



# SwimRVA Shamrock Showdown

March 27-29, 2020

SANCTION NO. VS-20-93



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-93</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 7'7" at the sides and 8'2" inches in the center.</li><li>• Competition lanes are 8'3" 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.</li><li>• No on deck Virginia Swimming athlete registration will be permitted.</li><li>• Age on March 27, 2020 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. Events will be swum fastest to slowest alternating girls, then boys. Meet director reserves the right to limit entries based on timeline not exceeding 4 hours.</li><li>• Saturday and Sunday: All 12 and under swimmers will swim in the afternoon session.</li><li>• All 12 and under afternoon events will be timed finals.</li><li>• Morning session events will be split to 13-14 and Open. 13-14 will advance top 16 and Open events will advance top 24 to finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Friday 3:30PM warm-up, Competition Starts 4:30 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 11:30 PM; competition starts not before 12:15PM.</li><li>• Finals sessions warm ups will start no earlier than 4:00 PM with the competition starting no earlier than 4:45 PM</li><li>• The approximate start time for the 12 and under and finals sessions will be posted on the SwimRVA Rapids Swim Team website no later than Monday, March 23 and will also be emailed to the contact person of the participating clubs. Sessions will start no earlier than the posted 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, March 23 and will also be emailed to the contact</li></ul>

	<p>person of the participating clubs.</p> <ul style="list-style-type: none"> <li>If the morning session runs late, 12 and under afternoon warm-ups will begin immediately after the morning preliminary session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, MARCH 18, 2020.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in short course yards times using Hy-Tek Team Manager and Commlink-2 software.</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) per day</b></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.</li> <li>Email entries to SwimRVA Meet Entry Chair, Brad Burton @ <a href="mailto:brad.burton@swimrichmond.org">brad.burton@swimrichmond.org</a></li> </ul>
<b>FEES:</b>	<p>Individual events: \$8.00 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 Monday, March 23, 2020. 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.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except Friday distance events (1 &amp; 2 &amp; 3 &amp; 4) will be pre-seeded.</li> <li>Swimmers in the finals sessions should report directly to the blocks for their events.</li> <li>Events 1 &amp; 2 11&amp; older 400 IM and 3 &amp; 4 Open 500 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 1 &amp; 2 11&amp;older 400 IM will be swum fastest to slowest and alternating heats of girls and boys</li> <li>Events 3 &amp; 4 Open 500 Free will be swum fastest to slowest and alternating heats of girls and boys</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Ribbons and heat winner prizes will be awarded for ALL 12 and Under events.</li> <li>No awards will be given for 13 and Over events</li> <li>No Team awards</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>This will be a non-scored event.</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, including the Minor Athlete Abuse Protection Policy, will govern this meet.</li> <li>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</li> </ul>

	<p>the conduct of this competition.</p> <ul style="list-style-type: none"> <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 IM and 500 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, 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.</li> <li>In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>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.</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: Phil Gibb</b></p> <ul style="list-style-type: none"> <li><b>Email: Phil.Gibb@honeywell.com</b></li> <li><b>Phone: 804-536-5160</b></li> </ul> <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 Jeannie Kennedy, simplykennedy@gmail.com) no later than Tuesday, March 24, 2020.</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, March 23 and will also be emailed to the contact person of each of the individual clubs.</li> <li>Swimmers will need to provide their own lap counters for distance events. Friday session will also require teams to provide timers.</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>

*From Raleigh & points south:*

- 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

*From Williamsburg & points east:*

- 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

*From Charlottesville & points west:*

- 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

**Friday, March 27, 2020**

<b>Afternoon Session (TIMED FINALS)</b>		
<b>Warm-up: 3:30 PM; Start: 4:30 PM</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	11 & Over 400 IM	2
3	OPEN 500 Free	4

**Saturday, March 28, 2020**

<b>Morning Session 13 &amp; Over Preliminary</b>			<b>Afternoon Session – 12 &amp; Under Timed Finals</b>		
<b>Warm-up: 7:00AM</b>			<b>Warm-up: Not before 11:30</b>		
<b>Start: 8:00AM</b>			<b>Start: Not before 12:15</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
5	13-14 100 Backstroke	6	29	8 & Under 25 Backstroke	30
7	Open 100 Backstroke	8	31	10 and Under 100 Backstroke	32
9	13-14 200 Breaststroke	10	33	11-12 100 Backstroke	34
11	Open 200 Breaststroke	12	35	8 & Under 50 Breaststroke	36
13	13-14 100 Butterfly	14	37	10 & Under 100 Breaststroke	38
15	Open 100 Butterfly	16	39	11-12 100 Breaststroke	40
17	13-14 200 Freestyle	18	41	11-12 200 Butterfly	42
19	Open 200 Freestyle	20	43	8 & Under 25 Butterfly	44
21	13-14 100 I.M.	22	45	9-10 50 Butterfly	46
23	Open 100 I.M.	24	47	11-12 50 Butterfly	48
25	13-14 50 Freestyle	26	49	8 & Under 100 Freestyle	50
27	Open 50 Freestyle	28	51	9-10 200 Freestyle	52
			53	11-12 200 Freestyle	54

**SATURDAY FINALS**

Warm up: Not before 4:00PM; Start: Not before 4:45PM  
 Individual events = Top 16 13-14, Top 24 Open event finishers advance to finals.

**Sunday, March 29, 2020**

<b>Morning Session 13 &amp; Over Preliminary</b>		<b>Afternoon Session – 12 &amp; Under Timed Finals</b>	
<b>Warm-up: 7:00AM</b>		<b>Warm-up: Not before 11:30</b>	

Start: 8:00AM			Start: Not before 12:15		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	13-14 200 Backstroke	56	75	8 & Under 50 Backstroke	76
57	Open 200 Backstroke	58	77	9-10 50 Backstroke	78
59	13-14 100 Breaststroke	60	79	11-12 50 Backstroke	80
61	Open 100 Breaststroke	62	81	10 & Under 100 I.M.	82
63	13-14 200 Butterfly	64	83	11-12 200 I.M.	84
65	Open 200 Butterfly	66	85	8 & Under 50 Freestyle	86
67	13-14 100 Freestyle	68	87	9-10 100 Freestyle	88
69	Open 100 Freestyle	70	89	11-12 100 Freestyle	90
71	13-14 200 I.M.	72	91	11-12 200 Backstroke	92
73	Open 200 I.M.	74	93	8 & Under 50 Butterfly	94
			95	10 & Under 100 Butterfly	96
			97	11-12 100 Butterfly	98
			99	8 & Under 25 Breaststroke	100
			101	9-10 50 Breaststroke	102
			103	11-12 200 Breaststroke	104
SUNDAY FINALS					
Warm up: Not before 4:00PM; Start: Not before 4:45PM Individual events = Top 16 13-14, Top 24 Open event finishers advance to finals.					