medley Relays and 13 & Over 200 Free Relays will be swum during the preliminary session.
<p>ENTRIES:</p>	<ul style="list-style-type: none"> • ENTRY DEADLINE: 5:00 PM, TUESDAY NOVEMBER 28. <ul style="list-style-type: none"> ○ Entries must be submitted using Commlink-2 software. ○ Teams must submit entries via e-mail to: entries@swimrichmond.org <ul style="list-style-type: none"> ▪ Make sure to include the meet name and your team’s name in the subject line. • ENTRY LIMITS: <ul style="list-style-type: none"> ○ Individual Events: 11 and Over athletes may swim no more than three (3) individual events per day. 10 and Under athletes may swim no more than four (4) individual events per day. ○ Relay Events: All age groups are allowed to enter one (1) relay per day.

	<ul style="list-style-type: none"> ● RELAYS: Each Team is allowed a maximum of four (4) Relays per Event ● The Meet Referee reserves the right to combine heats and events, which may require reseeding. ● Deck entries will be accepted for athletes already entered the meet to the extent that open lanes are available. No extra heats will be added. ● 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. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.
FEES:	<p>Individual events- 13 & Over: \$16.50 Individual events- 12 & Under: \$11.00 Relay events: \$22.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> ● Checks should be made payable to SwimRVA. ● Payment must be received by Thursday, December 7. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
WARM-UPS:	<ul style="list-style-type: none"> ● Thursday Session: <ul style="list-style-type: none"> ○ No earlier than 3:00 pm; Competition begins no earlier than 4:00 pm ● AM Sessions: <ul style="list-style-type: none"> ○ No earlier than 6:30 am; Competition begins no earlier than 8:00 am ● Afternoon Sessions: <ul style="list-style-type: none"> ○ Immediately following the prelims session. No earlier than 10:00 am. ● Finals: <ul style="list-style-type: none"> ○ No earlier than 4:00 pm; Competition begins no earlier than 5:00 pm ● Warm up assignments will be sent to teams no later than Sunday, December 3rd. ● 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:	<ul style="list-style-type: none"> ● All events will be pre-seeded except the 1650 Free, 1000 Free, 500 Free and 400 Individual Medley. ● Positive check-in deadline for the 500 Free and 400 IM will be 30 minutes prior to the start of the AM session of the corresponding day. ● Positive check-in deadline for the 12 & Under 400 IM and 11 & Over 1000 Free will be 30 minutes prior to the start of the session on Thursday. ● Positive check-in deadline for the 1650 Free will be by the end of the AM session on Sunday. ● The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E, paragraphs 1-3 only, will be in effect and apply to all heats of individual events with the exception of timed final events. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet.
SCORING & AWARDS:	<ul style="list-style-type: none"> ● Heat winner awards will be distributed during the 12 & Under sessions. ● The winner of each event will receive a collectible SwimRVA Jingle Bell. ● Ribbons for places 2-7 will be awarded for 8 & Under, 9-10, 11, 12, 13-14, 15 & Over. ● Individual events will be scored in the top 16 in the following age groups, 8 & Under, 9-10, 11, 12, 13-14, 15 & Over. <ul style="list-style-type: none"> ○ 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. <ul style="list-style-type: none"> ○ 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 & 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:	<ul style="list-style-type: none"> ● The current <i>USA Swimming Rules and Regulations</i>, including the Minor Athlete Abuse Protection 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.

	<ul style="list-style-type: none"> ● 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:	<ul style="list-style-type: none"> ● 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"> ○ Entries using fraudulent or non-verifiable times. ○ Athletes competed in the incorrect age group. ○ Athletes not registered with USA Swimming prior to the first day of the meet. ● If the swimmer is representing a club in the 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:	<p>Meet Referee: Ralph Jones Email: RalphVASwim@gmail.com</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions for this meet. ● Certified and Apprentice Officials interested in serving should fill out the SwimRVA signup at SRVA Winterfest Officials Signup and email the Meet Referee (ralphVASwim@gmail.com) with name, email address, certifications, and session availability by Sunday December 3 or as soon as possible thereafter.
SAFETY:	<p>MEET SAFETY OFFICER: Rebecca Quicke Email: Rebecca.quicke@swimrichmond.org Phone: (804)-519-1970</p> <ul style="list-style-type: none"> ● 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:	<ul style="list-style-type: none"> ● 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 Sunday, December 3rd. ● Swimmers competing in the distance events 12 & Under 400 IM, 11 & Over 1000 Free, and 13 & Over 1650 Free, are responsible for providing their own timers and lap counter (except for Finals).
GENERAL:	<ul style="list-style-type: none"> ● 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 swimsuits.

VIDEO SERVICE:	<ul style="list-style-type: none"> SwimRVA will be using our state-of-the-art video streaming system for this contest. The 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/browse for product information.
FACILITY RULES:	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.
HOTELS:	<p>Hotels have been secured through 288 Travel. Please use the following link to set up your hotel rooms.</p> <p>https://groups.reservetravel.com/group.aspx?id=70837</p>
KINGS DOMINION:	<p>Participants in this meet will be sent information about redeeming tickets to Kings Dominion WinterFest. Included in this offer is:</p> <p>1 complimentary ticket per participating USA Swimming registered athlete</p> <p>Teams will need to submit an excel sheet with each athlete's name and email address to entries@swimrichmond.org by Tuesday November 28th to ensure tickets arrive in time. Any last-minute additions are not guaranteed to secure a free ticket.</p>

SCHEDULE OF EVENTS

East Coast WinterFest - 2023

THURSDAY 11 & Over		
Women	December 7	Men
1	12 & Under 400 INDIVIDUAL MEDLEY	2
3	11& Over 1000 FREESTYLE	4

FRIDAY 13 & Over		
Women	December 8	Men
5	13 & Over 200 MEDLEY RELAY†	6
7	13 & Over 200 FREESTYLE	8
9	13 & Over 100 BREASTSTROKE	10
11	13 & Over 100 BUTTERFLY	12
13	13 & Over 400 INDIVIDUAL MEDLEY	14
15	13 & Over 400 FREE RELAY‡	16
† All heats swim in prelims ‡ Fastest two heats will be swum in finals		

FRIDAY 12 & Under		
Girls	December 8	Boys
17	10 & Under 200 Y MEDLEY RELAY	18
19	11-12 200 Y MEDLEY RELAY	20
21	10 & Under 200 INDIVIDUAL MEDLEY	22
23	11-12 100 INDIVIDUAL MEDLEY	24
25	8 & Under 25 BUTTERFLY	26
27	9-10 50 BUTTERFLY	28
29	11-12 50 BUTTERFLY	30
31	8 & Under 50 FREESTYLE	32
33	9-10 100 FREESTYLE	34
35	11-12 100 FREESTYLE	36
37	11-12 200 BACKSTROKE	38
39	12 & Under 500 FREESTYLE	40

SATURDAY 13 & Over		
Women	December 9	Men
41	13 & Over 200 FREE RELAY†	42
43	13 & Over 50 FREESTYLE	44
45	13 & Over 200 BREASTSTROKE	46
47	13 & Over 200 BACKSTROKE	48
49	13 & Over 500 FREESTYLE	50
51	13 & Over 400 MEDLEY RELAY‡	52
† All heats swim in prelims. ‡ Fastest two heats will be swum in finals.		

SATURDAY 12 & Under		
Girls	December 9	Boys
53	10 & Under 200 FREE RELAY	54
55	11-12 200 FREE RELAY	56
57	8 & Under 25 BACKSTROKE	58
59	10 & Under 100 BACKSTROKE	60
61	11-12 100 BACKSTROKE	62
63	8 & Under 50 BREASTSTROKE	64
65	11-12 200 BUTTERFLY	66
67	10 & Under 100 BREASTSTROKE	68
69	11-12 100 BREASTSTROKE	70
71	8 & Under 25 FREESTYLE	72
73	9-10 50 FREESTYLE	74
75	11-12 50 FREESTYLE	76
77	8 & Under 100 FREESTYLE	78
79	9-10 200 FREESTYLE	80
81	11-12 200 FREESTYLE	82

SUNDAY 13 & Over		
Women	December 10	Men
83	13 & Over 200 INDIVIDUAL MEDLEY	84
85	13 & Over 100 BACKSTROKE	86
87	13 & Over 200 BUTTERFLY	88
89	13 & Over 100 FREESTYLE	90
*1650 Freestyle will be swum AFTER the 12 & Under session and will have a 30-minute warmup period. It will be swum slowest to fastest with the last heat finishing 50 minutes prior to the start of finals.		
91	13 & Over 1650 FREESTYLE*	92
Swimmers must provide their own Timers and Lap-Counters for the afternoon session ONLY		

SUNDAY 12 & Under		
Girls	December 10	Boys
93	8 & Under 50 BACKSTROKE	94
95	9-10 50 BACKSTROKE	96
97	11-12 50 BACKSTROKE	98
99	10 & Under 100 INDIVIDUAL MEDLEY	100
101	11-12 200 INDIVIDUAL MEDLEY	102
103	8 & Under 50 BUTTERFLY	104
105	10 & Under 100 BUTTERFLY	106
107	11-12 100 BUTTERFLY	108
109	8 & Under 25 BREASTSTROKE	110
111	9-10 50 BREASTSTROKE	112
113	11-12 50 BREASTSTROKE	114
115	11-12 200 BREASTSTROKE	116

Order of Finals

Women	FRIDAY FINALS December 8	Men
23	11-12 100 INDIVIDUAL MEDLEY	24
7	13 & Over 200 FREESTYLE	8
29	11-12 50 BUTTERFLY	30
9	13 & Over 100 BREASTSTROKE	10
35	11-12 100 FREESTYLE	36
11	13 & Over 100 BUTTERFLY	12
37	11-12 200 BACKSTROKE	38
13	13 & Over 400 INDIVIDUAL MEDLEY	14
	10 minute break	
15	13 & Over 400 FREE RELAY [‡]	16

Girls	SATURDAY FINALS December 9	Boys
61	11-12 100 BACKSTROKE	62
43	13 & Over 50 FREESTYLE	44
65	11-12 200 BUTTERFLY	66
45	13 & Over 200 BREASTSTROKE	46
69	11-12 100 BREASTSTROKE	70
47	13 & Over 200 BACKSTROKE	48
75	11-12 50 FREESTYLE	76
49	13 & Over 500 FREESTYLE	50
81	11-12 200 FREESTYLE	82
	10 minute break	
51	13 & Over 400 MEDLEY RELAY [‡]	52

Women	SUNDAY FINALS December 10	Men
91	13 & Over 1650 Freestyle	92
97	11-12 50 BACKSTROKE	98
83	13 & Over 200 INDIVIDUAL MEDLEY	84
101	11-12 200 INDIVIDUAL MEDLEY	102
85	13 & Over 100 BACKSTROKE	86
107	11-12 100 BUTTERFLY	108
87	13 & Over 200 BUTTERFLY	88
113	11-12 50 BREASTSTROKE	114
89	13 & Over 100 FREESTYLE	90
115	11-12 200 BREASTSTROKE	116