



SwimRVA Summer Invitational

Prelim/Final
June 14-16, 2019

SANCTION NO. VS-19-116.2



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-116.2• USA Swimming, Inc., Virginia Swimming, Inc., and 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:	<ul style="list-style-type: none">• SwimRVA, 5050 Ridgedale Parkway, Richmond, VA 23234
FACILITY:	<ul style="list-style-type: none">• SwimRVA's flagship facility provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.• The 50-meter competition pool with bulkhead offers a total of eight 50-meter competition lanes with a depth of Seven feet and Seven inches at the sides and Eight feet and Two inches in the center.• Competition lanes are 9 feet wide.• Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.• Non-Turbulent Lane Markers in both pools• Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.• Spectator seating for 700.• The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming.
MEET DIRECTOR:	Adam Kennedy adam.kennedy@swimrichmond.org 804-271-2662
ELIGIBILITY:	<ul style="list-style-type: none">• Open to USA Swimming athletes registered before the first day of the meet from Virginia's RAYS, QUEST, SRVA and North Carolina's YOTA.• No on deck Virginia Swimming athlete registration will be permitted.• Age on June 14, 2019 will determine age for the entire meet.
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.
FORMAT:	<ul style="list-style-type: none">• All Friday events will be swum as timed finals. The 800 Meter and 1500 Meter Freestyle will be swum fastest to slowest alternating girls/boys. Athletes can swim either the 800 or the 1500 but not both.• ALL RELAY EVENTS WILL BE TIMED FINALS AND SWIM DURING PRELIMINARIES.• Saturday and Sunday: All 12 and under swimmers will swim in the afternoon session.• All 10 and under events will be timed finals.• 11-12 will advance top 8 to finals. 13&over events will be split to 13-14 and 15&Over. 13-14 will advance top 16 to finals. 15&over will advance top 24 to finals.• Chase starts may be used at the discretion of the referee.
WARM-UP:	<ul style="list-style-type: none">• Friday: 1:30PM warm-up, Competition Starts 3:00 PM.• Friday Distance session: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon session, with competition starting 5 minutes thereafter.• Morning sessions: 7:00AM for Saturday and Sunday, competition starts at 8:00AM Saturday and Sunday.• Afternoon sessions: Warm-ups not before 12:15 PM; competition starts not before 1:00 PM.• Saturday and Sunday distance sessions: The pool will be opened for 10 minutes of open warm-

	<p>ups immediately following the finish of the morning session, with the distance session competition starting 5 minutes thereafter.</p> <ul style="list-style-type: none"> • Finals sessions warmups will start no earlier than 5:00 PM with the competition starting no earlier than 5:45 PM • The approximate start time for the distance sessions, and 10 and under sessions will be posted on the SwimRVA Rapids Swim Team website no later than Monday, June 10 and will also be emailed to the contact person of the participating clubs. The 10 and under sessions will start no earlier than the estimated times. • Lane assignment and warm-up times for individual clubs will be posted on the SwimRVA Rapids Swim Team website no later than Monday, June 10 and will also be emailed to the contact person of the participating clubs. • If the distance session runs late, 12 and under afternoon warm-ups will begin immediately after the distance session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JUNE 5, 2019.</p> <ul style="list-style-type: none"> • Entries must be submitted in long course meters times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams must submit entries via email. • A Team Manager 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. • “No Time” (NT) entries will be accepted. • Swimmers may enter a maximum of 3 individual event(s) and 1 relay event(s) per day • MEET DIRECTOR RESERVES THE RIGHT TO LIMIT ENTRIES IN EVENTS 3 & 4 (12 & U 400 Free), and 7 & 8 (12 & U 400 IM) to top 2 heats only if the session timeline exceeds four hours. Teams will be notified by Monday, June 10. • Events # 11/12 (13 & O 800 Free) will be limited to the top 3 heats of each event. • Relay teams must be designated A, B and only A and B relays are allowed. • Athlete can only swim the 800 or the 1500 but not both. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official on the provided forms. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which may require reseeding. Relays may also be eliminated if necessary and in that case relay fees will be refunded. • Email entries to SwimRVA Meet Entry Chair, Jill Rhyne jill@jrhyne.com
FEES:	<p>Individual events: \$8.00 Relay events: \$15.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity). Checks should be made payable to: SwimRVA</p> <ul style="list-style-type: none"> • Mail payment to: SwimRVA, 5050 Ridgedale Parkway, Richmond, VA 23234. • Payment must be received by June 10, 2019. 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 as this will delay the acceptance of your entries.
SEEDING:	<ul style="list-style-type: none"> • All events, except #3 and 4 (400 Free), 7 and 8 (400 IM), and all events in the Friday afternoon session will be pre-seeded. • Swimmers in the finals sessions should report directly to the blocks for their events. • Events 3/4 12 & Under 400 Free, 7/8 12 & Under 400IM, 11/12 13 & Over 800 Free, 13/14 13 & Over 1500 Free, 43/44 13 & Over 400 IM, 91/92 13 & Over 400 Free will require a positive check-in. • Positive check-in will close 30 minutes prior to the start of the session of the corresponding event. • SWIMMERS MUST POSITIVELY CHECK-IN TO BE SEEDED IN THE EVENT • Events 11/12 13 & Over 800 Free will be swum fastest to slowest and alternating heats of girls

	<p>and boys</p> <ul style="list-style-type: none"> • Events 13/14 13 & Over 1500 Free will be swum fastest to slowest and alternating heats of girls and boys • Events 43/44 13 & Over 400 IM will be swum fastest to slowest and alternating heats of girls and boys • Events 91/92 13 & Over 400 Free will be swum fastest to slowest and alternating heats of girls and boys • THE FINAL OF THE 15 & OVER 50 FREESTYLE WILL INCLUDE THE TOP 20. THE FASTEST SWIMMER FROM EACH OF THE FOUR TEAMS WILL SWIM IN THE SUPER FINAL. AFTER THE "B" AND "A" FINAL HAVE SWUM. THE EVENT WILL STILL SCORE THE TOP 16 BUT ALL 20 FINALISTS WILL BE ELIGIBLE TO PLACE.
AWARDS:	<ul style="list-style-type: none"> • High Point and High Point Runner up plaques will be awarded for 8 & Under, 9-10, 11-12, 13-14, 15 and Over age groups. • Heat winner prizes will be awarded for ALL events.
SCORING	<ul style="list-style-type: none"> • Each event will be scored top 16: 20-17-16-15-14-13-12-11, 9-7-6-5-4-3-2-1. • Relays will be scored top 8: 40-34-32-30-28-26-24-22
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. • 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.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • 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 • The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to all heats, of all prelim/final events, excluding timed final distance events (400 free, 400 IM, 800 Free and 1500 Free). • 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 into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • 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:	<p>Meet Referee: Ralph Jones Email: ralph.jones@vdot.virginia.gov Phone: 804-786-4034</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair Markie Cardot, gingerstylist@gmail.com) or 804-370-0495 no later than Tuesday June 11, 2019. • The official's briefings should start one hour prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.

TIMERS:	<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 Rapids website no later than Monday, June 10, 2019 and will also be emailed to the contact person of each of the individual clubs. Swimmers will need to provide their own timers and lap counters for distance events.
GENERAL:	Concessions will be offered through the SwimRVA Rapids Café. Swim shop will be onsite by Swim and Tri.
DIRECTIONS:	<p style="text-align: center;">5050 Ridgedale Parkway Richmond, VA 23234</p> <p><i>From Washington & points north:</i></p> <ul style="list-style-type: none"> Take I-95 S Take exit 79 for I-195 S/I-64 W toward Powhite Pkwy Keep left and follow signs for I-195 S/Powhite Parkway/U.S. 60 and merge onto I-195 S Continue onto VA-76 W Take the exit on the left onto VA-150 S/Chippenham Pkwy Exit onto VA-10 E/Iron Bridge Rd toward Chesterfield Turn right onto Ridgedale Pkwy - Collegiate School Aquatics Center will be on the right <p><i>From Raleigh & points south:</i></p> <ul style="list-style-type: none"> Take I-95 N towards Richmond Take exit 67B to merge onto VA-150 N/Chippenham Pkwy toward US-60/US-360 W Exit onto VA-10 E/Iron Bridge Rd toward Chesterfield Turn right onto Ridgedale Pkwy - Collegiate School Aquatics Center will be on the right <p><i>From Williamsburg & points east:</i></p> <ul style="list-style-type: none"> Take I-64 W Take exit 200 for I-295 toward US-60/Wash./Rocky Mt. NC Keep left toward I-295 Keep right and follow signs for I-295 S/US-60/Rocky Mt. NC Keep left and merge onto I-295 S Take exit 25, merge onto VA-895 W toward Richmond (toll road) Continue onto VA-150 N (toll road) Exit onto VA-10 E/Iron Bridge Rd. toward Chesterfield Turn right onto Ridgedale Pkwy - Collegiate School Aquatics Center will be on the right <p><i>From Charlottesville & points west:</i></p> <ul style="list-style-type: none"> Take I-64 E Take Exit 186 for I-195 S/Laburnum Ave. toward Powhite Parkway Keep left and follow signs to I-195 S/Powhite Pkwy./Downtown, merge onto I-195 S Continue onto VA- 76 W (partial toll road) Take left exit onto VA-150 S/Chippenham Pkwy. (partial toll road) Exit onto VA-10 E/Iron Bridge Rd. toward Chesterfield Turn right onto Ridgedale Pkwy - Collegiate School Aquatics Center will be on the right

**SwimRVA Summer Invitational
ORDER OF EVENTS**

Friday, June 14, 2019

Afternoon Session (TIMED FINALS)

Warm-up: 1:30 PM; Start: 3:00 PM

Girls	Events	Boys
1	13 & Over 50 Fly	2
3	12 & Under 400 Free	4
5	13 & Over 50 Backstroke	6
7	12 & Under 400 IM	8
9	13 & Over 50 Breast	10
10 minute warm up immediately following the conclusion of the afternoon session, 5 minute break before start of distance session. Session not to start before 5 pm.		
11	13 & Over 800 Free	12
13	13 & Over 1500 Free	14

Saturday, June 15, 2019

Morning Session 13 & Over Preliminary

Warm-up: 7:00AM

Start: 8:00AM

Afternoon Session – 12 & Under Timed Finals

Warm-up: Not before 12:15PM

Start: Not before 1:00PM

Girls	Events	Boys		Girls	Events	Boys
15	13-14 200 Medley Relay	16		31	10 & U 200 Med Relay	32
17	15 & O 200 Medley Relay	18		33	11-12 200 Med Relay	34
	5 min break (Prelims)				5 min break (Prelims)	
19	13 & O 200 Free	20		35	8 & Under 50 Freestyle	36
21	13 & O 100 Back	22		37	9-10 50 Freestyle	38
23	13 & O 200 Breast	24		39	11-12 50 Freestyle	40
25	13 & O 50 Free	26		41	10 & Under 100 Fly	42
27	13 & O 100 Fly	28		43	11-12 100 Butterfly	44
Mid-Day Distance Session				45	8 & Under 50 Breast	46
TIMED FINAL – 13 & Over				47	9-10 50 Breaststroke	48
W-up not before 10:45 AM or following preliminary for 10 min; Start - 5 min after conclusion of w-up				49	11-12 50 Breaststroke	50
29	13 & Over 400 IM	30		51	11-12 200 Breaststroke	52
				53	10 & Under 200 Free	54
				55	11-12 200 Freestyle	56
				57	10 & Under 100 Back	58
				59	11-12 100 Backstroke	60

SATURDAY FINALS

Warm up: Not before 5:00PM; Start: Not before 5:45PM

Individual events = Top 8 11-12 and Top 16 13-14, Top 24 15 & Over advance to finals.

Finals will separate 13&Over events to 13-14 and 15&over.

Sunday, June 16, 2019

Morning Session 13 & Over Preliminary Warm-up: 7:00AM Start: 8:00AM				Afternoon Session – 12 & Under Timed Finals Warm-up: Not before 12:15PM Start: Not before 1:00PM		
				<u>Girls</u>	<u>Events</u>	<u>Boys</u>
<u>Girls</u>	<u>Events</u>	<u>Boys</u>		77	10 & U 200 Free Relay	78
61	13-14 200 Free Relay	62		79	11-12 200 Free Relay	80
63	15 & O 200 Free Relay	64			5 min break (Prelims)	
	5 min break (Prelims)			81	10 & Under 100 Freestyle	82
65	13 & O 200 IM	66		83	11-12 100 Freestyle	84
67	13 & O 100 Free	68		85	8 & Under 50 Fly	86
69	13 & O 200 Back	70		87	9-10 50 Butterfly	88
71	13 & O 100 Breast	72		89	11-12 50 Butterfly	90
73	13 & O 200 Fly	74		91	11-12 200 Butterfly	92
Mid-Day Distance Session				93	10 & Under 100 Breaststroke	94
TIMED FINAL – 13 & Over				95	11-12 100 Breaststroke	96
W-up not before 10:45 AM or following preliminary for 10 min; Start - 5 min after conclusion of w-up				97	10 & Under 200 IM	98
75	13 & Over 400 Free	76		99	11-12 200 IM	100
				101	8 & Under 50 Back	102
				103	9-10 50 Back	104
				105	11-12 50 Backstroke	106
				107	11-12 200 Backstroke	108
SUNDAY FINALS						
Warm up: Not before 5:00PM; Start: Not before 5:45PM Individual events = Top 8 11-12 and Top 16 13-14, Top 24 15 & Over advance to finals. Finals will separate 13&Over events to 13-14 and 15&over.						