



# SwimRVA Summer Invitational

Prelim/Final  
June 14-16, 2019

SANCTION NO. VS-19-116



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-19-116</b>.</li><li>• 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.</li></ul>
<b>LOCATION:</b>	<ul style="list-style-type: none"><li>• SwimRVA, 5050 Ridgedale Parkway, Richmond, VA 23234</li></ul>
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• SwimRVA's flagship facility provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.</li><li>• 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.</li><li>• Competition lanes are 9 feet wide.</li><li>• Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.</li><li>• Non-Turbulent Lane Markers in both pools</li><li>• Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.</li><li>• Spectator seating for 700.</li><li>• 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.</li></ul>
<b>MEET DIRECTOR:</b>	Adam Kennedy <a href="mailto:adam.kennedy@swimrichmond.org">adam.kennedy@swimrichmond.org</a> 804-271-2662
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to USA Swimming athletes registered before the first day of the meet from Virginia's RAYS, QUEST, SRVA and North Carolina's YOTA.</li><li>• No on deck Virginia Swimming athlete registration will be permitted.</li><li>• Age on June 14, 2019 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li><li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• 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.</li><li>• ALL RELAY EVENTS WILL BE TIMED FINALS AND SWIM DURING PRELIMINARY.</li><li>• Saturday and Sunday: All 10 and under swimmers will swim in the afternoon session.</li><li>• All 10 and under events will be timed finals.</li><li>• 11-12 will advance top 16 to finals. 13&amp;over events will be split to 13-14 and 15&amp;Over. 13-14 will advance top 16 to finals. 15&amp;over will advance top 24 to finals.</li><li>• Chase starts may be used at the discretion of the referee.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Friday 2:30PM warm-up, Competition Starts 4:00 PM, Friday Distance session</li><li>• Morning sessions: 7:00AM for Saturday and Sunday, competition starts at 8:00AM Saturday and Sunday.</li><li>• Afternoon sessions: Warm-ups not before 1:30 PM; competition starts not before 2:15PM.</li><li>• Saturday and Sunday distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the morning session, with the distance session competition starting 5 minutes thereafter.</li><li>• Finals sessions warm ups will start no earlier than 5:00 PM with the competition starting no</li></ul>

	<p>earlier than 5:45 PM</p> <ul style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>If the distance session runs late, 10 and under afternoon warm-ups will begin immediately after the distance session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JUNE 5, 2019.</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>Teams must submit entries via email.</li> <li>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.</li> <li>“No Time” (NT) entries will be accepted.</li> <li>Swimmers may enter a maximum of <b>3 individual event(s) and 1 relay event(s) per day</b></li> <li>MEET DIRECTOR RESERVES THE RIGHT TO LIMIT ENTRIES IN EVENTS 3 &amp; 4 (12 &amp; U 400 Free), and 7 &amp; 8 (12 &amp; U 400 IM) to top 2 heats only if the session timeline exceeds four hours. Teams will be notified by Monday, June 10.</li> <li>Relay teams must be designated A, B and only A and B relays are allowed.</li> <li>Athlete can only swim the 800 or the 1500 but not both.</li> <li>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.</li> <li>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.</li> <li>Email entries to SwimRVA Meet Entry Chair, Jill Rhyne <a href="mailto:jill@jrhyne.com">jill@jrhyne.com</a></li> </ul>
<b>FEES:</b>	<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"> <li>Mail payment to: SwimRVA, 5050 Ridgedale Parkway, Richmond, VA 23234.</li> <li>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.</li> <li><b>IMPORTANT:</b> 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.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except #3 and 4 (400 Free), 7 and 8 (400 IM), and all events in the Friday distance session will be pre-seeded.</li> <li>Swimmers in the finals sessions should report directly to the blocks for their events.</li> <li>Events 3/4 12 &amp; Under 400 Free, 7/8 12 &amp; Under 400IM, 11/12 11 &amp; Over 800 Free, 13/14 11 &amp; Over 1500 Free, 43/44 13 &amp; Over 400 IM, 91/92 13 &amp; Over 400 Free will require a positive check-in.</li> <li>Positive check-in will close 30 minutes prior to the start of the session of the corresponding event.</li> <li><b>SWIMMERS MUST POSITIVELY CHECK-IN TO BE SEEDED IN THE EVENT</b></li> <li>Events 11/12 13 &amp; Over 800 Free will be swum fastest to slowest and alternating heats of girls and boys</li> <li>Events 13/14 13 &amp; Over 1500 Free will be swum fastest to slowest and alternating heats of girls and boys</li> <li>Events 43/44 13 &amp; Over 400 IM will be swum fastest to slowest and alternating heats of girls and</li> </ul>

	<p>boys</p> <ul style="list-style-type: none"> <li>• Events 91/92 13 &amp; Over 400 Free will be swum fastest to slowest and alternating heats of girls and boys</li> <li>• THE FINAL OF THE 15 &amp; 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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through EIGHTH place: <ul style="list-style-type: none"> <li>○ 11 &amp; Over events will be given separate awards for 11-12, 13-14 and 15 &amp; Over age groups.</li> <li>○ 10 &amp; Under events will be given separate awards for 9-10 and 8 &amp; Under age groups.</li> </ul> </li> <li>• Relay events: Ribbons will be awarded for first through EIGHTH place.</li> <li>• High Point and High Point Runner up plaques will be awarded for 8 &amp; Under, 9-10, 11-12, 13-14 age groups.</li> <li>• Heat winner prizes will be awarded for 10 &amp; Under and 8 &amp; Under events</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• Each event will be scored top 16: 20-17-16-15-14-13-12-11, 9-7-6-5-4-3-2-1.</li> <li>• Relays will be scored top 8: 40-34-32-30-28-26-24-22</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• 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"> <li>• Entries using fraudulent or non-verifiable times.</li> <li>• Athlete competed in the incorrect age group.</li> <li>• Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>• 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.</li> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• 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.</li> <li>• 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</li> <li>• 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).</li> <li>• 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>.</li> <li>• Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Ralph Jones</b>  <b>Email:</b> <a href="mailto:ralph.jones@vdot.virginia.gov">ralph.jones@vdot.virginia.gov</a>  <b>Phone:</b> 804-786-4034</p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• 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, <a href="mailto:gingerstylist@gmail.com">gingerstylist@gmail.com</a>) or 804-370-0495 no later than Tuesday June 11, 2019.</li> <li>• The official's briefings should start one hour prior to the start of each session.</li> </ul>

<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• 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.</li> <li>• Swimmers will need to provide their own timers and lap counters for distance events.</li> </ul>
<b>GENERAL:</b>	Concessions will be offered through the SwimRVA Rapids Café. Swim shop will be onsite by Swim and Tri.
<b>DIRECTIONS:</b>	<p style="text-align: center;"><b>5050 Ridgedale Parkway Richmond, VA 23234</b></p> <p><i>From Washington &amp; points north:</i></p> <ul style="list-style-type: none"> <li>• Take I-95 S</li> <li>• Take exit 79 for I-195 S/I-64 W toward Powhite Pkwy</li> <li>• Keep left and follow signs for I-195 S/Powhite Parkway/U.S. 60 and merge onto I-195 S</li> <li>• Continue onto VA-76 W</li> <li>• Take the exit on the left onto VA-150 S/Chippenham Pkwy</li> <li>• Exit onto VA-10 E/Iron Bridge Rd toward Chesterfield</li> <li>• Turn right onto Ridgedale Pkwy - Collegiate School Aquatics Center will be on the right</li> </ul> <p><i>From Raleigh &amp; points south:</i></p> <ul style="list-style-type: none"> <li>• Take I-95 N towards Richmond</li> <li>• Take exit 67B to merge onto VA-150 N/Chippenham Pkwy toward US-60/US-360 W</li> <li>• Exit onto VA-10 E/Iron Bridge Rd toward Chesterfield</li> <li>• Turn right onto Ridgedale Pkwy - Collegiate School Aquatics Center will be on the right</li> </ul> <p><i>From Williamsburg &amp; points east:</i></p> <ul style="list-style-type: none"> <li>• Take I-64 W</li> <li>• Take exit 200 for I-295 toward US-60/Wash./Rocky Mt. NC</li> <li>• Keep left toward I-295</li> <li>• Keep right and follow signs for I-295 S/US-60/Rocky Mt. NC</li> <li>• Keep left and merge onto I-295 S</li> <li>• Take exit 25, merge onto VA-895 W toward Richmond (toll road)</li> <li>• Continue onto VA-150 N (toll road)</li> <li>• Exit onto VA-10 E/Iron Bridge Rd. toward Chesterfield</li> <li>• Turn right onto Ridgedale Pkwy - Collegiate School Aquatics Center will be on the right</li> </ul> <p><i>From Charlottesville &amp; points west:</i></p> <ul style="list-style-type: none"> <li>• Take I-64 E</li> <li>• Take Exit 186 for I-195 S/Laburnum Ave. toward Powhite Parkway</li> <li>• Keep left and follow signs to I-195 S/Powhite Pkwy./Downtown, merge onto I-195 S</li> <li>• Continue onto VA- 76 W (partial toll road)</li> <li>• Take left exit onto VA-150 S/Chippenham Pkwy. (partial toll road)</li> <li>• Exit onto VA-10 E/Iron Bridge Rd. toward Chesterfield</li> <li>• Turn right onto Ridgedale Pkwy - Collegiate School Aquatics Center will be on the right</li> </ul>

**SwimRVA Summer Invitational  
ORDER OF EVENTS**

**Friday, June 14, 2019**

**Afternoon Session (TIMED FINALS)**

**Warm-up: 2:30 PM; Start: 4:00 PM**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
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 6 pm.		
11	13 & Over 800 Free	12
13	13 & Over 1500 Free	14

**Saturday, June 15, 2019**

**Morning Session 11 & older Preliminary**

**Warm-up: 7:00AM; Start: 8:00AM**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
15	11-12 200 Medley Relay (F)	16
17	13-14 200 Medley Relay (F)	18
19	15 & O 200 Medley Relay (F)	20
	5 minute break (Finals Only)	
21	11-12 200 Freestyle	22
23	13 & Over 200 Freestyle	24
25	11-12 100 Backstroke	26
27	13 & Over 100 Backstroke	28
29	11-12 50 Breaststroke	30
31	13 & Over 200 Breaststroke	32
33	11-12 200 Breaststroke	34
35	13 & Over 50 Freestyle	36
37	11-12 50 Freestyle	38
39	13 & Over 100 Butterfly	40
41	11-12 100 Butterfly	42

**Mid-Day Distance Session**

**TIMED FINAL – 13 & Over**

**Warm up: Not before 11:30 AM or immediately following preliminary for 10 minutes; Start - 5 minutes after conclusion of warm-up**

43	13 & Over 400 IM	44
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**Afternoon Session – 10 & Under Timed Finals**

**W/u: Not before 1:30; Start: Not before 2:15**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	10 & Under 200 Medley Relay	46
	5 minute break	
47	8 & Under 50 Freestyle	48
49	9-10 50 Freestyle	50
51	10 & Under 100 Butterfly	52
53	8 & Under 50 Breaststroke	54
55	9-10 50 Breaststroke	56
57	10 and Under 200 Freestyle	58
59	10 & Under 100 Backstroke	60

**Evening Finals Session**

**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 11 & older Preliminary Warm-up: 7:00AM; Start: 8:00AM			Afternoon Session – 10 & Under Timed Finals Warm-up: Not before 1:30; Start: Not before 2:15		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	11-12 200 Free Relay (F)	62	93	10 & Under 200 Freestyle Relay	94
63	13-14 200 Free Relay (F)	64		5 minute break	
65	15 & Over 200 Free Relay (F)	66	95	10 & Under 100 Freestyle	96
	5 minute break		97	8 & Under 50 Butterfly	98
67	11-12 200 IM	68	99	10 & Under 50 Butterfly	100
69	13 & Over 200 IM	70	101	10 & Under 100 Breaststroke	102
71	11-12 100 Freestyle	72	103	10 and Under 200 IM	104
73	13 & Over 100 Freestyle	74	105	8 & Under 50 Backstroke	106
75	11-12 50 Back	76	107	10 & Under 50 Backstroke	108
77	11-12 200 Back	78			
79	13 & Over 200 Back	80			
81	11-12 100 Breaststroke	82			
83	13 & Over 100 Breaststroke	84			
85	11-12 50 Butterfly	86			
87	11-12 200 Butterfly	88			
89	13 & Over 200 Butterfly	90			
<b>Mid-Day Session TIMED FINAL – 13 &amp; Over</b>					
<b>Warm up: Not before 11:30 AM or immediately following preliminary; Start: Not before 11:50 or 5 minutes after conclusion of warm-up</b>					
91	13 & Over 400 Free	92			
Evening Finals Session					
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.					