



**SwimRVA Heavyweight Battle**  
**January 30-31, 2021**  
**SANCTION NO. VS-21-106**



*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 the SwimRVA - Collegiate School Aquatics 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.*

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-21-106</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., and Greater Richmond Aquatics Partnership, DBA 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> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>LOCATION:</b>	SwimRVA - Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234.
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• The Collegiate School Aquatic Center 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 two 25-yard competition pools with a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.</li> <li>• This meet will be swum in the 25-yard course.</li> <li>• Omega Starting Blocks, Colorado Timing GEN7 automatic and semi-automatic timing, backup Dolphin wireless stopwatches.</li> <li>• 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.</li> <li>• In participation in this meet, I and my minor athlete, hereby acknowledge and agree that participation in SwimRVA programs or activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with SwlmRVA participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with SwimRVA program participation and that said list in no way limits operation of this Agreement.</li> <li>• In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet will 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.</li> </ul>

<b>MEET DIRECTOR:</b>	Name: Adam Kennedy Email: <a href="mailto:adam.kennedy@swimrichmond.org">adam.kennedy@swimrichmond.org</a> Phone: (804) 271-2662	
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all 13 &amp; Over athletes who are registered with USA Swimming before the first day of the meet from Quest, CGBD, TIDE, RAYS, SWIMRVA.</li> <li>• No on-deck USA Swimming athlete registration will be permitted</li> <li>• Age on January 30, 2021 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>• This meet will be timed finals each day Saturday and Sunday.</li> <li>• 13-14 year old athletes will compete on Saturday and 15 and Over athletes will compete on Sunday</li> <li>• Entries will be limited to 100 swimmers for each session. Each participating team may enter a max of 25 swimmers for each session.</li> <li>• Swimmers will be limited to three (3) entries per session and no more than six (6) entries per day.</li> </ul>	
<b>SCREENING, CHECK-IN and WARM-UP:</b>	<ul style="list-style-type: none"> <li>• All athletes, coaches and officials need to report to the screening station upon arrival. Coaches and Officials will receive a wrist band once they are screened.</li> <li>• SWIMMERS FAILING TO REPORT TO THE SCREENING STATION WILL NOT BE ALLOWED TO SWIM THAT SESSION. ATHLETES WILL NEED TO REPORT TO THE SCREENING STATION WITH A PARENT OR GUARDIAN.</li> <li>• Health Screening for all sessions will start 15 minutes prior to the first warm-up for each session in the front of the building/under the tent at the end of the building. There may or may not be a tent set up in this location at the time of the meet.</li> <li>• Athletes and coaches should clear the facility immediately at the conclusion of a session to give SwimRVA staff as much time as possible to disinfect the facility prior to the next group entering.</li> <li>• Warm-up lane assignments will e-mailed to all teams on Tuesday, January 26, 2021.</li> </ul> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p style="text-align: center;"><b>Sessions 1 and 5</b></p> <p style="text-align: center;">Health Screening and Doors: 7:00 – 8:00 AM          Warm-up 1: 7:15 – 7:45 AM          Warm-up 2: 7:45 – 8:15 AM          Start: 8:25 AM</p> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p style="text-align: center;"><b>Sessions 2 and 6</b></p> <p style="text-align: center;">Health Screening and Doors: 10:10 – 11:10 AM          Warm-up 1: 10:25-10:55 AM          Warm-up 2: 10:55-11:25 AM          Start: 11:35 AM</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p style="text-align: center;"><b>Sessions 3 and 7</b></p> <p style="text-align: center;">Health Screening and Doors: 1:20 – 2:20 PM          Warm-up 1: 1:35 – 2:05 PM          Warm-up 2: 2:05 – 2:35 PM          Start: 2:45 PM</p> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p style="text-align: center;"><b>Sessions 4 and 8</b></p> <p style="text-align: center;">Health Screening and Doors: 4:30-5:30 PM          Warm-up 1: 4:45 – 5:15 PM          Warm-up 2: 5:15 – 5:45 PM          Start: 5:55 PM</p> </div> </div>	
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Friday, January 22<sup>nd</sup>.</b></p> <ul style="list-style-type: none"> <li>• Each participating team may enter a max of 25 swimmers for each session.</li> <li>• Each team may enter a max of six (6) scoring swimmers per event. Teams may enter more than six per event, however all other swimmers must be marked exhibition, except for the 1650 Freestyle. Team will be allowed to enter a max of two (2) swimmers for the 1650 Freestyle.</li> <li>• Swimmers will be limited to three (3) entries per session and no more than six (6) entries per day.</li> </ul>	

	<ul style="list-style-type: none"> <li>• <b>Deck entries for athletes already entered in the meet will be accepted if open lanes are available without reseeding the event. No extra heats will be added.</b></li> </ul>
<b>FEES:</b>	<ul style="list-style-type: none"> <li>• Individual events: \$ 10.00</li> <li>• Swimmer surcharge: \$ 2.50 per swimmer</li> <li>• COVID Facility Surcharge: \$2.50 per swimmer</li> <li>• Checks should be made payable to SwimRVA</li> <li>• Mail payment to: <ul style="list-style-type: none"> <li>SwimRVA</li> <li>Attn: Adam Kennedy</li> <li>5050 Ridgedale Parkway</li> <li>Richmond, VA 23234</li> </ul> </li> <li>• Payment must be received by Friday, January 8, 2021. 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>VIDEO SERVICE:</b>	<ul style="list-style-type: none"> <li>• SwimRVA makes use of SPIIDEO streaming service in the main area. The service will be available for the meet to participating teams. Families will be able to stream the service on their smart phone or device from anywhere they have broadband service. This will allow for viewing the races from the outdoor seating areas or anywhere in the world!</li> <li>• There is a sign-up process in order for SwimRVA to grant access to the stream. Instruction messages for each team will be sent to your team contact by the Meet Director.</li> <li>• Sign -up deadline for families will be no later than Wednesday, January 27th at Noon (12:00 PM).</li> </ul>
<b>VIRGINIA PHASE THREE GUIDELINES:</b>	<ul style="list-style-type: none"> <li>• VIRGINIA PHASE THREE GUIDELINES: Spectators, athletes, coaches and officials not in the same household are also required to maintain 10 feet of social distance. All persons on the SwimRVA campus are required to wear a face mask at all times (when not swimming).</li> <li>• ATHLETE SEATING (See Map): Athletes will be assigned a specific seat (section, row and seat) for each session. All stairwells will be two-way traffic. Athletes should travel on the right-hand side of the stairwell as a general practice to maintain distance while passing other athletes.</li> <li>• COACH SEATING: There are a limited number of coaches' positions available on deck. Each position, which is a defined 6'x6' space, marked on the pool deck, will be assigned to clubs after entries are received. <ul style="list-style-type: none"> <li>• Teams will be required to provide a list of attending coaches prior to the meet. Only coaches included on that list will be admitted into the facility and receive a space assignment. Other coaches will not be admitted.</li> <li>• Each team will have a minimum of one coach box on the competition course, if desired. If a second coach is attending for the team, they will have an assigned box that will be on the east course (warm down course).</li> </ul> </li> <li>• THERE WILL BE NO INDOOR SPECTATOR SEATING. ONLY ATHLETES AND COACHES WILL BE PERMITTED INSIDE AS LISTED ABOVE. Parents must wait outside of the building.</li> <li>• REPORTING TO THE STARTING BLOCKS: All Swimmers will be called to the starting block queue using the in-house public address. The announcer will announce heats and events. <ul style="list-style-type: none"> <li>• The announcer will also call athletes to the arena for their event three heats in front of their race.</li> <li>• Athletes should report to the ready area with only their swimming equipment, their face mask, and their resealable plastic bag (for use during competition swim and warm down).</li> <li>• Athletes should report to the pool deck via the east staircase from the mezzanine and situate themselves in the corresponding location on the north wall. Marshalls and signs will direct the Athletes.</li> <li>• At most, there will be 4 heats in the queue: Heat in the water, next heat on deck at the northwest corner of the competition pool, second heat in the next wait zone, third heat in the next wait zone. It is the athlete's responsibility to report to the blocks and corresponding location when it is time to compete.</li> </ul> </li> <li>• WARM DOWN: <ul style="list-style-type: none"> <li>• All athletes warming down must maintain social distance of 10 ft at all times.</li> <li>• During warm-down athletes should stay in motion for the entire duration. This is intended to limit their</li> </ul> </li> </ul>

	<p>time on the wall unmasked in proximity with other athletes.</p> <ul style="list-style-type: none"> <li>• Athletes should enter and exit the warm down pool (east course) via the bulkhead, which is also where they will keep their masks in their resealable plastic bag.</li> <li>• Once athletes have completed their continuous warm down, they should exit the pool via the bulkhead and immediately put on their mask. At which point they can exit the bulkhead on the south side and will be near the bathrooms, if needed.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> <li>• SWIMMERS FAILING TO REPORT TO THE SCREENING STATION WILL NOT BE ALLOWED TO SWIM IN THE SESSION. MINOR ATHLETES WILL NEED TO REPORT TO THE SCREENING STATION WITH A PARENT OR GUARDIAN.</li> </ul>
<b>SCORING and AWARDS:</b>	<ul style="list-style-type: none"> <li>• Each team may enter a max of six (6) scoring swimmers per event. All other swimmers must be marked exhibition, except for the 1650 Freestyle. Team will be allowed to enter a max of two (2) swimmers for the 1650 Freestyle.</li> <li>• Top eight in each event will be scored as follows: <b>9, 7, 6, 5, 4, 3, 2, 1.</b></li> <li>• No more than three athletes from the same team may score in an event.</li> <li>• Team Champion will be awarded the perpetual HEAVYWEIGHT BELT to keep for the year.</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 swimmers are unattached, the fine will be levied on the swimmer.</li> <li>• Any event in which an athlete participated illegally will be re-scored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• <b>Athletes must arrive in their suits. Locker rooms will not be available for changing.</b></li> <li>• <b>Athletes will be permitted to use the toilets in the locker rooms.</b></li> <li>• <b>All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.</b></li> <li>• <b>Lobby restrooms and the Swim and Tri swim shop are open for non-athletes wearing a mask and able to answer Virginia Department of Health screening questions</b></li> <li>• <b>All Coaches, Officials, and spectators must wear masks.</b></li> <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 the conduct of this competition.</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>• 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>• 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</li> </ul>

	<p>subsequent day, but only with a release authorization signed by a licensed healthcare provider.</p> <ul style="list-style-type: none"> <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:</b>        <b>Genny Kimbel</b>  <b>Email:</b>                    <a href="mailto:gennykimbel@gmail.com">gennykimbel@gmail.com</a></p> <ul style="list-style-type: none"> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to <b>Adam Kennedy via email at <a href="mailto:adam.kennedy@swimrichmond.org">adam.kennedy@swimrichmond.org</a></b> no later than January 26, 2020</li> <li>• A short Officials meeting will take place during the warm-up time of each session.</li> </ul>
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>• Virginia Swimming Meet Safety Procedures will be in effect.</li> </ul>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• There will be one (1) timer per lane. Timer shifts will be assigned based on entries. The timer briefing will take place 15 minutes prior to the start of each session.</li> <li>• Timers should enter the building through the front door.</li> <li>• Lap counting devices will be provided for the 500 Free. Swimmers are responsible for providing someone to use the counter.</li> <li>• Timers and counters must wear masks.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Heat Sheets:</b> A listing of seeded heats will be available on the Meet Mobile app. PDF files with daily heat sheets by session will be sent to participating teams by email.</li> <li>• <b>Results:</b> 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.</li> <li>• <b>Swim Supplies:</b> Swim and Tri swim shop will be operating in the lobby of the facility.</li> <li>• <b>Hospitality:</b> A light breakfast, box lunch will be provided. Drinks will be available all day.</li> <li>• <b>Concession:</b> There will not be a concession offered at the meet.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• No glass containers of any kind are permitted in the facility.</li> <li>• No spectators will be allowed in the pool part of the building. Spectators will have access to the restrooms in the facility lobby.</li> <li>• No smoking is allowed on the campus.</li> <li>• All rules are posted pool side.</li> </ul>



# SwimRVA Heavyweight Battle

## January 30-31, 2021

### ORDER OF EVENTS



**Saturday, January 30<sup>th</sup>, 2021**

<b>Session 1: 13-14 Girls</b>	
Health Screening and Doors: 7:00-8:00 AM	
Warm-up 1: 7:15 – 7:45 AM	
Warm-up 2: 7:45 – 8:15 AM	
Start: 8:25 AM	
All times are subject to change	
<u>Girls</u>	<u>Events</u>
	Team 200 Medley Challenge (un-official)
1	1650 Freestyle
2	200 Freestyle
3	100 Backstroke
4	100 Breaststroke
5	200 Butterfly
6	50 Freestyle
7	400 Individual Medley

<b>Session 2: 13-14 Boys</b>		
Health Screening and Doors: 10:10 – 11:10 PM		
Warm-up 1: 10:25 – 10:55 AM		
Warm-up 2: 10:55 – 11:25 PM		
Start: 11:35 AM		
All times are subject to change		
	<u>Events</u>	<u>Boys</u>
	Team 200 Medley Challenge (un-official)	
	1650 Freestyle	8
	200 Freestyle	9
	100 Backstroke	10
	100 Breaststroke	11
	200 Butterfly	12
	50 Freestyle	13
	400 Individual Medley	14

Medley and Free Challenge - Two teams will compete per heat for the relay (Example SRVA lanes 1-4, TIDE lanes 5-8). Each swimmer will race in their own lane starting with lanes 1 and 8, with the final leg of the relay racing side by side in lanes 4 and 5. This allows the athletes to stay 10 feet apart the entire relay. The events will not be official. Teams will receive points based on final time and rank and the points will be added to the overall team totals.

<b>Session 3: 13-14 Girls</b>	
Health Screening and Doors: 1:20-2:20 PM	
Warm-up 1: 1:35 – 2:05 PM	
Warm-up 2: 2:05 – 2:35 PM	
Start: 2:45 PM	
All times are subject to change	
<u>Girls</u>	<u>Events</u>
15	100 Freestyle
16	200 Backstroke
17	200 Breaststroke
18	500 Freestyle
19	100 Butterfly
20	200 Individual Medley
	Team 200 Freestyle Challenge (un-official)

<b>Session 4: 13-14 Boys</b>		
Health Screening and Doors: 4:30 – 5:30 PM		
Warm-up 1: 4:45 – 5:15 PM		
Warm-up 2: 5:15 – 5:45 PM		
Start: 5:55 PM		
All times are subject to change		
	<u>Events</u>	<u>Boys</u>
	100 Freestyle	21
	200 Backstroke	22
	200 Breaststroke	23
	500 Freestyle	24
	100 Butterfly	25
	200 Individual Medley	26
	Team 200 Freestyle Challenge (un-official)	

Medley and Free Challenge - Two teams will compete per heat for the relay (Example SRVA lanes 1-4, TIDE lanes 5-8). Each swimmer will race in their own lane starting with lanes 1 and 8, with the final leg of the relay racing side by side in lanes 4 and 5. This allows the athletes to stay 10 feet apart the entire relay. The events will not be official. Teams will receive points based on final time and rank and the points will be added to the overall team totals.

## Sunday, January 31<sup>st</sup>, 2021

<b>Session 5: 15 – Over Girls</b>	
Health Screening and Doors: 7:00-8:00 AM	
Warm-up 1: 7:15 – 7:45 AM	
Warm-up 2: 7:45 – 8:15 AM	
Start: 8:25 AM	
All times are subject to change	
<u>Girls</u>	<u>Events</u>
	Team 200 Medley Challenge (un-official)
27	1650 Freestyle
28	200 Freestyle
29	100 Backstroke
30	100 Breaststroke
31	200 Butterfly
32	50 Freestyle
33	400 Individual Medley

<b>Session 6: 15 – Over Boys</b>		
Health Screening and Doors: 10:10 – 11:10 PM		
Warm-up 1: 10:25 – 10:55 AM		
Warm-up 2: 10:55 – 11:25 PM		
Start: 11:35 AM		
All times are subject to change		
<u>Events</u>	<u>Boys</u>	
	Team 200 Medley Challenge (un-official)	
	1650 Freestyle	34
	200 Freestyle	35
	100 Backstroke	36
	100 Breaststroke	37
	200 Butterfly	38
	50 Freestyle	39
	400 Individual Medley	40

Medley and Free Challenge - Two teams will compete per heat for the relay (Example SRVA lanes 1-4, TIDE lanes 5-8). Each swimmer will race in their own lane starting with lanes 1 and 8, with the final leg of the relay racing side by side in lanes 4 and 5. This allows the athletes to stay 10 feet apart the entire relay. The events will not be official. Teams will receive points based on final time and rank and the points will be added to the overall team totals.

<b>Session 7: 15 – Over Girls</b>	
Health Screening and Doors: 1:20-2:20 PM	
Warm-up 1: 1:35 – 2:05 PM	
Warm-up 2: 2:05 – 2:35 PM	
Start: 2:45 PM	
All times are subject to change	
<u>Girls</u>	<u>Events</u>
41	100 Freestyle
42	200 Backstroke
43	200 Breaststroke
44	500 Freestyle
45	100 Butterfly
46	200 Individual Medley
	Team 200 Freestyle Challenge (un-official)

<b>Session 8: 15 – Over Boys</b>		
Health Screening and Doors: 4:30 – 5:30 PM		
Warm-up 1: 4:45 – 5:15 PM		
Warm-up 2: 5:15 – 5:45 PM		
Start: 5:55 PM		
All times are subject to change		
<u>Events</u>	<u>Boys</u>	
	100 Freestyle	
	47	
	200 Backstroke	
	48	
	200 Breaststroke	
	49	
	500 Freestyle	
	50	
	100 Butterfly	
	51	
	200 Individual Medley	
	52	
	Team 200 Freestyle Challenge (un-official)	

Medley and Free Challenge - Two teams will compete per heat for the relay (Example SRVA lanes 1-4, TIDE lanes 5-8). Each swimmer will race in their own lane starting with lanes 1 and 8, with the final leg of the relay racing side by side in lanes 4 and 5. This allows the athletes to stay 10 feet apart the entire relay. The events will not be official. Teams will receive points based on final time and rank and the points will be added to the overall team totals.