



VIRGINIA SCY STATE CHAMPIONSHIP

SwimRVA-CSAC

5050 Ridgedale Parkway, Richmond, VA 23234

February 15, 2025

This is a one-day SCY meet (Saturday) that will include all individual and relay events. For clubs registered within the Virginia LMSC, scores will be tallied by Club and the winner will leave with bragging rights.

VMST will swim by Workout Group. Each Workout Group (CLUB) will be considered its own Club. VMST swimmers not registered with a Workout Group will be listed as Club VMST.

Sponsored By: Virginia Masters SwimTeam

Sanctioned By: LMSC for Va. for USMS, Inc.

Meet Referee: Genny Kimble email: gennykimbel@gmail.com

Meet Directors: Adam Kennedy email: adam.kennedy@swimrichmond.org

804-334-7669

Jacob Wallin email: jacob.wallin@swimrichmond.org

Location: SwimRVA-CSAC (5050 Ridgedale Parkway, North Chesterfield, Va 23234).

Schedule: Saturday, February 15

- Warm-up 9:00 AM
- Session Start 10:00 AM

Facility: This is an indoor 50-meter competition pool broken into two 25-yard courses. GEN-7 timing and full color video board. Myrtha track starts blocks. The length of the competition course with a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Eligibility: The standard Masters age groups will be used. The age determination date will be 2/15/25. All swimmers must be registered with U.S. Masters Swimming and must include a copy of their USMS card with paper entries or register online.

Entries: \$80.00 per athlete, entering the meet in any capacity.

- **Deck entries will be accepted until 45 minutes before the meet start time.** All Swimmers must present proof of USMS registration at time of entry.

- A swimmer may enter a maximum of 6 events per day, plus relays.
- **All athletes within the Virginia LMSC must enter with their workout group NOT their regional team to be included in the team scores.** Athletes outside of the Virginia LMSC will swim under their Regional designation.

Entry Limits: Meet Director reserved the right to limit any event due to timeline.

Entry Deadline: *On-line entries are strongly encouraged:*

https://www.ClubAssistant.com/club/meet_information.cfm?c=2552&smid=19281

Meets are listed on the Club Assistant home page by date. The deadline for on-line entries is **Friday, February 7, 2025** (one week before the meet). To be seeded, paper entries must be received by **Tuesday, February 4, 2025**. Entries received after the applicable dates will be considered deck entries and additional fees may apply.

****Make all checks payable to SwimRVA.** Checks can be mailed:

Adam Kennedy
5050 Ridgedale Parkway
North Chesterfield, VA 23234

Age Groups: Individual event age groups are 18-24, 25-29, 30-34, 35-39, etc. in five-year increments as high as necessary. Relay event age groups are 18+, 25+, 35+, 45+, etc. in 10-year increments, determined by the youngest relay member's age.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Sexes and age groups may be combined where necessary. "NT" will be seeded arbitrarily.

Seeding: All events will be timed finals AND seeded by time, slowest to fastest, EXCEPT for the 1650, which will be swum fast to slow. The Meet Director reserves the right to combine any event and swim any event in a dual course format.

Athletes swimming in the 1650 will need to provide their own humans to act as timer and lap counter. SwimRVA will provide the lap counting device.

Relays: Relays will be deck-entered and deck-seeded. **Entries for all relays are due no later than 45 minutes prior to the start of the relay.** Men's, Women's and Mixed Relays may be combined into the same heats. For each relay, a swimmer may only enter one men's, women's, or mixed. Mixed relays must include 2 male and 2 female swimmers.

Warm-up/Warm-down Procedures: Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. There will be continuous warm-up/warm-down lanes available during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

Record-breaking swims: Any swimmer who believes they may break a [USMS national record](#) is encouraged to notify the meet referee prior to swimming that event. *Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.*

Splits: The 1000 split (based on the timing system record of the touch at the 1000) of each 1650 will be uploaded to the USMS results database. No split request for the 1000 will be necessary.

Scoring: This meet will be scored by CLUB. (Workout groups within VMST are considered their own CLUB). Winner earns bragging rights for the year!

Awards:

All athletes: Each participant will receive a special gift from SwimRVA.

Awards: 1st-3rd place for each individual event, per age group.

Results: Results will be posted at www.vaswim.org and will be uploaded to the USMS results database.

Team Banners: You are encouraged to bring your team's banner. Please use painter's tape to hang your banners. Do not use duct tape or any other adhesive that will leave residue on the walls. If you need assistance, please ask a SwimRVA staff member.

Nearby Lodging:

Double Tree- Koger Center Midlothian

Hospitality: **Hospitality is included in your meet entry fees!** Hospitality will be available for all athletes, coaches, and officials with light snacks, sandwiches, and drinks.

Social: The social is also included in your meet entry fees and will include hot food and non-alcoholic drinks! An after-meet social will be available at SwimRVA following the last event on Saturday. However, we will need a head count for ordering food. Please indicate on your registration whether you intend to attend the social. Deadline for the social will be February 7, 2025. Limited tickets may be available after the 7th.

Saturday, February 15, 2025		
Warm-ups: 9:00 AM		
Meet Starts: 10:00 AM		
WOMEN'S		MEN'S
1	400 IM	2
3	200 Breaststroke	4
5	100 Freestyle	6
7	50 Butterfly	8
9	200 Backstroke	10
11	100 Breaststroke	12
13	50 Freestyle	14
15	100 IM	16
17	500 Freestyle	18
19	100 Mixed Freestyle Relay ☺	19
5 MINUTE BREAK		
21	200 Butterfly	22
23	200 IM	24
25	100 Backstroke	26
27	50 Breaststroke	28
29	100 Butterfly	30
31	50 Backstroke	32
33	200 Freestyle	34
35	200 Medley Relay	36
37	200 Freestyle Relay	38
39	Mixed 200 Medley Relay	39
40	Mixed 200 Freestyle Relay	40
5 MINUTE BREAK		
41	1650 Free	42

☺ The 100 Mixed Freestyle Relay is non-conforming event. Times for this event will not count for USMS records or Top Ten.

On-line entries strongly encouraged!
Enter online at: www.ClubAssistant.com
(search for the meet by date on the Club Assistant home page)

Paper entries are due by Tuesday, February 4th for seeding.

Note that both this page and the following signed waiver page must be submitted with paper entries.

Fill in the following information:

Name:		Sex:	USMS Reg. No.:
Address:			
City:		State:	Zip Code:
E-Mail Address:			
Age as of 2/9/2024:		Birthdate (Mo/Day/Year):	
LMSC:	Club:	Phone (Day):	Phone (Night):

FOR PAPER ENTRIES: A COPY OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED FOR YOUR PAPER ENTRY TO BE ACCEPTED!

Questions? Contact Adam Kennedy

Phone: 804-334-7669 adam.kennedy@swimrichmond.org

PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.

2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.

3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.

4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.

5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Name:	Sex (circle): M F	Birthdate:
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Address:		
City:	State:	Zip Code:
Signature of Participant:	Date Signed:	

Revised 1/2/2024