



SwimRVA Shamrock Showdown - Senior
March 26-28, 2021
SANCTION NO. VS-21-133



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.

SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-133 • 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. • 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 - Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234.
FACILITY:	<ul style="list-style-type: none"> • The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet. • 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. • This meet will be swum in the 25-yard course. • Omega Starting Blocks, Colorado Timing GEN7 automatic and semi-automatic timing, backup Dolphin wireless stopwatches. • 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 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 SwimRVA 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. • 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.

MEET DIRECTOR:	Name: Brad Burton Email: brad.burton@swimrichmond.org Phone: (804) 271-8274	
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all athletes who are registered with USA Swimming before the first day of the meet. • No on-deck USA Swimming athlete registration will be permitted. • Age on March 26, 2021 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"> • This meet is for 13 and Over athletes only. • This meet will be a prelim/finals format Saturday and Sunday. Top 16 athletes for 13-14 and top 16 athletes for 15 and over will advance to the championship final on Saturday and Sunday evening. • Friday will be a distance session with the 400IM and 500 Free swum as timed finals. Friday distance session will be a combined session with women and men. Events will be swum in event order, fastest to slowest. • On Saturday, women will swim their preliminary session first and men second. On Sunday, men will swim their preliminary session first and the women second. • Entries will be limited to a two (2) hour women's preliminary session and a two (2) hour men's preliminary session. SwimRVA expects this will be a limitation to roughly 150-175 men and 150-175 women per session. Teams will not be limited to the number of athletes they can bring and entries will be accepted until the preliminary sessions have hit their max time limit of two (2) hours. 	
SCREENING, CHECK-IN and WARM-UP:	<ul style="list-style-type: none"> • 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. • 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. • 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 health screening area at the front of the building. There may or may not be a tent set up in this location at the time of the meet. • 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. • Warm-up lane assignments will be emailed to all teams on Tuesday, March 23, 2021. <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;">Session 1 - FRIDAY DISTANCE</p> <p style="text-align: center;">Health Screening and Doors: 4:00 – 5:00 PM Warm-up 1: 4:20 – 4:50 PM Warm-up 2: 4:50 – 5:20 PM Start: 5:30 PM</p> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p style="text-align: center;">Sessions 2 and 5 - EARLY PRELIMINARY SESSIONS</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> <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;">Sessions 3 and 6 – LATE PRELIMINARY FLIGHTS</p> <p style="text-align: center;">Health Screening and Doors: 10:45 – 11:45 AM Warm-up 1: 10:50 – 11:20 AM Warm-up 2: 11:20 – 11:50 AM Start: 12:00 PM</p> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p style="text-align: center;">Sessions 4 and 7 – EVENING FINALS</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> <p style="text-align: center; margin-top: 10px;">*****All Times subject to change.</p>	
ENTRIES:	<p>ENTRIES WILL OPEN FOR THIS EVENT February 26th, 2021.</p> <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Friday, March 19th, 2021.</p>	

	<p>*****ENTRIES WILL BE ACCEPTED ON A FIRST COME FIRST SERVED BASIS UNTIL THE PRELIMINARY SESSIONS ARE FULL.</p> <p>Entries should be sent to brad.burton@swimrichmond.org.</p> <p>Entries will be limited to a two (2) hour women’s preliminary session and a two (2) hour men’s preliminary session. SwimRVA expects this will be a limitation to roughly 150-175 men and 150-175 women. Teams will not be limited to the number of athletes they can bring and entries will be accepted until the preliminary session have hit their max flight time limit of two (2) hours.</p> <p>Deck entries for athletes already entered in the meet will be accepted if open lanes are available without reseeding the event. No heats will be added.</p>
FEES:	<ul style="list-style-type: none"> • Individual events: \$ 10.00 • Swimmer surcharge: \$ 2.50 per swimmer • COVID Facility Surcharge: \$5.00 per swimmer <ul style="list-style-type: none"> - Free heat sheets - Tenting for health screening and hospitality - COVID-19 enhanced disinfection materials and staff • Checks should be made payable to SwimRVA • Mail payment to: <div style="margin-left: 40px;"> SwimRVA Attn: Adam Kennedy 5050 Ridgedale Parkway Richmond, VA 23234 </div> • Payment must be received by Friday, March 26, 2021. 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.
VIDEO SERVICE:	<ul style="list-style-type: none"> • 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! • 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. • Sign -up deadline for families will be no later than Wednesday, March 24th at Noon (12:00 PM).
VIRGINIA PHASE THREE GUIDELINES:	<ul style="list-style-type: none"> • 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). • THERE WILL BE NO INDOOR SPECTATOR SEATING. • THERE WILL BE A SPECTATOR WATCH AND GO. SPECTATORS MAY ENTER THROUGH THE ARENA SOUTHEAST DOORS ONE HEAT AHEAD OF THEIR ATHLETE’S RACE. THEY WILL WALK UP THE BACK STAIRCASE INTO THE MEZZANINE AND BE ASKED TO SOCIAL DISTANCE THEMSELVES ALONG THE MEZZANINE RAIL. ONCE THEIR ATHLETE HAS FINISHED HIS/HER RACE, SPECTATORS WILL EXIT DOWN THE LOBBY STAIRCASE AND OUT THE LOBBY RESTROOMS. • Lobby restrooms will be available for spectators who have completed a health screening at the health screening tent. Friends and family will receive a wrist band indicating they have been cleared to enter the building for the lobby restrooms and the spectator watch and go. • ATHLETE SEATING (See Map): Athletes will be asked to sit outside in the facility parking lot. SwimRVA will have outdoor speakers for PA and an FM station for the PA as well that can be played through the car radio. Athletes will enter the arena for their events through the Northeast doors of the arena. They will be directed to enter the ready queue in their heat order three heats prior to the heat in the water. • In the case of inclement weather, or at the discretion of the meet director, during finals, athletes will receive

	<p>a socially distant seating location in the mezzanine. If athletes are seated indoors, spectator watch and go will be closed.</p> <ul style="list-style-type: none"> • 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"> • 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. • 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). If team and coach numbers allow, a second coach may be assigned a location on the side of the competition course. • 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"> • The announcer will also call athletes to the arena for their event three heats in front of their race. • 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). • Athletes should report through the facility northeast doors and situate themselves in the corresponding location on the north wall. Marshalls and signs will direct the athletes. • 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. • WARM DOWN: <ul style="list-style-type: none"> • All athletes warming down must maintain social distance of 10 ft at all times. • During warm-down athletes should stay in motion for the entire duration. This is intended to limit their time on the wall unmasked in proximity with other athletes. • 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 reseal able plastic bag. • 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.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded. • 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.
SCORING and AWARDS:	<ul style="list-style-type: none"> • This is a non-scored event • There will be no team or athlete awards given.
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 swimmers are unattached, the fine will be levied on the swimmer. • Any event in which an athlete participated illegally will be re-scored and re-awarded.
RULES:	<ul style="list-style-type: none"> • Athletes must arrive in their suits. Locker rooms will not be available for changing. • Athletes will be permitted to use the toilets in the locker rooms. • All individuals entering the facility will be expected to answer Virginia Department of Health screening

	<p>questions to include temperature screening.</p> <ul style="list-style-type: none"> • 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 • All Coaches, Officials, and spectators must wear masks. • The current USA Swimming Rules and Regulations 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. • 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. • 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. • 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 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.
OFFICIALS:	<p>Meet Referee: Ralph Jones Email: ralph.jones@vdot.virginia.gov</p> <ul style="list-style-type: none"> • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Jeannie Kennedy via email at simplykennedy@gmail.com no later than March 19, 2021 • A short Officials meeting will take place during the warm-up time of each session.
SAFETY:	<ul style="list-style-type: none"> • Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • 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. • Timers should enter the building through the front door. • Lap counting devices will be provided for the 500 Free. Swimmers are responsible for providing someone to use the counter. • Timers and counters must wear masks.
GENERAL:	<ul style="list-style-type: none"> • Heat Sheets: 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. • Results: 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. • Swim Supplies: Swim and Tri swim shop will be operating in the lobby of the facility. • Hospitality: A light breakfast, box lunch will be provided. Drinks will be available all day. • Concession: There will not be a concession offered at the meet.
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers of any kind are permitted in the facility. • No spectators will be allowed on the pool deck but will have access to the restrooms in the facility lobby. • No smoking is allowed on the campus. • All rules are posted pool side.



SwimRVA Shamrock Showdown - Senior
March 26-28, 2021
ORDER OF EVENTS



Friday, March 26th, 2021

Session 1: Friday Distance – Combined gender		
TIMED FINALS		
Health Screening and Doors: 4:00 – 5:00 PM		
Warm-up 1: 4:20 – 4:50 PM		
Warm-up 2: 4:50 – 5:20 PM		
Start: 5:30 PM		
All times are subject to change		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 400 Individual Medley	2
3	OPEN 400 Individual Medley	4
-	15 Minute break	-
5	13-14 500 Freestyle	6
7	OPEN 500 Freestyle	8

Saturday, March 27th, 2021

Session 2: Saturday Girls Preliminary	
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>
9	13-14 100 Backstroke
11	Open 100 Backstroke
13	13-14 200 Breaststroke
15	Open 200 Breaststroke
17	13-14 100 Butterfly
19	Open 100 Butterfly
21	13-14 200 Freestyle
23	Open 200 Freestyle
25	13-14 100 Individual Medley
27	Open 100 Individual Medley
29	13-14 50 Freestyle
31	Open 50 Freestyle

Session 3: Saturday Boys Preliminary	
Health Screening and Doors: 10:45 – 11:45 AM	
Warm-up 1: 10:50 – 11:20 AM	
Warm-up 2: 11:20 – 11:50 AM	
Start: 12:00 PM	
All times are subject to change	
<u>Events</u>	<u>Boys</u>
13-14 100 Backstroke	10
Open 100 Backstroke	12
13-14 200 Breaststroke	14
Open 200 Breaststroke	16
13-14 100 Butterfly	18
Open 100 Butterfly	20
13-14 200 Freestyle	22
Open 200 Freestyle	24
13-14 100 Individual Medley	26
Open 100 Individual Medley	28
13-14 50 Freestyle	30
Open 50 Freestyle	32

Session 4: Saturday Finals

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>Girls</u>	<u>Events</u>	<u>Boys</u>
9	13-14 100 Backstroke	10
11	Open 100 Backstroke	12
13	13-14 200 Breaststroke	14
15	Open 200 Breaststroke	16
17	13-14 100 Butterfly	18
19	Open 100 Butterfly	20
21	13-14 200 Freestyle	22
23	Open 200 Freestyle	24
25	13-14 100 Individual Medley	26
27	Open 100 Individual Medley	28
29	13-14 50 Freestyle	30
31	Open 50 Freestyle	32

*****FINALS WILL BE SWIM GIRLS THEN BOYS EVENTS**

***Top 16 13-14 and Top 16 Open qualify for the championship final

Sunday, March 28th, 2021

****Boys and Girls flights are alternated from Saturday

Session 5: Sunday Boys Preliminary

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>Events</u>	<u>Boys</u>
13-14 200 Backstroke	34
Open 200 Backstroke	36
13-14 100 Breaststroke	38
Open 100 Breaststroke	40
13-14 200 Butterfly	42
Open 200 Butterfly	44
13-14 100 Freestyle	46
Open 100 Freestyle	48
13-14 200 Individual Medley	50
Open 200 Individual Medley	52

Session 6: Sunday Girls Preliminary

Health Screening and Doors: 10:45 – 11:45 AM

Warm-up 1: 10:50 – 11:20 AM

Warm-up 2: 11:20 – 11:50 AM

Start: 12:00 PM

All times are subject to change

<u>Girls</u>	<u>Events</u>
33	13-14 200 Backstroke
35	Open 200 Backstroke
37	13-14 100 Breaststroke
39	Open 100 Breaststroke
41	13-14 200 Butterfly
43	Open 200 Butterfly
45	13-14 100 Freestyle
47	Open 100 Freestyle
49	13-14 200 Individual Medley
51	Open 200 Individual Medley

Session 7: Sunday Finals

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>Girls</u>	<u>Events</u>	<u>Boys</u>
33	13-14 200 Backstroke	34
35	Open 200 Backstroke	36
37	13-14 100 Breaststroke	38
39	Open 100 Breaststroke	40
41	13-14 200 Butterfly	42
43	Open 200 Butterfly	44
45	13-14 100 Freestyle	46
47	Open 100 Freestyle	48
49	13-14 200 Individual Medley	50
51	Open 200 Individual Medley	52

*****FINALS WILL BE SWIM GIRLS THEN BOYS EVENTS**

***Top 16 13-14 and Top 16 Open qualify for the championship final