



2024 SwimRVA Success Bell
May 31 – June 2, 2024
SANCTION NO. VS-24-92



SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-92. • 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 (local jurisdiction).
LOCATION:	<ul style="list-style-type: none"> • SwimRVA-CSAC, 5050 Ridgedale Parkway, Richmond, VA 23234 • Phone: (804) 271-8271 (Pool front desk)
FACILITY:	<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 a depth of 7' 7" to 8' 1" end to center of pool. Competition lanes are 8' 3" wide. • All sessions will be run in the 50 Meter competition pool set up for 8 lanes. • Myrtha track start blocks and Myrtha 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 meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. (USA-S Rule change.) • 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. • American Red Cross certified lifeguards will be on duty for the duration of the contest. The facility is equipped with first aid supplies, two AEDs, and emergency oxygen.
MEET DIRECTOR:	<p>Adam Kennedy adam.kennedy@swimrichmond.org Phone: (804) 334-7669</p>
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming athletes registered before the first day of the meet. • No on deck Virginia Swimming 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 May 31, 2024, will determine age for the entire meet.
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 accommodation. 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. • Athletes requiring observation and/or post-race triage will be seeded to swim in the outside lanes (Virginia Swimming Best Practices Recommendations)
DISABILITY SWIMMERS:	<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>	<ul style="list-style-type: none"> • All events will be timed finals. <p>Friday Distance Session:</p> <ul style="list-style-type: none"> • The 12 & Under 400 IM and 400 Free will be swum in event order, and heats will run slowest to fastest. • All heats of the 11 & Over 800 freestyle will be swum fastest to slowest alternating heats of girls, then boys. • Positive check-in will be required for all Friday events. • Entries will be limited so that the session does not exceed four hours in length. <p>Saturday and Sunday:</p> <ul style="list-style-type: none"> • 13 & Over athletes will swim in the AM sessions. Positive check-in will be required for all events. • 12 & Under athletes will swim in the PM Sessions. Entries for the 12 & Under session will be limited so that the session does not exceed four hours in length. Positive check-in will be required for all events. • Positive check-in will close 40 minutes prior to the start of the session. <p><i>Heat winners are invited to RING the SwimRVA Bell of SUCCESS!</i></p> <ul style="list-style-type: none"> • All 50-meter events will start from the far end (east end) of the pool. • The Meet Director, in consultation with the Meet Referee reserves the right to utilize CHASE STARTS once entries are received.
<p>ENTRIES:</p>	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 5:00 PM, TUESDAY, MAY 21, 2024</p> <ul style="list-style-type: none"> • Entries must be submitted using Commlink-2 software. • Teams MUST submit entries via email to: entries@swimrichmond.org • 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. • The Meet Referee reserves the right to combine heats and events, which may require reseeding. • “No Time” (NT) entries will be accepted. • Coach Times (CT) will NOT be accepted. <p>ENTRY LIMITS</p> <ul style="list-style-type: none"> • Swimmers may enter a maximum of FOUR (4) individual events per day, or 8 events per meet. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit for 12 & under sessions. • 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.
<p>FEES:</p>	<p>Individual events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Payment must be received by Friday, May 31st. Teams may hand deliver the check or mail to: SwimRVA Attn: Adam Kennedy 5050 Ridgedale Parkway Richmond, VA 23234 • Failure to pay entry fees by this deadline could result in teams being barred from the meet. IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.

SEEDING:	<ul style="list-style-type: none"> Swimmers should report directly to the blocks for their events. All events will be positive check-in. Friday positive check-in deadline for the 12 & Under 400 IM and 400 freestyle and the 13 & Over and 800 Freestyle will be 40 minutes prior to the start of the session (3:20pm). The positive check-in deadline for Saturday and Sunday will be 30 minutes prior to the start of the session. If session timelines are not tight, the Meet Director can choose to waive positive check-in and will pre seed events. Teams will be notified by Monday, May 27th. If the events are pre-seeded, events may be reseeded at the discretion of the meet referee if sufficient scratches are received. All heats of the 11 & Over 800 freestyle will be swum fastest to slowest alternating heats of girls, then boys.
WARM-UP:	<p>Friday PM:</p> <ul style="list-style-type: none"> Warm up 3:00-3:50 pm, Competition begins 4:00 pm. <p>Saturday and Sunday:</p> <ul style="list-style-type: none"> 13 & Over AM Sessions: No earlier than 7:00 am; Competition begins no earlier than 8:00 am. 12 & Under PM Sessions: No earlier than 12:00pm; Competition begins no earlier than 1:00 pm. Teams will be assigned warmup lanes and there may be more than one warm-up period based on the number of athletes in the meet. Warm-up assignments will be sent to teams no later than Monday, May 27th. Lane assignment and warm-up times for individual clubs will be posted on the SwimRVA website no later than noon Tuesday, May 28th and will also be emailed to the contact person of the participating clubs. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
AWARDS:	<ul style="list-style-type: none"> The winner of each event will receive a collectible SwimRVA Success Bell. Ribbons for places 2-7 will be awarded for 10 & Under, 11-12, 13-14, 15 & Over. Heat winner awards will be distributed at the BELL OF SUCCESS. Heat winners will RING the Bell of Success and receive their award.
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. An 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 re-scored 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 SwimRVA Success Bell Officials Signup Sheet AND email the Meet Referee (ralphVASwim@gmail.com) with name, email address, certifications, and session availability by Sunday, May 26th or as soon as possible thereafter.
SAFETY:	<p>MEET SAFETY OFFICER: Michael Braum Email: events@swimrichmond.org Phone: (804) 271-8271</p> <ul style="list-style-type: none"> Virginia Swimming Meet Safety 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.

<p>RULES:</p>	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations 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. • 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 the 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.
<p>TIMERS:</p>	<ul style="list-style-type: none"> • Clubs will be required to provide timers 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 posted on the SwimRVA website no later than NOON, Monday May 26th and will also be emailed to the contact person of each of the individual clubs. <ul style="list-style-type: none"> • Athletes are responsible for providing their own timer and counter for distance events.
<p>GENERAL:</p>	<ul style="list-style-type: none"> • Meet Program: Heat Sheets will be emailed prior to each session, printed for coaches and available via meet mobile. • Results: The meet results will be available on the Meet Mobile app. The results will also be posted to the Virginia Swimming web site after the conclusion of the meet. • Photography: In accordance with J.3 of VSI Policies and Procedures, photography will not be permitted without the express permission of the Meet Director. • Swim Supplies: Swim and Tri swim shop will be operating in the lobby of the facility. • Hospitality: A light breakfast and lunch will be provided for coaches and officials. Coaches and officials who have special dietary concerns or needs should bring their own food and beverages. • Concession: Light concessions will be offered at this meet.
<p>FACILITY RULES:</p>	<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. • 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 must not be propped open for any reason (HVAC requirement).

	<ul style="list-style-type: none">• No tape of any kind is to be used inside to hang signs, banners, or decorations.
VIDEO SERVICE:	<ul style="list-style-type: none">• 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.

SRVA Success Bell

May 31- June 2, 2024

Women	May 31	Men
1	12 & Under 400 IM	2
3	11 & Over 800 Freestyle	4
5	12 & Under 400 Freestyle	6

SATURDAY 13 & Over		
Women	June 1	Men
7	13-14 100 Breaststroke	8
9	15 & Over 100 Breaststroke	10
11	13-14 50 Butterfly	12
13	15 & Over 50 Butterfly	14
15	13-14 200 Freestyle	16
17	15 & Over 200 Freestyle	18
19	13-14 100 Backstroke	20
21	15 & Over 100 Backstroke	22
23	13-14 200 Butterfly	24
25	15 & Over 200 Butterfly	26
27	13-14 50 Freestyle	28
29	15 & Over 50 Freestyle	30
31	13 & Over 400 IM	32

SATURDAY 12 & Under		
Girls	June 1	Boys
37	10 & Under 200 Freestyle	38
39	11-12 200 Freestyle	40
41	10 & Under 50 Butterfly	42
43	11-12 50 Butterfly	44
45	10 & Under 100 Breaststroke	46
47	11-12 100 Breaststroke	48
49	10 & Under 100 Backstroke	50
51	11-12 100 Backstroke	52
53	12 & Under 200 Butterfly	54
55	10 & Under 50 Freestyle	56
57	11-12 50 Freestyle	58

SUNDAY 13 & Over		
Women	June 2	Men
61	13-14 200 IM	62
63	15 & Over 200 IM	64
65	13-14 50 Backstroke	66
67	15 & Over 50 Backstroke	68
69	13-14 200 Breaststroke	70
71	15 & Over 200 Breaststroke	72
73	13-14 100 Freestyle	74
75	15 & Over 100 Freestyle	76
77	13-14 200 Backstroke	78
79	15 & Over 200 Backstroke	80
81	13-14 50 Breaststroke	82
83	15 & Over 50 Breaststroke	84
85	13-14 100 Butterfly	86
87	15 & Over 100 Butterfly	88

SUNDAY 12 & Under		
Girls	June 2	Boys
95	10 & Under 200 IM	96
97	11-12 200 IM	98
99	10 & Under 50 Backstroke	100
101	11-12 50 Backstroke	102
103	10 & Under 100 Freestyle	104
105	11-12 100 Freestyle	106
107	12 & Under 200 Breaststroke	108
109	10 & Under 100 Butterfly	110
111	11-12 100 Butterfly	112
113	10 & Under 50 Breaststroke	114
115	11-12 50 Breaststroke	116
117	12 & Under 200 Backstroke	118