



SwimRVA Heavyweight Battle

January 28-29, 2023

SANCTION NO. VS-23-54



SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-54 • USA Swimming, Inc., Virginia Swimming, Inc., 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.
LOCATION:	SwimRVA - Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234. Phone: (804) 271-8271 (front desk)
FACILITY:	• The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet. • The 50-Meter competition pool with bulkhead offers two 25-yard competition pools with 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 swim wall to bulkhead. • All sessions will be swum in the 25-yard competition pool. • Omega Starting Blocks, Colorado Timing GEN7 automatic and semi-automatic timing, backup Dolphin wireless stopwatches. • 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 participation in this meet, I and my minor athlete, hereby acknowledge and agree that participation in SwimRVA programs or activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with SwimRVA 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 SwimRVA program participation and that said list in no way limits operation of this Agreement. • In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet will 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:	Name: Rebecca Quicke Email: rebecca.quicke@swimrichmond.org Phone: (804) 519-1979
ELIGIBILITY:	• Open to all 13 & Over athletes who are registered with USA Swimming before the first day of the meet from Quest, CGBD, RAYS, SWIMRVA. • No on-deck USA Swimming athlete registration will be permitted • Age on January 28, 2023 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:	• This meet will be timed finals each day Saturday and Sunday. • 13-14 year old athletes will compete in the AM sessions and 15 and Over athletes will compete in the PM sessions. • Swimmers will be limited to three individual events per day. • Teams will be limited to three (3) entries for each age group (13-14 and 15 over) for the 1650 events. • Teams will be limited to (3) mixed relay entries per relay. Relays must be swum with two (2) boys and two (2) girls on each relay.

WARM-UP:	• Warm-up lane assignments will be e-mailed to all teams on Tuesday, January 24, 2023. • If morning sessions run long, warm-ups for the afternoon session will begin 10 minutes after the last event in the previous session. <table border="1" data-bbox="337 233 1479 531"> <thead> <tr> <th>Sessions 1 & 3</th><th>Sessions 2 & 4</th></tr> </thead> <tbody> <tr> <td>Doors: NOT BEFORE 7:30 AM</td><td>Doors: NOT BEFORE 12:00 PM</td></tr> <tr> <td>Warm-up 1: NOT BEFORE 7:45 - 8:05 AM</td><td>Warm-up 1: NOT BEFORE 12:15 - 12:40 PM</td></tr> <tr> <td>Warm-up 2: NOT BEFORE 8:05 - 8:30 AM</td><td>Warm-up 2: NOT BEFORE 12:40 - 1:05 PM</td></tr> <tr> <td>Start: NOT BEFORE 8:40 AM</td><td>Start: NOT BEFORE 1:15 PM</td></tr> </tbody> </table>	Sessions 1 & 3	Sessions 2 & 4	Doors: NOT BEFORE 7:30 AM	Doors: NOT BEFORE 12:00 PM	Warm-up 1: NOT BEFORE 7:45 - 8:05 AM	Warm-up 1: NOT BEFORE 12:15 - 12:40 PM	Warm-up 2: NOT BEFORE 8:05 - 8:30 AM	Warm-up 2: NOT BEFORE 12:40 - 1:05 PM	Start: NOT BEFORE 8:40 AM	Start: NOT BEFORE 1:15 PM
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ENTRIES:	• DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, January 17th. • Entries must be submitted in SCY using Commlink-2 software. • Teams must submit entries via e-mail to: Nick Braum nick.braum@swimrichmond.org • "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or as mandated by current Commonwealth of Virginia guidelines. • The Meet Referee reserves the right to combine heats and events, which may require reseeding. ENTRY LIMITS: • For the 1650 Freestyle, teams are limited to a max of three (3) boys and (3) girls per age group (13-14 and 15 over). • Teams will be limited to (3) mixed relay entries per relay. Relays must be swum with two (2) boys and two (2) girls on each relay. • Swimmers will be limited to three (3) events per day. • Deck entries for athletes already entered in the meet will be accepted if open lanes are available without reseeding the event. No extra heats will be added.										
FEES:	• Individual events: \$ 9.50 • Relay events: \$20.00 per Relay entered • Swimmer surcharge: \$ 2.50 per swimmer (entered in the meet in any capacity) • Checks should be made payable to SwimRVA • Mail payment to: SwimRVA Attn: Adam Kennedy 5050 Ridgedale Parkway Richmond, VA 23234 • Payment must be received by Saturday, January 28, 2023. Failure to pay entry fees by this deadline could result in teams being barred from the meet.										
SEEDING:	• All events will be pre-seeded.										
SCORING and AWARDS:	• Individual events will be scored by age group: 13-14, 15-16 and 17-18 • Each team may score a max of three (3) in each age group. • Top ten in each event will be scored as follows: 12, 9, 8, 7, 6, 5, 4, 3, 2, 1. • Relays will be scored by 13-14 and 15 over. Top 2 relays will score per team. Relays will be scored double individual points: 24, 18, 16, 14, 12, 10, 8, 6, 4, 2. • Team Champion will be awarded the HEAVYWEIGHT BELT for 2023.										
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 swimmers are unattached, the fine will be levied on the swimmer. • Any event in which an athlete participated illegally will be re-scored and re-awarded.										

RULES:	• The current USA Swimming Rules and Regulations 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. • 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 <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. • 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 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.
OFFICIALS:	Meet Referee: Ralph Jones Email: ralph.jones@vdot.virginia.gov • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Jeannie Kennedy via email at simplykennedy@gmail.com no later than January 17, 2023 • A short Officials meeting will take place during the warm-up time of each session.
SAFETY:	• Virginia Swimming Meet Safety Procedures will be in effect. • 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:	• There will be two (2) timers per lane. Timer shifts will be assigned based on entries. The timer briefing will take place 15 minutes prior to the start of each session. • Timers should enter the building through the front door. • Lap counting devices will be provided for the 500 Free and 1650 Free. Swimmers are responsible for providing someone to use the counter.
GENERAL:	• Heat Sheets: A listing of seeded heats will be available on the Meet Mobile app. PDF files with daily heat sheets by session will be sent to participating teams by email. • Results: The meet results will be available on the Meet Mobile app. The results will also be posted to the Virginia Swimming website after the conclusion of the meet. • Swim Supplies: Swim and Tri swim shop will be operating in the lobby of the facility. • Hospitality: A light breakfast, box lunch will be provided. Drinks will be available all day. • Concession: SwimRVA Café will be open for the duration of the meet.
FACILITY RULES:	• No glass containers of any kind are permitted in the facility. • No spectators will be allowed in the pool part of the building. Spectators will have access to the restrooms in the facility lobby. • No smoking is allowed on the campus. • All rules are posted pool side.
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.



SwimRVA Heavyweight Battle
January 28-29, 2023
ORDER OF EVENTS



Saturday, January 28th, 2023

Session 1: Saturday AM 13-14

Not before
Doors: 7:30 AM
Warm-up 1: 7:45 – 8:05 AM
Warm-up 2: 8:05 – 8:30 AM
Start: 8:40 AM
All times are subject to change

Girls		Boys
1	Mixed 200 Medley Relay	1
2	400 Individual Medley	3
4	200 Freestyle	5
6	100 Backstroke	7
8	100 Breaststroke	9
10	200 Butterfly	11
12	50 Freestyle	13
14	1650 Freestyle	15

Session 2: Saturday PM – 15 over

Not Before
Doors: 12:00 PM
Warm-up 1: 12:15 – 12:40 PM
Warm-up 2: 12:40 – 1:05 PM
Start: 1:15 PM
All times are subject to change

Girls		Boys
16	Mixed 200 Medley Relay	16
17	400 Individual Medley	18
19	200 Freestyle	20
21	100 Backstroke	22
23	100 Breaststroke	24
25	200 Butterfly	26
27	50 Freestyle	28
29	1650 Freestyle	30

Sunday, January 29th, 2023

Session 3: Sunday AM 13-14

Not before
Doors: 7:30 AM
Warm-up 1: 7:45 – 8:05 AM
Warm-up 2: 8:05 – 8:30 AM
Start: 8:40 AM
All times are subject to change

<i>Girls</i>	<i>Events</i>	<i>Boys</i>
MIX 31	Mixed 200 Freestyle Relay	MIX 31
32	200 Backstroke	33
34	100 Freestyle	35
36	200 Breaststroke	37
38	500 Freestyle	39
40	100 Butterfly	41
42	200 Individual Medley	43

Session 4: Sunday PM 15 – Over

Not before
Doors: 12:00 PM
Warm-up 1: 12:15 – 12:40 PM
Warm-up 2: 12:40 – 1:05 PM
Start: 1:15 PM
All times are subject to change

<i>Girls</i>	<i>Events</i>	<i>Boys</i>
MIX 44	Mixed 200 Freestyle Relay	MIX 44
45	200 Backstroke	46
47	100 Freestyle	48
49	200 Breaststroke	50
51	500 Freestyle	52
53	100 Butterfly	54
55	200 Individual Medley	56