



The Commonwealth Cup

November 4-6, 2022
VS-23-06



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-xxx • 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 13 and Over 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. - The qualifying period for this meet is January 1, 2021 through November 3, 2022. - Age on November 4, 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:	Preliminary Sessions: - 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, November 7 if dual courses will be used. - Individual events EXCEPT the 1650 Yard Freestyle will be swum as trials and finals. - The 1650 Y 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 number of entries. If one course is used, the 1650 Y Freestyle heats will alternate girls, then boys. - The starting time for the first heat will be scheduled so that the second fastest heat of the men's event is concluded at the start of the finals warm-up session. - The fastest women's and men's heat will swim in the finals session - The 400 Y Individual Medley and the 500 Freestyle will be swum alternating women and men in ONE competition pool. If the events are swum in two courses, the pools will be separated by gender. In both scenarios: - The four fastest heats of each gender will be swum first, slowest to fastest. - The remaining heats will be swum fastest to slowest. Finals Sessions: - The top 32 qualifiers in the preliminaries of each event will compete in each day's final session in the following order D, C, B, then A D final will be reserved for 13-14 year old athletes. - All D - C - B Final swimmers will report directly to their assigned starting block. A - Final swimmers will report to the ready room and marched out 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 400 Y Freestyle Relay, the 800 Y Freestyle Relay, and the 400 Y Medley Relay will be swum during the finals session with any other heats swum during the trial's session.	
ENTRIES:	ENTRY DEADLINE: 11:59 PM, TUESDAY, OCTOBER 25th. - 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: Athletes may swim no more than three (3) individual events per day. Relays: Two (2) per team per event. All entries for 200 Y Medley relays must use 400 Y Medley relay times. Bonus Events: Swimmer may swim bonus events based on the number of events they are qualified to swim. The following are the bonus event qualifications:	

	▪ 1 Qualifying Time: 5 bonus events ▪ 2 Qualifying Times: 4 bonus events ▪ 3-5 Qualifying Times: 3 bonus event ▪ 6 Qualifying Times: 2 bonus events ○ There are no qualifying times for bonus events. ● Proof of asterisk (*) submitted times must be provided to the Administrative Referee prior the scratch or positive check in deadline for that event in order to be seeded. ● "No Time" relay entries will not be accepted. ● The Meet Referee reserves the right to combine heats and events, which may require reseeding.
FEES:	Individual events: \$14.00 Relay events: \$20.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) ● Payment must be received by Friday, November 4. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
WARM-UPS:	● Prelims: ○ Friday: 7:00 – 8:50 am; Competition begins at 9:00 am ○ Saturday: 7:00 – 8:50 am; Competition begins at 9:00 am ○ Sunday: 7:00 – 8:50 am; Competition begins at 9:00 am ● Finals: ○ Friday-Sunday: 4:30 – 5:35 pm; Competition begins at 5:45 pm ○ Sunday: 3:30 – 4:20 pm; Competition begins at 4:30 pm ● Additional information about lane designations for warm-ups is included on the Warm-up Schedule and Instructions sheet at the end of the meet announcement.
SEEDING:	● All events will be pre-seeded except the 1650Y Free. ● All Short Course Yards will be seeded first followed by Long Course Meters times, Short Course Meters, then Bonus times. ● 1650 yd Freestyle positive check-in deadline will be Saturday at 6:15pm. ● SUNDAY AM and PM Designations for relays and the 1650 Y Freestyle must be submitted by the positive check-in deadline.
AWARDS:	● Scoring ○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1. ○ 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 ● Women's 13-14 High Point, Men's 13-14 High Point
COVID RULES:	● Protocols to be followed will be sent to team contacts and posted on the SwimRVA website NLT Monday, October 31st.
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: Kevin Hogan Email: hogan.kevin.t@gmail.com Admin 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, October 28th.
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, October 31st.
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. Meet Event Apparel: A vendor will be on site selling The Commonwealth Cup t-shirt and sweatshirts. A swim shop vendor will be onsite offering full-service equipment such as goggles and swim suits.
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 at other needed volunteer positions. - All air flow in take vents on deck are not to be blocked by chairs, benches, spectators or towels! - Family rest rooms 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.
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.

The Commonwealth Cup - 2022 Qualifying Times						
WOMEN			EVENTS	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
:30.29	:28.89	:26.09	50 Free	:23.49	:26.09	:27.39
1:05.79	1:02.89	:56.49	100 Free	:50.99	:57.29	1:00.09
2:21.99	2:15.99	2:02.59	200 Free	1:51.89	2:04.99	2:10.79
4:54.59	4:42.39	5:28.79	400/500 Free	5:04.79	4:26.19	4:38.09
10:31.49	10:06.29	11:35.99	800/1000 Free	10:46.89	9:27.99	9:52.49
20:36.09	19:47.79	19:43.49	1500/1650 Free	18:06.79	18:06.79	18:52.49
1:13.79	1:11.09	1:02.89	100 Backstroke	:57.29	:57.29	1:09.09
2:39.49	2:33.99	2:16.29	200 Backstroke	2:04.89	2:04.89	2:29.09
1:26.79	1:23.09	1:12.69	100 Breaststroke	1:05.29	1:05.29	1:19.09
3:06.89	2:59.29	2:39.29	200 Breaststroke	2:23.69	2:23.69	2:52.89
1:11.79	1:08.99	1:02.09	100 Butterfly	:56.09	:56.09	1:04.69
2:43.59	2:37.59	2:22.39	200 Butterfly	2:06.29	2:06.29	2:28.29
2:42.59	2:36.19	2:18.59	200 Medley	2:06.39	2:06.39	2:28.79
5:42.39	5:29.29	4:56.69	400 Medley	4:33.99	4:33.99	5:16.69

SCHEDULE OF EVENTS
The Commonwealth Cup - 2022
(Qualifying period: January 1, 2021 to November 3, 2022)

Women	FRIDAY November 4	Men
1	13 & Over 200 Y FREE	2
3	13 & Over 100 Y BREAST	4
5	13 & Over 100 Y FLY	6
	15 min Break	
7	13 & Over 400 Y MEDLEY	8
9	13 & Over 800 Y FREE RELAY [‡]	10
[‡] May choose AM or PM preference with fastest two heats in finals <u>Order of Finals:</u> Events 1, 2, 3, 4, 5, 6, 7, 8, Break (10min), Events 9, 10		

Women	SATURDAY November 5	Men
11	13 & Over 200 Y FREE RELAY [†]	12
13	13 & Over 200 Y FLY	14
15	13 & Over 50 Y FREE	16
17	13 & Over 200 Y BREAST	18
19	13 & Over 100 Y BACK	20
	15 min Break	
21	13 & Over 500 Y FREE	22
23	13 & Over 400 Y MEDLEY RELAY [‡]	24
[†] All heats swim in prelims. [‡] May choose AM or PM preference with fastest two heats in finals. <u>Order of Finals:</u> Events 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, Break (10 min), Events 23, 24		

Women	SUNDAY November 6	Men
25	13 & Over 200 Y MEDLEY RELAY [†]	26
27	13 & Over 200 Y BACK	28
29	13 & Over 100 Y FREE	30
31	13 & Over 200 Y MEDLEY	32
33	13 & Over 400 Y FREE RELAY [‡]	34
35	13 & Over 1650 Y FREE [#]	36
Enter using 400 Medley Relay time. [†] All heats swim in prelims [‡] May choose AM or PM preference 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 35, 36, 27, 28, 29, 30, 31, 32, Break (10 min), Awards (Individual High Point), Events 33, 34, Awards (Team)		

Warm-up Schedule & Instructions

- Friday, Saturday, and Sunday Prelims sessions: Warm-ups 7:00-8:50 am; Competition starts at 9:00 am.
 - 7:00-8:20 am: All lanes designated for general warm-up
 - 8:20-8:50 am: Lanes 1 and 8 designated for pace; Lanes 2, 3, 6, and 7 designated for one-way start/sprint; Lanes 4-5 and all other lanes will remain general..
- Finals session on Friday and Saturday: Warm-ups 4:30-5:35 pm; competition starts at 5:45 pm.
 - 4:30-5:15 pm: All lanes designated for general warm-up for all participants.
 - 5:15-5:35 pm: Lanes 1 and 8 designated for pace; Lanes 2, 3, 6, and 7 designated for one-way start/sprint; Lanes 4-5, and all other lanes will remain general.
- Finals session (Sunday): Warm-ups at 3:30-4:20 pm; competition starts at **4:30 pm**.
 - 3:30-4:00 pm: All lanes designated for general warm-up
 - 4:00-4:20 pm: Lanes 1 and 8 designated for pace; Lanes 2, 3, 6, and 7 designated for one-way start/sprint; Lanes 4-5, and all other lanes will remain general.
 - 1650 Y Freestyle session: Warm-ups are planned to begin 45 min prior to the start of the first scheduled heat and will close 5 min prior to the start of the first scheduled 1650 heat.